



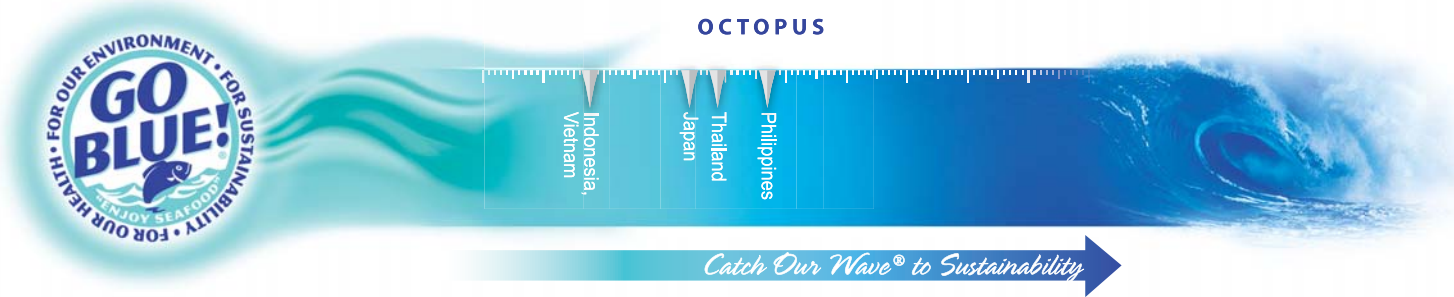
www.cport.net

YANAGIDAKO *Paroctopus dofleii*

Cooked Octopus



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 Specifications	
Count/Case	3, 4, 5, 6, 7, 8, 9, 10
Pack	1/22 LB IQF

For full package details, visit our website.

Yanagidako is a cleaned and fully cooked octopus and is entirely edible. The tentacles can be sliced thin and are quite tender and tasty. The skin has a pleasing red color while the meat is a creamy white. Sliced or diced yanagidako can be easily added to salads, ceviche, soups, and sushi preparations. For Health & Nutrition benefits go to: www.cport.net

SEASONALITY Jan Feb Mar April May June July Aug Sept Oct Nov Dec Low High	FLAVOR Mild Medium Strong Sweet	TEXTURE Soft Medium Firm Meaty
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For more detailed seasonality, visit our website

RECIPE SUGGESTION



Octopus Salad

- INGREDIENTS:**
- 2 pounds cooked octopus
 - 1 cup english cucumber (julienne sliced)
 - 1/4 cup red onion (thinly sliced)
 - 3 cloves clove garlic (peeled and minced)
 - 1 tsp thyme leaves (chopped fresh)
 - 2 tbsps sambal
 - 2 tbsps sea salt
 - 1 tsp ground white pepper
 - 1/2 cup olive oil
 - 2 tsps balsamic vinegar (white)
 - 1/4 cup lemon juice
 - 2 roma tomatoes (thinly sliced)
 - 2 tbsps chives (minced)

DIRECTIONS:
 Cut the octopus into pieces. In a large bowl, add the cucumbers, onions, garlic, thyme, sambal, sea salt, white pepper, olive oil, white balsamic vinegar, and lemon juice. Toss to combine and well mixed. Add the octopus, tossing to coat with the dressing, then add the tomatoes and chives. Gently toss, being careful not to break or bruise the tomatoes and chives. Cover and refrigerate for 1 to 2 hours. Transfer the salad to serving plates with a slotted spoon and drizzle with remaining dressing.

Preparation time: 1 hr 50 mins Serves 6-8

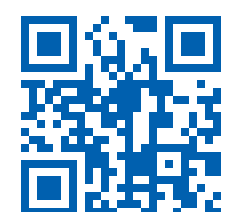
Nutrition Facts	
Serving Size 85g	
Servings Per Container about 124	
Amount Per Serving	
Calories 139	Calories from Fat 5
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 82mg	27%
Sodium 391mg	16%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 25g	
Vitamin A 5%	Vitamin C 11%
Calcium 9%	Iron 45%

INGREDIENTS: Octopus.

<http://www.yummly.com/recipe/external/Octopus-Salad-with-Spiced-Cucumber-Food-Network-289372>

METHOD OF HARVEST: Wild Harvest; Dive & Trap FAO 61
COUNTRY OF ORIGIN: Japan

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