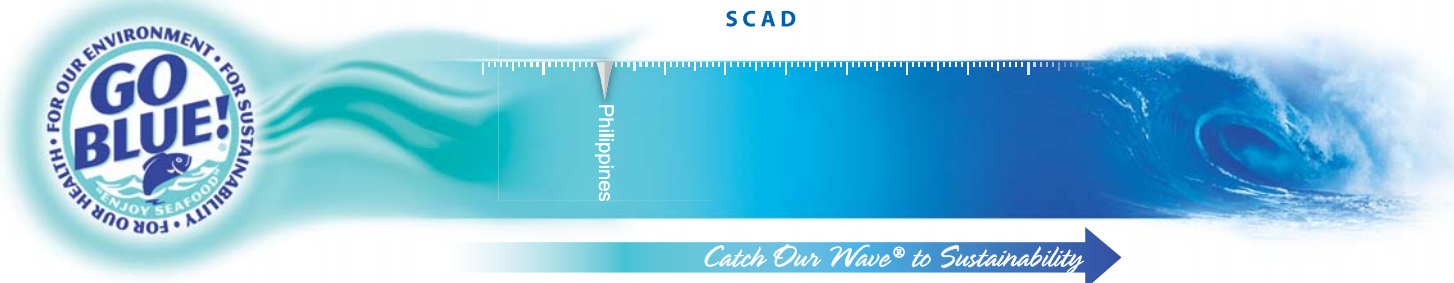




www.cport.net

SCAD *Decapterus spp.*

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). 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, ct/case	30 to 100 ct/case
Pack	1/22 LB IQF Bulk

For full package details, visit our website.

Round scad is a moderately oily fish with a strong mackerel flavor. It is prepared whole or gilled & gutted for smoking, fried and braised recipes. It is popular among Southeast Asian consumers. For Health & Nutrition benefits go to: www.cport.net



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Crispy Galunggung (Scad) Fish Cakes

INGREDIENTS:

- 500 g. of galunggung, about three pieces (boiled, broiled or grilled)
- 400 g. of potatoes, peeled and coarsely shredded
- half a head of garlic, finely minced
- 1 tsp. of grated ginger
- 1 onion, finely chopped
- 1 bell pepper, finely chopped
- 3 tbsps. of finely chopped onion leaves
- 2 tbsps. of finely chopped Vietnamese cilantro
- 3 eggs, beaten
- 1 1/2 tsps. of salt
- 1/2 tsp. of pepper
- about 2 c. of cooking oil for deep-frying

DIRECTIONS:

Pick the flesh of the fish, carefully removing small bones, and shred coarsely. Add 1/2 tsp. of salt to the shredded potatoes, mix then squeeze out the excess water. Mix together all the ingredients except the cooking oil. Heat the cooking oil to smoking point. Form the mixture into patties and fry in batches of three or four until golden. Flip over halfway through cooking to ensure uniform color and crispness. Drain on paper towels and serve with your favorite dipping sauce.

Makes 12 3-inch fish cakes.

<http://casaveneracion.com/crispy-galunggung-mackarel-scad-fish-cakes/>

Nutrition Facts

Serving Size 4 oz (113g/about 1 fish)

Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value**	
Total Fat 2g	4%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 540mg	20%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%

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

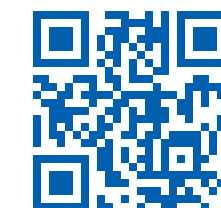
INGREDIENTS: Round Scad.

METHOD OF HARVEST: Wild Harvest; Purse Seine
COUNTRY OF ORIGIN(S): Philippine, FAO 71

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