

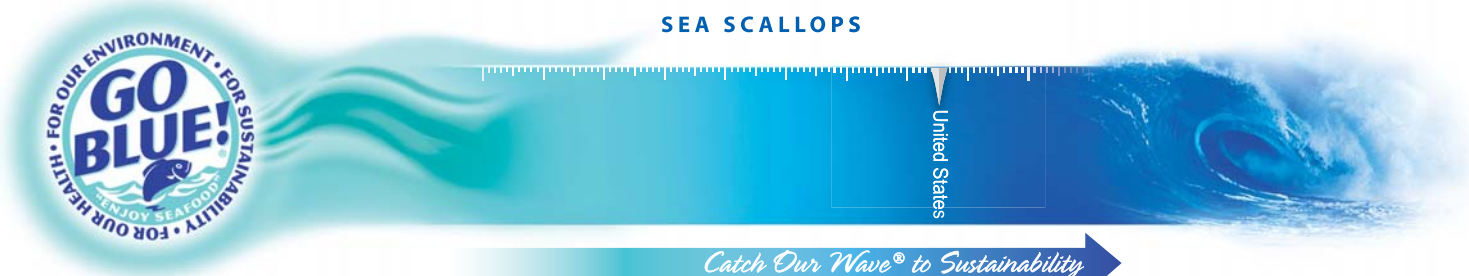


www.cport.net

SEA SCALLOPS

Placopecten magellanicus; Patinopecten yessoensis

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.

Various US brands available.
Packaging pictures provided upon request.

Specifications

Sizes (ct/lb)	U/10, 10/20, 20/30, & 30/40
PACK	6/5 LB IQF

For full package details, visit our website.

The meat of a sea scallop is nearly translucent, with a creamy look. It is shaped like a small patty. Sometimes pink and brown spots accent the meat. Cooked meat becomes opaque. The meat is sweet, ranging from mild to salty. It is plump and possesses a near-firm texture. Scallops should have a sweet and seaweed-like scent. Any traces of sourness, gas or iodine indicate spoilage. Scallops are delicate and require very little cooking. Overcooking is a common mistake that detracts from the taste and texture.



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Seared Sea Scallops

INGREDIENTS:
 2 1/2 pounds Sea Port Sea Scallops
 4 teaspoons unsalted butter
 4 teaspoons olive oil
 Kosher salt
 Freshly ground black pepper

DIRECTIONS:
 Rinse scallops with cold water and thoroughly pat dry. Add the butter and oil to a 12 to 14-inch saute pan on high heat. Season the scallops with salt and pepper. Once the fat begins to smoke, gently add the scallops, making sure they are not touching each other. Sear the scallops for 1 1/2 minutes on each side. The scallops should have a 1/4-inch golden crust on each side while still being translucent in the center. Serve immediately.

Preparation and cooking time: 10 mins Serves 6

www.foodnetwork.com/recipes/alton-brown/seared-scallops-recipe/index.html

Nutrition Facts	
Serving Size 100g	
Amount Per Serving	
Calories 88	Calories from Fat 7
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 33mg	11%
Sodium 161mg	7%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	
Vitamin A 1%	Vitamin C 5%
Calcium 2%	Iron 2%

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

INGREDIENTS: Sea Scallops.

METHOD OF HARVEST: Wild Harvest; Dredge FAO 21
COUNTRY OF ORIGIN(S): USA, Canada, Japan

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