



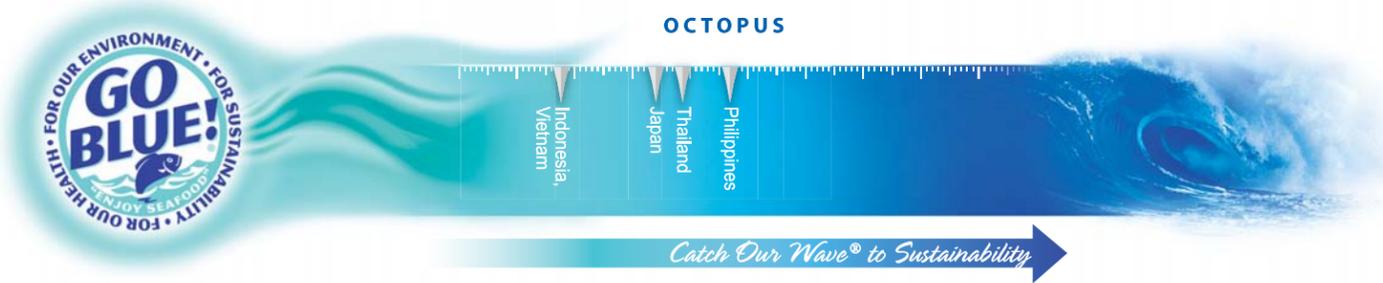
www.cport.net

# OCTOPUS *Octopus vulgaris*



Pinwheel Ball

## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



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.



For full package details, visit our website.



An adult octopus can squeeze through a hole the size of a dime.  
An octopus' blood is blue.  
Octopus have highly developed eyesight and a complex sense of touch and taste. Unlike many other marine species, they have no ability to hear.

Raw octopus is purplish in color. Cooked, the purple skin conceals a fairly translucent white meat. The flesh is very firm and somewhat chewy, but smooth texture and full ocean flavor, though tender and possesses a mild, almost sweet flavor. All parts of the octopus can be consumed and are either eaten raw or boiled, fried, grilled or stewed. Fresh octopus should smell of the ocean. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)

Product Specifications	
Size/LBS	1/2, 2/4, 4/6, 6/8 & UP lbs/piece
Pack	1/30 LB IQF & IWP Pinwheel & Ball

<b>SEASONALITY</b>	<b>FLAVOR</b>	<b>TEXTURE</b>
Jan Feb Mar April May June July Aug Sept Oct Nov Dec	Mild Medium Strong Sweet	Soft Medium Firm Meaty

For more detailed seasonality, visit our website



*Pulpo a Feira*  
Spanish Galician Octopus

**INGREDIENTS:**  
4 quarts water  
6 tablespoons coarse sea salt  
1 octopus (thawed)  
1 pound new potatoes, boiled with their skins on and kept warm  
1 cup extra virgin oil  
2 tablespoons hot paprika

**DIRECTIONS:**  
In a large stockpot, combine water and 5 tablespoons of the salt, bring to a boil. While the water is heating, rinse the octopus under running cold water. Using sharp kitchen scissors, cut out the mouth and the eyes. With a long fork, pierce the octopus to get a good grip and dip it into the boiling water. Lift out immediately and, when the water returns to a boil, dip it briefly again. Repeat this dipping procedure 3 or 4 times, or until the tentacles have curled. (This helps to tenderize the octopus meat.) Submerge the octopus in the water and let it boil over medium heat for about 2 hours, or until it is tender when pierced with a knife. Turn off the heat and let the octopus rest in the hot water for 10 minutes. Drain and cut it into pieces with scissors: the tentacles into 1/2-inch-thick rings and the body into small chunks. Divide the octopus pieces evenly among 6 plates. Cut the potatoes crosswise in 1/2-inch-thick slices and surround the octopus pieces with the potato slices. Drizzle the octopus and potatoes with the olive oil and sprinkle with hot paprika and the remaining tablespoon of salt. Serve immediately.

Preparation time: 2.5 hrs  
Serves 4

Nutrition Facts	
Serving Size 110g Servings Per Container about 124	
<b>Amount Per Serving</b>	
<b>Calories</b> 60	Calories from Fat 5
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat >1g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 255mg	<b>84%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 14g	
Vitamin A	0% • Vitamin C 0%
Calcium	15% • Iron 4%

INGREDIENTS: Octopus.

<http://www.spain-recipes.com/galician-octopus.html>

**METHOD OF HARVEST:** Wild Harvest; Dive/Trap **FAO 71**  
**COUNTRY OF ORIGIN(S):** Indonesia, Philippines

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