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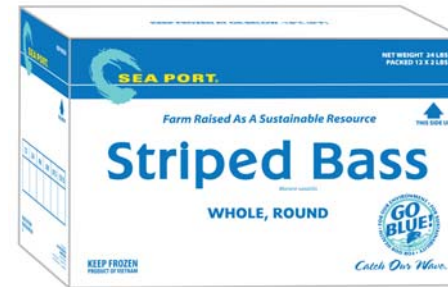
# STRIPED BASS *Morone saxatilis*

## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

FARMED STRIPED BASS



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	400/600, 500/600, 600/800 gm
Pack	1/40 LB IWP

For full package details, visit our website.

Hybrid striped bass possess a sweet, delicate flavor. Cooked, the meat is moderately firm, white and flaky. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



For more detailed seasonality, visit our website

### RECIPE SUGGESTION



**INGREDIENTS:**  
 Striped Bass (leave whole) about 4 to 5 lbs  
 1 tsp cayenne  
 1 tsp salt  
 1 tbs scallions, chopped  
 1 clove garlic, minced  
 1 lime, juiced  
 2 oz butter, melted  
 1 1/2 cups fish stock  
 1 tsp cornstarch

**Spinach Stuffing:**  
 1-2 bunches fresh spinach  
 1 lime, juiced  
 salt, to taste  
 1 tsp black pepper  
 1 cup pine nuts

**DIRECTIONS:**  
 The fish should be scaled and cleaned thoroughly with the under portion slit to remove the gut. Dry properly and season with pepper, salt, scallions, garlic and lime juice. Let stand for 45 minutes.

**Spinach Stuffing:**  
 Remove hard stems from spinach and cook in boiling water for about 8 minutes until tender. Drain off water and set aside to cool. Squeeze spinach to remove excess water--until the mass is homogeneous and pulpy. In a skillet melt the butter and cook the spinach to remove as much moisture as possible. Remove from heat and add the lime juice, salt, pepper and pine nuts. Blend well. Season with more lime juice and salt if necessary to correct flavor.

Heat oven to 375°F. Fill the cavity of the fish with spinach stuffing. Place the fish in a baking-serving dish and brush with half of the butter. Pour the fish stock and rest of the butter into the dish. Bake for 45 minutes, basting whenever necessary. Remove dish from oven. Use a bulb baster or spoon to remove juices into a saucepan. Thicken sauce over a medium heat with 1 tsp cornstarch dissolved in 1 tbs water. Pour over fish and serve. 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

Serving Size 100g

Amount Per Serving	% Daily Value**
<b>Calories</b> 97	Calories from Fat 21
<b>Total Fat</b> 2g	4%
Saturated Fat 1g	3%
Trans Fat 0g	
<b>Cholesterol</b> 80mg	27%
<b>Sodium</b> 69mg	3%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 18g	
Vitamin A 2%	Vitamin C 0%
Calcium 1%	Iron 5%

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

**INGREDIENTS:** Whole Striped Bass.



Visit our website for more information on this item

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

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