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# SWIMMING CRAB LUMP MEAT

*Portunus sanguinolentus*



## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

SWIMMING CRAB



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.



### Specifications

|      |                    |
|------|--------------------|
| SIZE | 70% Jumbo/30% Lump |
| PACK | 24/1 LB Tub        |

For full package details, visit our website.

Swimming Crab Meat has a sweet flavor and firm texture. Our frozen lump crab is also fully cooked and pasteurized, and then immediately vacuum packed in our retail-ready printed tub. Leader brand crab is a flavor-rich crabmeat without any artificial enhancements or ingredients.



For more detailed seasonality, visit our website



*Crab Cakes with Creole Tartar Sauce*

#### INGREDIENTS:

- Tartar sauce:**  
 1/2 cup low-fat mayonnaise  
 3 tbsp sweet pickle relish  
 2 tbsp capers, drained and rinsed  
 1 tsp Creole mustard  
 1/4 tsp salt-free Cajun-Creole seasoning  
 1/4 tsp Tabasco sauce
- Crab cakes:**  
 4 (1-ounce) slices white bread  
 1/4 cup finely chopped onion  
 1/4 cup finely chopped red bell pepper  
 1 tbsp chopped fresh parsley  
 1 tbsp fresh lemon juice  
 1 tsp Tabasco sauce  
 1/4 tsp freshly ground black pepper  
 1 pound lump crabmeat, shell pieces removed  
 1 large egg, lightly beaten  
 1 large egg white, lightly beaten  
 4 tsp vegetable oil, divided  
 Lemon wedges (optional)

#### DIRECTIONS:

To prepare tartar sauce, combine first 6 ingredients, stirring with a whisk. Let stand 10 minutes to let the flavors meld.  
 To prepare crab cakes, place bread in a food processor; pulse 10 times or until coarse crumbs measure 2 cups. Combine 1 cup breadcrumbs, onion, and next 8 ingredients (through egg white); mix well. Divide crab mixture into 8 equal portions. Form each portion into a 1/2-inch-thick patty. Place 1 cup breadcrumbs in a shallow dish. Dredge patties, one at a time, in breadcrumbs. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add 4 patties; cook 3 minutes on each side or until golden brown. Repeat procedure with remaining oil and patties. Serve with tartar sauce. Garnish with lemon wedges, if desired.  
 Serves 4

<http://www.myrecipes.com/recipe/louisiana-crab-cakes-with-creole-tartar-sauce-10000000671465/>

**METHOD OF HARVEST: Wild Harvest; Trawl**  
**COUNTRY OF ORIGIN: China**

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#### Nutrition Facts

Serving Size 3 oz (85g)  
 Servings Per Container about 4

| Amount Per Serving               |            |
|----------------------------------|------------|
| Calories 80 Calories from Fat 10 |            |
| % Daily Value*                   |            |
| <b>Total Fat</b> 1g              | <b>2%</b>  |
| Saturated Fat 0g                 | <b>0%</b>  |
| Trans Fat 0g                     |            |
| <b>Cholesterol</b> 200mg         | <b>67%</b> |
| <b>Sodium</b> 150mg              | <b>7%</b>  |
| <b>Total Carbohydrate</b> 0g     | <b>0%</b>  |
| Dietary Fiber 0g                 | <b>0%</b>  |
| Sugars 0g                        |            |
| <b>Protein</b> 20g               |            |
| Vitamin A 0% • Vitamin C 2%      |            |
| Calcium 4% • Iron 3%             |            |

**INGREDIENTS:** Swimming Crab Meat.



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