



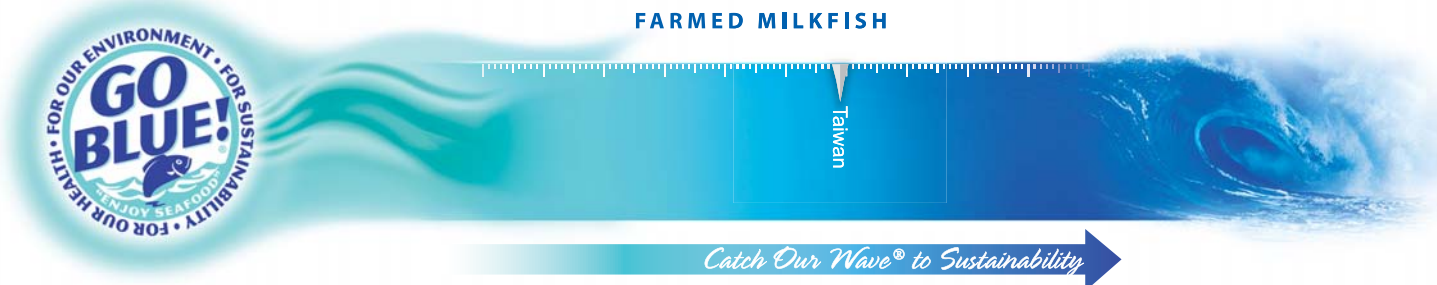
www.cport.net

# MILKFISH *Chanos chanos*



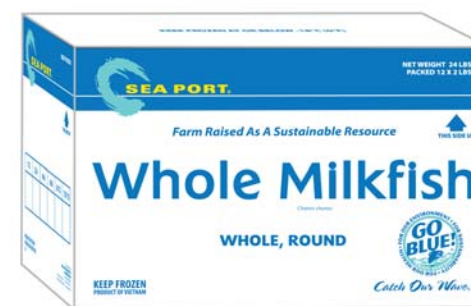
## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

FARMED MILKFISH



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](http://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, gm/piece	300/500, 600/800, 800/UP gm
Pack	1/40 LB IWP

For full package details, visit our website.

The pink flesh is rather soft, mild-tasting and contains numerous small bones which must be either expertly deboned or pressure-cooked until the bones are soft enough to eat. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### Adobong Bangus (Milkfish)

Adobo (a Filipino dish simmered in vinegar and soy sauce) is a Filipino food favorite.

#### INGREDIENTS:

- 1 medium sized (about 2 pounds) bangus (milkfish), sliced
- 4 cloves garlic, minced
- 2 tablespoons soy sauce
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup vinegar
- 1/3 cup water
- 1 teaspoon vetsin
- Cooking oil

#### DIRECTIONS:

Combine all ingredients and marinate the bangus (milkfish) slices in this mixture. Let stand for 1 hour. Drain bangus. Set aside vinegar mixture. Fry bangus. When golden brown, set aside and fry garlic. Add vinegar mixture. When it boils, drop in fried bangus. Simmer for 10 minutes. Transfer fish to plates and serve.

Preparation time: 40 mins Serves 4

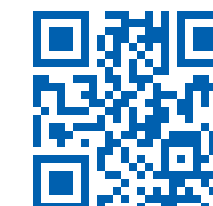
[http://www.all-fish-seafood-recipes.com/index.cfm/recipe/Adobong\\_Bangus\\_\(Milkfish\)](http://www.all-fish-seafood-recipes.com/index.cfm/recipe/Adobong_Bangus_(Milkfish))

### Nutrition Facts

Amount Per Serving	
<b>Calories</b> 148	Calories from Fat 61
% Daily Value**	
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 2g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 52mg	<b>17%</b>
<b>Sodium</b> 72mg	<b>3%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 21g	
Vitamin A 2%	Vitamin C 0%
Calcium 5%	Iron 2%

\* Contains less than 2% daily value of these nutrients.  
\*\*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Whole Milkfish.



Visit our website for more information on this item

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

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