



www.cport.net

CRAWFISH

Procambarus clarkii



Whole Crawfish, Cajun Seasoned

GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

FARMED CRAWFISH



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.

AVAILABLE BRANDS

HaiHo



Boudreaux's



Product Presentation	Whole Cooked Crawfish, Cajun Seasoned	Cooked Crawfish Tail Meat, Fat On
Sizes (ct/lb)	10/15 & 16/20	80/100, 100/150, 150/200, & 200/up
PACK	2/5 & 6/5 LB IQF	24/1 LB IQF

For full package details, visit our website.

Crawfish have a mild flavor and fairly firm texture. Their flavor is enhanced typically by Cajun spices in their preparation.



For more detailed seasonality, visit our website

RECIPE SUGGESTION

Crawfish Etouffee



INGREDIENTS:

- 1 (1 lb) bag peeled crawfish tails, not drained
- 1/2 cup butter
- 1 large onion, minced
- 1 large bell pepper, minced
- 2 stalks celery, minced
- 1 tablespoon minced garlic
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon white pepper
- 1/4 teaspoon ground cayenne pepper
- 1 tablespoon flour
- 1/2 cup water
- cooked rice

DIRECTIONS:

In dutch oven melt butter over medium heat. Add onions, bell pepper, celery and garlic. Saute vegetables until soft, about 30 to 45 minutes. Add Crawfish tails and seasonings. Cover and simmer for 10 minutes. Mix flour in water, stirring to make a smooth liquid. Add to crawfish mixture, cover and simmer for 10 more minutes. Serve on hot rice.

Preparation and cooking time: 1 hr 30 mins Serves 4

www.food.com/recipe/easy-crawfish-etouffee-68280

METHOD OF HARVEST: Wild Harvest & Farm Raised; Baited Traps
COUNTRY OF ORIGIN(S): China

Whole Crawfish

Nutrition Facts

Serving Size 10 oz (280g)
 Servings Per Container about 5

Amount Per Serving		% Daily Value*
Calories 35	Calories from Fat 5	
Total Fat 5g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 60mg		20%
Sodium 80mg		3.5%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 7g		
Vitamin A 5%	Vitamin C 0%	
Calcium 3%	Iron 7%	

WHOLE CRAWFISH
 INGREDIENTS: Whole Cooked Crawfish, Salt, Red Pepper.
CRAWFISH TAIL MEAT
 INGREDIENTS: Crawfish Tail Meat.



Visit our website for more information on this item

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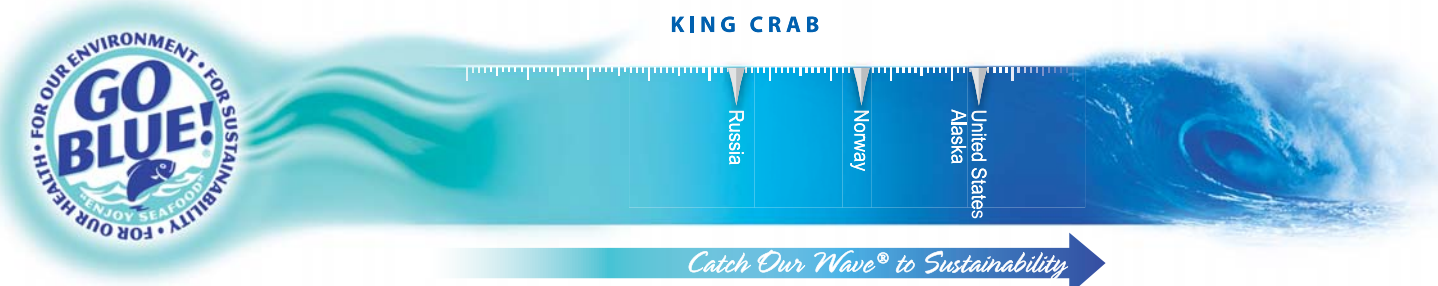
SEA PORT®

www.cport.net

KING CRAB *Paralithodes camtschaticus*



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Specifications

Sizes (ct/lb)	6/9 - 20/up
PACK	1/20 LB IQF

For full package details, visit our website.

King crab is a sweet flavored meat with a fibrous, string-like texture suitable for eating hot or cold.

SEASONALITY Low High

Jan Feb Mar April May June July Aug Sept Oct Nov Dec

FLAVOR Mild Medium Strong Sweet

TEXTURE Soft Medium Firm Meaty

For more detailed seasonality, visit our website

RECIPE SUGGESTION



Steamed King Crab with Butter Sauce

INGREDIENTS:

2 lbs SEA PORT King Crab Legs, split

Butter Sauce

- 1/2 cup Butter or Margarine
- 1 cup Sour Cream
- 1/4 tsp Seasoned or Onion Salt
- 1 tsp chopped Chives

DIRECTIONS:

Cut king crab into serving sized pieces; steam on rack over 3/4 inch boiling water 5 minutes or until thoroughly heated. Serve with Butter Sauce.

Butter Sauce

Melt butter in a small sauce pan over low heat. Stir in sour cream, seasoned salt, and chives. Warm, but do not boil. Serve as dipping sauce in individual ramekins or small bowls.

Preparation and cooking time: 10 mins Serves 4

<http://www.fishex.com/recipes/sauces/butter-sauce.html>

Nutrition Facts

Serving Size 134g

Amount Per Serving	
Calories 130	Calories from Fat 19
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 71mg	24%
Sodium 1436mg	60%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 26g	
Vitamin A 1%	Vitamin C 17%
Calcium 8%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: King Crab, Salt.



Visit our website for more information on this item

METHOD OF HARVEST: Wild Harvest; Trap FAO 61 & 67
COUNTRY OF ORIGIN(S): USA, Russia

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LANGOSTINO *Pleuroncodes monodon; Cervimunida johni*



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LANGOSTINO LOBSTER



Catch Our Wave® to Sustainability

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Specifications

Count per LB	60/100 & 100/200
PACK	5/2 LB IQF

For full package details, visit our website.

Langostinos have a strong, sweet, lobster-like flavor and a delicate texture that firms when cooked. They are considered a suitable substitute in recipes that call for lobster or shrimp.



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Langostino Bisque

INGREDIENTS:

- 1 cup chicken broth
- 2 medium slices onion
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 2 cups milk
- 1/2 teaspoon salt
- 1 pound cooked and cubed lobster meat
- 1/2 teaspoon Worcestershire sauce
- 1 pinch ground cayenne pepper

DIRECTIONS:

In a small frying pan place 1/4 cup chicken broth and the onion. Cook over a low heat for 5 to 7 minutes.

In a medium size pot over medium heat melt the butter. Slowly whisk in flour. Whisk until a creamy mixture is created. Gradually pour in broth, whisking constantly. Whisk in milk, salt, onion, Langostino meat, Worcestershire sauce and cayenne pepper. Heat until soup is almost boiling. Do not boil the soup as the milk will curdle when boiled. Top with extra pieces of Langostino meat and a sprig of fresh dill.

Preparation and cooking time: 10 mins Serves 4

<http://allrecipes.com/recipe/lobster-bisque/>

Nutrition Facts

Serving Size 3 oz (85g)
Servings Per Container about 50

Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 260mg	11%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 6%

INGREDIENTS: Langostino meat.

METHOD OF HARVEST: Wild Harvest; Trawl FAO 87
COUNTRY OF ORIGIN: Chile

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SLIPPER LOBSTER *Thenus orientalis*



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SLIPPER LOBSTER



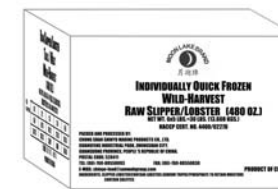
China
Thailand,
Vietnam,
Taiwan

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AVAILABLE BRANDS

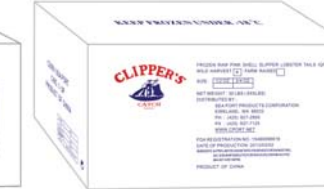
Moon Lake



Wenling



Clipper's Catch



Hsien-Pin



For full package details, visit our website.

Product Presentation	Brown/Pink Slipper Tails	Pink Slipper Meat
Sizes (OZ/PC)	U/1, 1/2, 2/4 & 4/6	Broken, U/.5, U/1, 1/2, 1/3 & 2/4
PACK	2/5 & 6/5 LB IQF	6/5 LB IQF

The meat is pearly white and translucent. The delicate flavor is often times sweeter than that of other lobster species, and the texture has been characterized as a cross between a lobster and a shrimp. They're typically prepared grilled, broiled, steamed or baked.

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

For more detailed seasonality, visit our website



Lobster Rolls

Preparation time: 45 mins
Serves 2-3

INGREDIENTS:

- 1/2 pound fully cooked lobster meat
- 1/2 medium cucumber, peeled, seeded and finely diced
- 1/4 cup bottled mayonnaise
- 1/2 tablespoon fresh tarragon
- 2 small scallions, thinly sliced
- Kosher or sea salt
- Freshly ground pepper
- 2 to 3 hot dog buns
- Lettuce, pickles and potato chips as accompaniment

DIRECTIONS:

Steam or boil Slipper Lobster Tails. Let cool at room temperature. Use a cleaver to crack and remove the meat from the shell. Cut the meat into 1/2-inch pieces. Combine the lobster, cucumber mayonnaise, and tarragon. Add the scallions. Season with salt and pepper. Cover with plastic wrap and chill for 30 minutes to 1 hour. Stuff hot dog buns with lettuce leaf and the chilled lobster salad. Place each roll on a small paper or china plate; garnish with pickles and potato chips. Serve at once.

Nutrition Facts

Serving Size 3 oz Cooked (85g)
Servings Per Container varies

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	60mg		20%
Sodium	320mg		13%
Total Carbohydrate	1g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	17g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	2%

INGREDIENTS: Slipper Lobster Tails, Water, Sodium Tripolyphosphates (to retain moisture), Salt. Contains: Sulphites.

METHOD OF HARVEST: Wild Harvest; Dive/Trawl; FAO 57 (Brown Slipper Lobster), FAO 61 (Pink Slipper Lobster)

COUNTRY OF ORIGIN(S): China, Taiwan, Thailand, Vietnam

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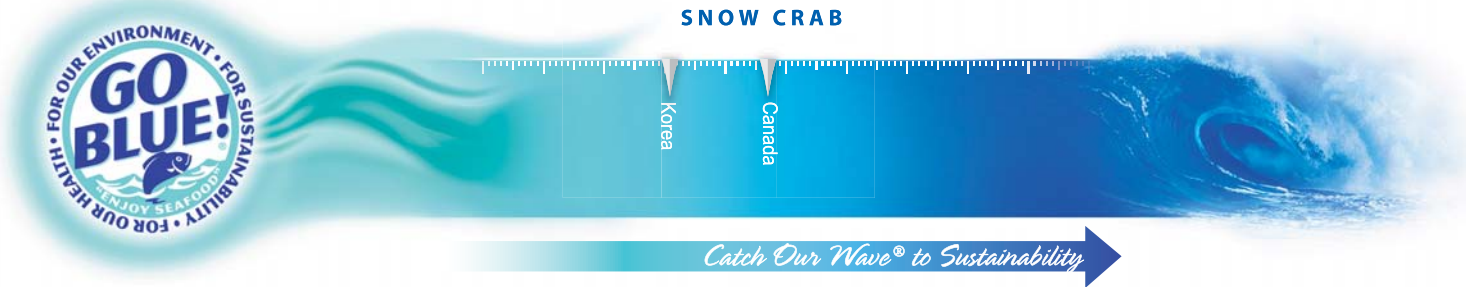
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SNOW CRAB MEAT

Chionoecetes japonicus



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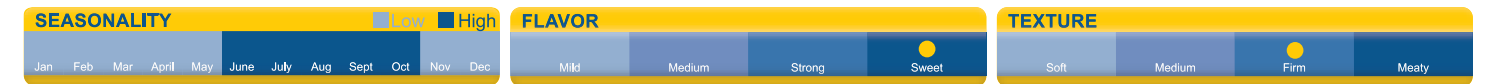
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Product Presentation	Snow Crab Meat Combo
Sizes	70 % Body/30 % Leg
PACK	6/5 LB BLOCK

For full package details, visit our website.

The sweet flavor and firm texture of Korean Snow Crab Meat has made it a popular ingredient in many signature dishes that chefs prepare to satisfy the palates of seafood lovers around the world. This particular species of snow crab, *Chionoecetes japonicus*, harvested from the East Sea of Korea, produces fine, tender filaments that are exquisitely mild and very tasty.



For more detailed seasonality, visit our website



Crab Melt Sandwich

INGREDIENTS:

- 1 1/2 cups green bell pepper, chopped
- 1 1/2 cups orange bell pepper, chopped
- 3/4 cup red onion, chopped
- 1 clove of garlic, minced
- 1 1/2 lbs. Sea Port Snow Crab Meat
- 8 oz. Provolone cheese, grated
- 8 slices potato or buttermilk bread
- olive oil
- salt and pepper to taste
- 2 tbs. dry bread crumbs

DIRECTIONS:

Heat a heavy skillet over medium high heat and add 2 teaspoons of olive oil. Place one slice of bread in the pan about 3 to 4 minutes until toasty golden on both sides. Repeat the toasting batches as necessary. Set aside.

Sauté the peppers, onions, garlic, salt, pepper and Sea Port Snow Crab Meat in 2 tbs. olive oil over medium heat until peppers are soft - about 5 minutes.

Place crab mixture on top of each bread slice. Top each slice with Provolone cheese. Bake the sandwiches in the oven for 6 to 7 minutes, until cheese is melted. For toasty tops, sprinkle sandwiches with bread crumbs and broil for another minute.

Preparation time: 10 min. Cooking time: 16 min. Makes 4 servings

Nutrition Facts

Serving Size 3 oz Cooked (84g)
Servings Per Container about 26

Amount Per Serving	
Calories 100 Calories from Fat 10	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 650mg	27%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

INGREDIENTS: Snow Crab Meat.



Visit our website for more information on this item

METHOD OF HARVEST: Wild Harvest; Trap FAO 61
COUNTRY OF ORIGIN: Korea

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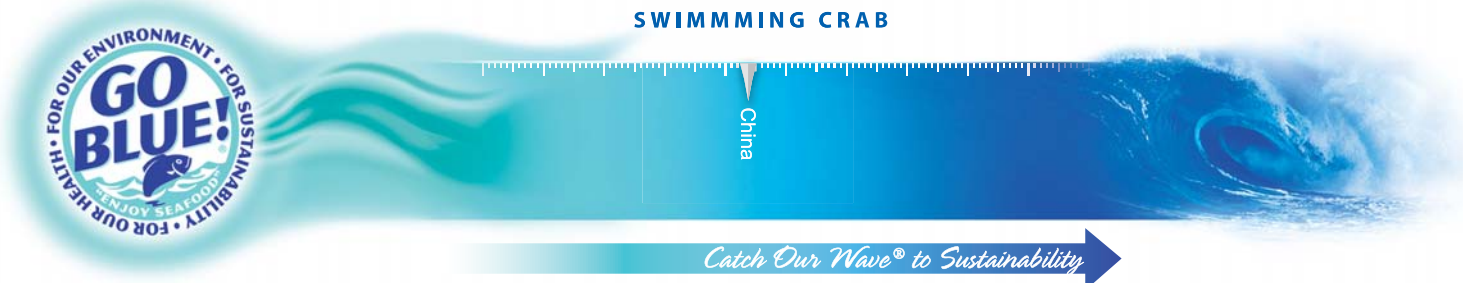
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SWIMMING CRAB LUMP MEAT

Portunus sanguinolentus



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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.

SEASONALITY	FLAVOR	TEXTURE
Jan Feb Mar April May June July Aug Sept Oct Nov Dec	Mild Medium Strong Sweet	Soft Medium Firm Meaty

For more detailed seasonality, visit our website



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

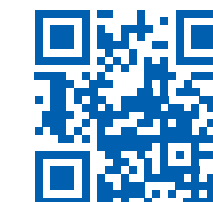
<http://www.myrecipes.com/recipe/louisiana-crab-cakes-with-creole-tartar-sauce-10000000671465/>

Nutrition Facts

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

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

INGREDIENTS: Swimming Crab Meat.



Visit our website for more information on this item

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

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WARM WATER LOBSTER TAILS

Panulirus argus



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WARM WATER LOBSTER TAILS



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Specifications

SIZES	5 oz - 24 oz
PACK	4/10 LB IQF

For full package details, visit our website.

Spiny lobster is full, tasty flavored with a coarse texture. The Caribbean Spiny Lobster, also called Rock Lobster, is found amongst the coral reefs in the Caribbean Sea. These Lobsters are caught in cages, or harvested by divers. *Panulirus argus* is a firm succulent crustacean that commands the center of any seafood creation. The most prolific seafood export of this archipelago nation, Rock Lobster (Spiny Lobster) is increasingly appearing in fine dining restaurants and homes worldwide.



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Steamed Lobster with Lemon-Herb Butter

INGREDIENTS:

- 6 1 1/4- to 1 1/2-pound live lobsters
- 1 cup (2 sticks) butter
- 2 teaspoons fresh lemon juice
- 2 teaspoons chopped fresh Italian parsley
- 2 teaspoons chopped fresh chives
- 2 teaspoons chopped fresh basil
- Lemon wedges

DIRECTIONS:

Steam lobsters in bamboo steamers over 2 large pots of boiling water until shells are pink and lobsters are just cooked through, about 11 minutes. Meanwhile, melt butter in small saucepan. Add lemon juice and herbs. Season with salt and pepper. Serve lobsters with lemon wedges, warm herb butter and crusty bread.

Preparation and cooking time: 15 mins Serves 6

<http://www.epicurious.com/recipes/food/views/Steamed-Lobster-with-Lemon-Herb-Butter-235593>

Nutrition Facts

Serving Size 4 oz Raw (112g)
Servings Per Container Varied

Amount Per Serving		Calories from Fat 15	
		% Daily Value*	
Calories	130		
Total Fat	1.5g	2%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	80mg	27%	
Sodium	200mg	8%	
Total Carbohydrate	3g	1%	
Dietary Fiber	0g	0%	
Sugars	0g		
Protein	23g		
Vitamin A	0%	Vitamin C	4%
Calcium	2%	Iron	0%

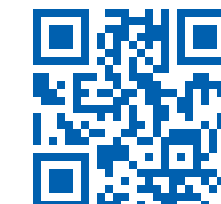
INGREDIENTS: Warm Water Lobster, Sodium Tripolyphosphates.
MAY CONTAIN SULFITES.

METHOD OF HARVEST: Wild Harvest; Dive/Trap/Gillnet **FAO 31**
COUNTRY OF ORIGIN: Bahamas

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