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LARGEMOUTH BASS

Micropterus salmoides



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM™

FARMED LARGEMOUTH BASS



Catch Our Wave® to Sustainability

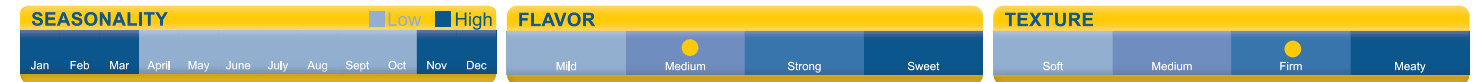
Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: www.un.org/en/globalissues/environment). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.



| Product Presentation | Whole Round |
|----------------------|-------------|
| Size | 500/800 gm |
| Pack | 1/40 LB IWP |

For full package details, visit our website.

This Bass has a distinct flavor, and is excellent for baking once filleted and skinned. Largemouth bass is valued for its white flaky and mild tasting meat. Preparing fillets by deep frying, baking, or sautéing is the traditional method of cooking. The Asian and European method of grilling or baking the whole cleaned largemouth bass is now becoming more popular in the U.S. For Health & Nutrition benefits go to: www.cport.net



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Bass with Sun-Dried Tomato Tapenade

- INGREDIENTS:**
- 4 sun-dried tomato halves (not packed in oil)
 - 8 Kalamata olives, pitted (optional)
 - 2 tablespoons chopped red onion
 - 2 tablespoons chopped fresh basil
 - 1 tablespoon chopped fresh parsley
 - 1 large garlic clove
 - 2 teaspoons red wine vinegar
 - 1 teaspoon olive oil
 - 4 6-ounce bass fillets

DIRECTIONS:
Place sun-dried tomatoes in small bowl. Pour boiling water over to cover. Let stand until tomatoes are very soft, about 30 minutes. Drain, reserving 4 tablespoons soaking liquid. Transfer tomatoes to processor. Add olives, onion, chopped basil, parsley and garlic and chop finely. Add vinegar, oil and 2 tablespoons reserved tomato soaking liquid; blend until moist paste forms, adding more soaking liquid if mixture is too thick. Season with salt and pepper. (Can be made 1 day ahead.) Cover and chill.

Prepare barbecue (medium-high heat) or preheat broiler. Sprinkle sea bass with salt and pepper. Grill or broil fish until opaque in center, about 4 minutes per side. Transfer fish to plates. Top with spoonful of tapenade and serve.

Preparation time: 40 mins Serves 4

Nutrition Facts

Serving Size 79g
Servings Per Container

| Amount Per Serving | |
|------------------------------|----------------------|
| Calories 90 | Calories from Fat 26 |
| % Daily Value** | |
| Total Fat 3g | 4% |
| Saturated Fat 1g | 3% |
| Trans Fat 0g | |
| Cholesterol 54mg | 18% |
| Sodium 55mg | 2% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 15g | |
| Vitamin A 2% | Vitamin C 3% |
| Calcium 6% | Iron 7% |

**Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS:
Largemouth Bass.

METHOD OF HARVEST: Farm - Raised
COUNTRY OF ORIGIN(S): Taiwan

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