

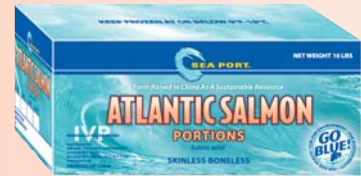
SALMON

Atlantic Salmon *Salmo salar*

Keta (Chum) Salmon *Oncorhynchus keta*

Pink Salmon *Oncorhynchus gorbuscha*

GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



PORTIONS & FILLETS, CLEAR IVP
METHOD OF HARVEST: Farm-Raised; Cages, pens
COUNTRY OF ORIGIN: Chile
 FAO 87

FARMED ATLANTIC SALMON

Red to pinkish meat, Atlantic salmon is moist and oily. The taste is delicate and is an excellent source of Omega-3 polyunsaturated fatty acids, which have been proved to be great for the heart. The fish is also favored by many smokers for the quality of product it allows. It looks attractive in a retail display as a dressed fish or as steaks and fillets.

Atlantic salmon is the only salmon species whose natural home is in the waters of the Atlantic Ocean, as all other salmon species are native to the Pacific. The Romans were first to give Atlantics their familiar vernacular "salmon." Their Latin name, *Salmo salar*, literally means "leaping salmon." A fish that once thrived in the wild, today is the most important farmed salmon species. Wild stocks used to extend from New England up through Ungava Bay in Canada and from the White Sea in Russia down through Portugal. Remaining stocks are now reserved for recreational anglers.

FUN FACT: More than 3 billion pounds of farmed salmon is produced worldwide each year, far more than the total amount of wild salmon caught.



PORTIONS & FILLETS, CLEAR IVP
METHOD OF HARVEST: Wild Harvest; Purse Seine/Gillnet
COUNTRY OF ORIGIN: Japanese Harvested, FAO 61
 Processed in China

KETA (CHUM) SALMON

With the lowest oil content and a less full-bodied taste than the other Pacific salmon species, chums enjoy an import niche in the retail/foodservice sector. The mild flavor and firm texture makes it an easy option for casseroles and other dishes involving moisture. With a long freezer life and a less "fishy" taste, Chums are a less expensive choice for salmon connoisseurs.

Hokkaido Keta Salmon, like all other Pacific salmon species, are anadromous. They can live about six years at sea before returning to their freshwater spawning grounds; Keta Salmon spend more time out at sea than any other Pacific salmon species. Keta Salmon are caught from June until November or December, with peak supplies in July and August. The low fat content and lighter color of the Keta Salmon are why it's the less-prized salmon, although for these reasons it has a longer shelf life. Hokkaido origin Keta Salmon are known in the market as a great alternative to the higher priced salmon species.

FUN FACT: Chum salmon take their name from the Chinook term meaning "spotted" or "marked," while pink salmon are named for the color of their flesh.



PORTIONS, CLEAR IVP
METHOD OF HARVEST: Wild Harvest; Purse Seine
COUNTRY OF ORIGIN: Russian Harvested, FAO 61, Processed in China

PINK SALMON

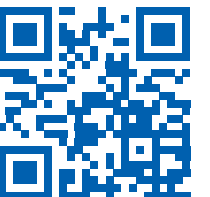
The meat of the pink salmon is leaner, paler, and smaller flaked than most other salmon species. They also have a less oily taste than other salmon species. It is optimal for canning and further processing. Grilling or frying could dry out this lean fish, its manner of preference in most dishes is marinated or cooked.

Pink salmon are the most abundant of the Pacific salmon species. The smallest of the salmon, these easily distinguishable fish possess the smallest scaled of the species. They range in size from 3 to 5 lbs, and can be found as far south as the Puget Sound in Washington state and as far north as the Mackenzie River in Canada. They are also very abundant in Asia, throughout Russia, China and Japan.

FUN FACT: Pink salmon are the smallest Pacific salmon found in North America.



Visit our website for more information on this item





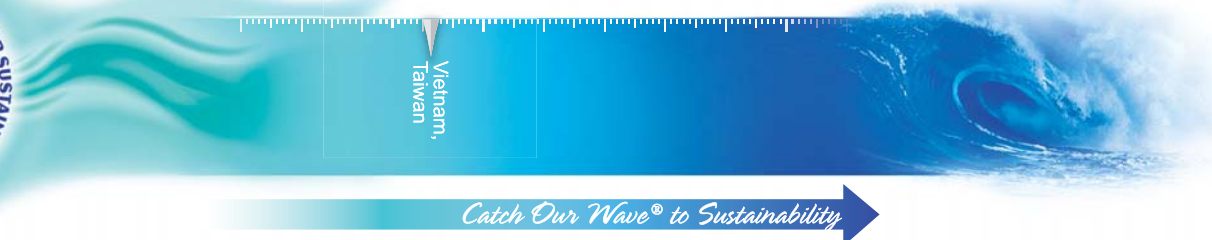
www.cport.net

BARRAMUNDI *Lates calcarifer*



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FARMED BARRAMUNDI



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Product Presentation	Fillets IVP
Size	6, 8, 10 OZ/piece
Pack	1/10 LB

For full package details, visit our website.

Raw, the flesh color ranges pearl to pink; and cooked the meat is white and possesses a sweet, delicate flavor. The meat from wild-caught Barramundi is similar, but has a bigger flake and more robust flavor. For Health & Nutrition benefits go to: www.cport.net

SEASONALITY <input type="checkbox"/> Low <input checked="" type="checkbox"/> High Jan Feb Mar April May June July Aug Sept Oct Nov Dec	FLAVOR <input checked="" type="checkbox"/> Mild <input type="checkbox"/> Medium <input type="checkbox"/> Strong <input type="checkbox"/> Sweet	TEXTURE <input type="checkbox"/> Soft <input type="checkbox"/> Medium <input checked="" type="checkbox"/> Firm <input type="checkbox"/> Meaty
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For more detailed seasonality, visit our website

RECIPE SUGGESTION



Grilled Barramundi Over Greens

INGREDIENTS:

- 12 oz. Barramundi Fillets (2-3 fillets)
- 1 Tbsp. Extra Virgin Olive Oil
- 1 Tsp. Lemon Juice
- 1 Dash Salt
- 1 Dash Pepper
- 1 Tbsp. Parsley (or any herb you like)
- Mixed green salad

DIRECTIONS:

Preheat grill to high. Season Barramundi fillets with olive oil, salt and pepper. Drizzle with lemon juice. Place fish on grill and cover grill. Cook for 3 min. Turn grill down to medium. Flip fillets, cover grill, and cook an additional 3 min per inch of thickness or until fish flakes easily with a fork. Meanwhile, prepare 2 large bowls with salad mixture and drizzle with lemon juice or your favorite dressing. Place fish on top of salad mixture, garnish with herbs and serve.

Preparation time: 15 mins Serves 2

Nutrition Facts

Serving Size 100g	
Servings Per Container 100	
Amount Per Serving	
Calories 100	Calories from Fat 50
% Daily Value**	
Total Fat 1.2g	1.8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	3.5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21.1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

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

INGREDIENTS:
Barramundi, Salt.

METHOD OF HARVEST: Farm - Raised; Ponds, pens, cages
COUNTRY OF ORIGIN(S): Taiwan, Vietnam

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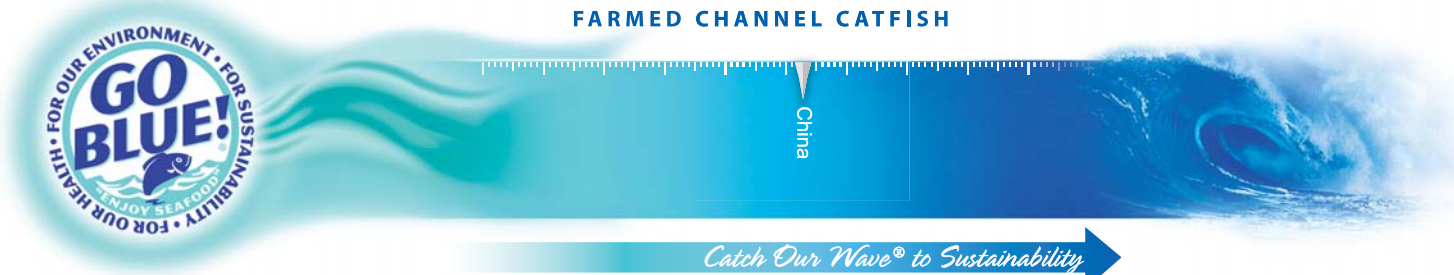
CHANNEL CATFISH

Ictalurus punctatus



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

FARMED CHANNEL CATFISH



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Product Presentation	Skinless, Boneless Fillets
Size	3/5 thru 9/11 oz
Pack	1/15 Bulk

For full package details, visit our website.

Catfish is a rather versatile fish, that is adaptable to any number of cooking methods. The white fillets have a firm texture and mild to moderate taste, and easily take on flavors that are introduced during cooking. While deep fat frying is most popular, catfish can be baked, broiled, grilled, poached, sautéed, or pan-fried. 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



Cattfish Po'boys

INGREDIENTS:

- 2 tablespoons fat-free mayonnaise
- 1 tablespoon fat-free sour cream
- 1 tablespoon white wine vinegar
- 1 teaspoon sugar
- 2 cups broccoli coleslaw mix
- 1/4 cup cornmeal
- 2 teaspoons Cajun seasoning
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 2 tablespoons fat-free milk
- 1 pound catfish fillets, cut into 2 1/2-inch strips
- 2 teaspoons olive oil
- 4 kaiser rolls, split

DIRECTIONS:

In a small bowl, whisk the mayonnaise, sour cream, vinegar and sugar until smooth. Add coleslaw mix; toss to coat. Set aside. In a large resealable plastic bag, combine the cornmeal, Cajun seasoning, salt and cayenne. Place the milk in a shallow bowl. Dip a few pieces of fish at a time in milk mixture, then place in bag; seal and shake to coat. In a large nonstick skillet, cook catfish over medium heat in oil for 4-5 minutes on each side or until fish flakes easily with a fork and coating is golden brown. Spoon coleslaw onto rolls; top with catfish.

Preparation time: 30 min Serves 4

<http://www.tasteofhome.com/recipes/catfish-po-boys>

Nutrition Facts

Serving Size 4 oz (110g)
Servings Per Container 60

Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value**	
Total Fat 10g	15%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 6%

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

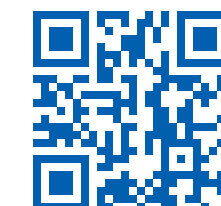
INGREDIENTS: Channel Catfish, Water, Sodium Tripolyphosphates (to retain moisture).

METHOD OF HARVEST: Farm Raised
COUNTRY OF ORIGIN(S): China (Hubei Province)

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GOLDEN POMPANO

Trachinotus auratus

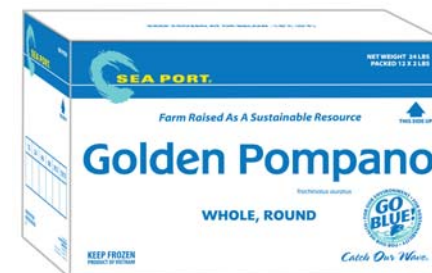


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FARMED GOLDEN POMPANO



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Product Presentation	Whole Round
Size, gm/piece	400/600, 500/600, 600/800
Pack	1/40 LB

For full package details, visit our website.

Pompano is considered a premium fish. The fat content is moderate, which contributes to the mild, succulent-tasting flesh. The finely textured meat ranges white to off-white and the taste is almost sweet. Pompano is typically prepared baked, broiled, grilled or pan-fried. Fresh fish should smell of the sea. For Health & Nutrition benefits go to: www.cport.net

SEASONALITY <input type="checkbox"/> Low <input checked="" type="checkbox"/> High Jan Feb Mar April May June July Aug Sept Oct Nov Dec	FLAVOR <input checked="" type="radio"/> Mild <input type="radio"/> Medium <input type="radio"/> Strong <input type="radio"/> Sweet	TEXTURE <input type="radio"/> Soft <input checked="" type="radio"/> Medium <input type="radio"/> Firm <input type="radio"/> Meaty
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For more detailed seasonality, visit our website

RECIPE SUGGESTION

Whole Golden Pompano with Salsa Verde



INGREDIENTS: 4 whole Golden Pompano about 1 lb each
 2 lemons
 4 sprigs of thyme
 1 jalapeno pepper
 4 cloves of garlic
 6 scallions, green part only
 1 bunch of parsley
 1 bunch of cilantro
 1/4 cup of salt-packed capers
 1/2 cup of olive oil

Preparation time: 40 mins
 Serves 4

DIRECTIONS: Pre-heat oven to 450°F. Grate the lemons. Reserve the grated rind. Dry the fish with paper towels. Salt and pepper inside and out. Thinly slice one lemon. Stuff the fish cavity with lemon slices and thyme. Sprinkle some olive oil in an oven-proof dish or, if roasting several fish at once, a rimmed backing sheet lined with foil. Place the fish on it. Sprinkle with oil. Place the fish in the oven. Roast 15 to 20 minutes, depending on the size of the fish. The fish is done when a knife inserted in the thickest part is warm when touched to your bottom lip.

While the fish is roasting, prepare the salsa verde. Use half the parsley and half the cilantro. Remove stems from both. Chop roughly. Seed and roughly chop the jalapeno. Peel and roughly chop garlic. Rinse salt off capers. Trim scallions and place green tops in a food processor along with the garlic, jalapeno, capers, the juice of one lemon, grated lemon rind, salt and ground pepper. Pulse a few times to roughly chop. Add parsley and cilantro to the processor. Pour in half a cup of a fruity olive oil. Pulse several times to roughly blend, not puree. The salsa verde should have some texture. Place fish on individual plates. Serve with steamed new potatoes or cauliflower and the salsa verde.

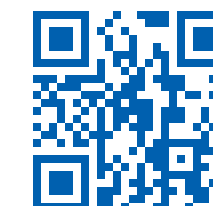
<http://johnpleshettemealoftheweek.com/wp-content/uploads/ROASTED-WHOLE-FISH-WITH-SALSA-VERDE.pdf>

Nutrition Facts

Serving Size 100g	
Amount Per Serving	
Calories 164	Calories from Fat 85
% Daily Value**	
Total Fat 9g	15%
Saturated Fat 4g	18%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 3%

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

INGREDIENTS: Whole Golden Pompano.



Visit our website for more information on this item

METHOD OF HARVEST: Farm-Raised; Sea Cages

COUNTRY OF ORIGIN(S): China, FAO 61

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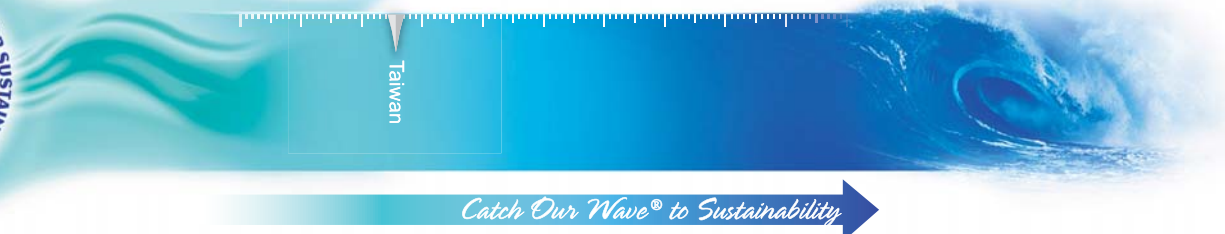
LARGEMOUTH BASS

Micropterus salmoides



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FARMED LARGEMOUTH BASS



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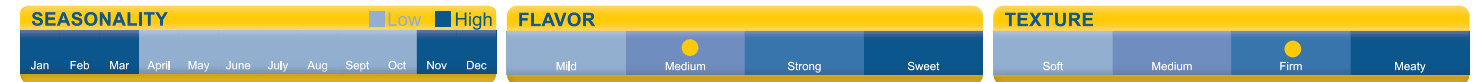
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Product Presentation	Whole Round
Size	500/800 gm
Pack	1/40 LB IWP

For full package details, visit our website.

This Bass has a distinct flavor, and is excellent for baking once filleted and skinned. Largemouth bass is valued for its white flaky and mild tasting meat. Preparing fillets by deep frying, baking, or sautéing is the traditional method of cooking. The Asian and European method of grilling or baking the whole cleaned largemouth bass is now becoming more popular in the U.S. For Health & Nutrition benefits go to: www.cport.net



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Bass with Sun-Dried Tomato Tapenade

INGREDIENTS:

- 4 sun-dried tomato halves (not packed in oil)
- 8 Kalamata olives, pitted (optional)
- 2 tablespoons chopped red onion
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh parsley
- 1 large garlic clove
- 2 teaspoons red wine vinegar
- 1 teaspoon olive oil
- 4 6-ounce bass fillets

DIRECTIONS:

Place sun-dried tomatoes in small bowl. Pour boiling water over to cover. Let stand until tomatoes are very soft, about 30 minutes. Drain, reserving 4 tablespoons soaking liquid. Transfer tomatoes to processor. Add olives, onion, chopped basil, parsley and garlic and chop finely. Add vinegar, oil and 2 tablespoons reserved tomato soaking liquid; blend until moist paste forms, adding more soaking liquid if mixture is too thick. Season with salt and pepper. (Can be made 1 day ahead.) Cover and chill.

Prepare barbecue (medium-high heat) or preheat broiler. Sprinkle sea bass with salt and pepper. Grill or broil fish until opaque in center, about 4 minutes per side. Transfer fish to plates. Top with spoonful of tapenade and serve.

Preparation time: 40 mins Serves 4

<http://www.epicurious.com/recipes/food/views/Sea-Bass-with-Sun-Dried-Tomato-and-Black-Olive-Tapenade-5649>

Nutrition Facts

Serving Size 79g
Servings Per Container

Amount Per Serving	
Calories 90	Calories from Fat 26
% Daily Value**	
Total Fat 3g	4%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 54mg	18%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 15g	
Vitamin A 2%	Vitamin C 3%
Calcium 6%	Iron 7%

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

INGREDIENTS:
Largemouth Bass.

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

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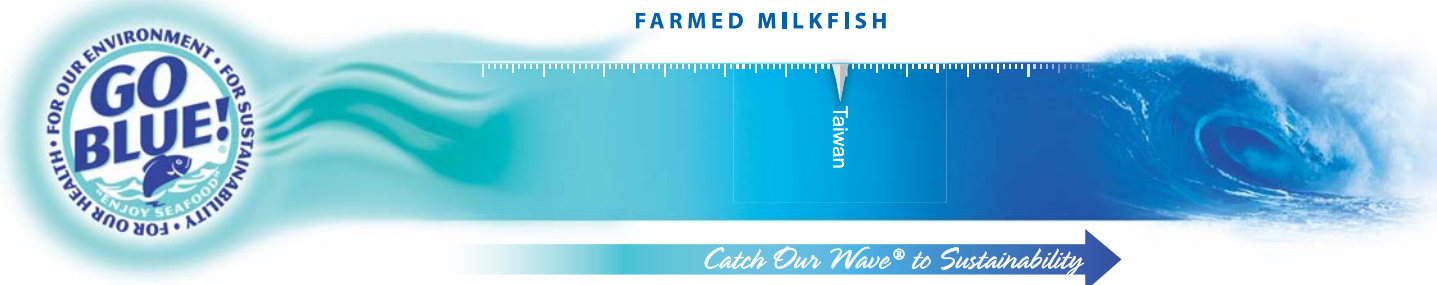
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MILKFISH *Chanos chanos*

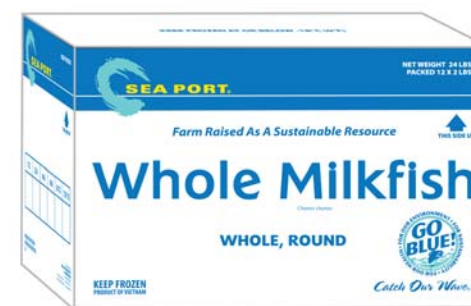


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FARMED MILKFISH



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Product Presentation	Whole Round
Size, gm/piece	300/500, 600/800, 800/UP gm
Pack	1/40 LB IWP

For full package details, visit our website.

The pink flesh is rather soft, mild-tasting and contains numerous small bones which must be either expertly deboned or pressure-cooked until the bones are soft enough to eat. For Health & Nutrition benefits go to: www.cport.net



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Adobong Bangus (Milkfish)

Adobo (a Filipino dish simmered in vinegar and soy sauce) is a Filipino food favorite.

INGREDIENTS:

- 1 medium sized (about 2 pounds) bangus (milkfish), sliced
- 4 cloves garlic, minced
- 2 tablespoons soy sauce
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup vinegar
- 1/3 cup water
- 1 teaspoon vetsin
- Cooking oil

DIRECTIONS:

Combine all ingredients and marinate the bangus (milkfish) slices in this mixture. Let stand for 1 hour. Drain bangus. Set aside vinegar mixture. Fry bangus. When golden brown, set aside and fry garlic. Add vinegar mixture. When it boils, drop in fried bangus. Simmer for 10 minutes. Transfer fish to plates and serve.

Preparation time: 40 mins 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

Amount Per Serving	
Calories 148	Calories from Fat 61
% Daily Value**	
Total Fat 7g	10%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 52mg	17%
Sodium 72mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	
Vitamin A 2%	Vitamin C 0%
Calcium 5%	Iron 2%

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

INGREDIENTS: Whole Milkfish.



Visit our website for more information on this item

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

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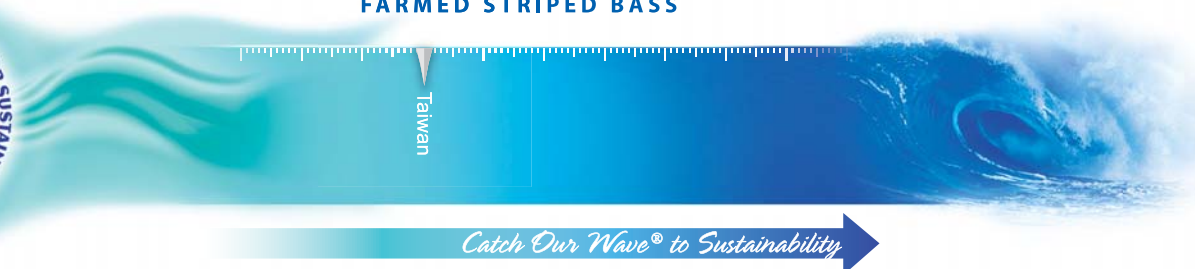


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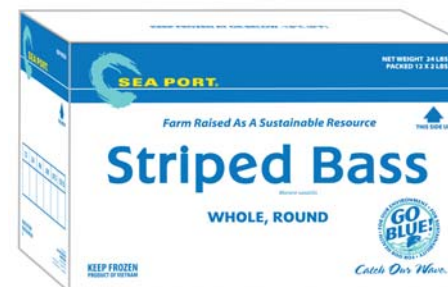
STRIPED BASS *Morone saxatilis*

GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

FARMED STRIPED BASS



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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



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Striped Bass with Spinach

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.

Nutrition Facts

Serving Size 100g	
Amount Per Serving	
Calories 97	Calories from Fat 21
% Daily Value**	
Total Fat 2g	4%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 69mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	
Vitamin A 2%	Vitamin C 0%
Calcium 1%	Iron 5%

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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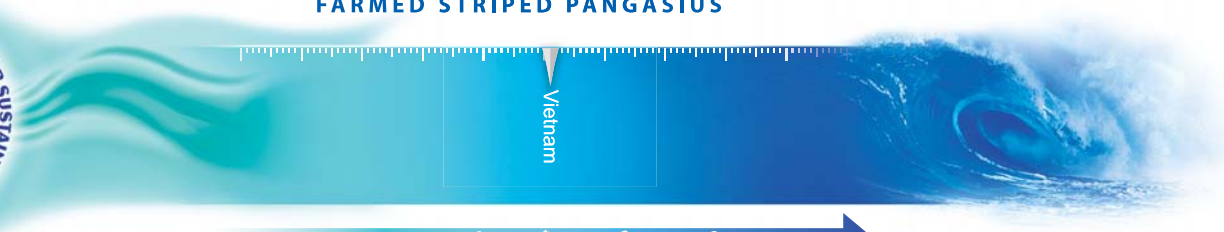
STRIPED PANGASIUS (SWAI)

Pangasius hypophthalmus



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM™

FARMED STRIPED PANGASIUS



Catch Our Wave® to Sustainability

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.



For full package details, visit our website.

Product Presentation	Skinless, Boneless
Size	3/5 thru 9/UP oz
Pack	1/15 LB IVP & Bulk

Striped Pangasius is a rather versatile fish, adaptable to any number of cooking methods. The very white fillets have a rather delicate texture and light taste, and easily take on flavors that are introduced during cooking. Fresh and sweet, basa retains moisture well. While frying is most popular, basa can be baked, broiled, grilled, poached, sautéed, or even pan-fried. For Health & Nutrition benefits go to: www.cport.net



For more detailed seasonality, visit our website

RECIPE SUGGESTION



"Sea Port Panga" Striped Pangasius Fillet with Soy and Citrus

INGREDIENTS:

- 4 Sea Port Panga
- 2 tablespoons olive oil
- ½ cup pineapple juice
- ½ cup fresh squeezed orange juice
- 1/3 cup soy sauce
- 3 tablespoons finely chopped peeled fresh ginger
- 2 tablespoons sesame oil
- 1/8 teaspoon cayenne pepper
- ¼ cup diced pineapple
- Chopped green onions

DIRECTIONS:

Soy & Citrus Sauce

Simmer pineapple juice, orange juice, soy sauce, ginger, sesame oil & cayenne pepper in small saucepan over medium heat until reduced to thick syrup, about 5 minutes. Set aside.

Panga Fillet

Heat oil over high heat. Sprinkle fish with salt and pepper. Saute fish until golden, about 2 minutes per side.

To serve: Arrange Sea Port Panga Fillets on serving plates. Spoon Soy & Citrus Sauce over fish. Top with green onions and diced pineapple.

Nutrition Facts

Serving Size 4 oz (113g)
Servings Per Container 60

Amount Per Serving

Calories 62 Calories from Fat 2

% Daily Value**

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 510mg 21%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 13g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 0%

* Contains less than 2% daily value of these nutrients.

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

INGREDIENTS:

Striped Pangasius (Swai), Water, Sodium Tripolyphosphate, Citric Acid, Potassium Citrate and Salt.



Visit our website for more information on this item

METHOD OF HARVEST: Farm-Raised; Ponds

COUNTRY OF ORIGIN(S): Vietnam

WEST COAST
131 7th Avenue, West, Kirkland, WA 98033
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EAST COAST
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TILAPIA *Tilapia mossambica*



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

FARMED TILAPIA



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Tilapia is mild and sweet tasting, even somewhat bland. It easily acquires flavor during preparation lending itself to the use of sauces and seasonings. Tilapia meat is white, slightly firm and flaky. For Health & Nutrition benefits go to: www.cport.net

Product Presentation	Whole Round	Gutted & Scaled	"Izumidai" Fillet Skinless, Boneless
Size	400/600, 600/800, 800/UP gm	350/550, 550/750, 750/UP gm	2/3 thru 11/UP oz
Pack	1/40 LB IWP	1/40 LB IWP	1/10 LB IVP & IQF Bulk 1/22 LB Styro

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



Sauteed Tilapia with Salsa Fresca

INGREDIENTS:
 4 Tilapia fillets
 Salt and freshly ground
 Black pepper to taste
 Olive oil
Salsa:
 2 cups plum tomatoes, diced
 1 cup onion, finely chopped
 ½ cup cilantro, finely chopped
 1 Tbsp Serrano chiles (or jalapeno), finely chopped
 1 Tbsp extra-virgin olive oil
 2 Tbsp fresh lime juice
 1 medium avocado, peeled, seeded, diced

DIRECTIONS:
 Mix tomatoes, onions, cilantro, Serrano chiles, extra-virgin olive oil, lime juice and avocados together in a large bowl. Season with salt and freshly ground pepper to taste. Let the flavors come together at room temperature for about 1 hour. Coat fish fillets with olive oil, salt and fresh pepper and cook about 4 minutes per side. To serve: Place fish on a platter and top with salsa. Serve with green salad and rice.

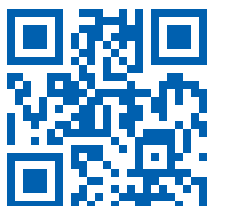
Nutrition Facts

Serving Size 4 oz (112g)
 Servings Per Container

Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value**	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 30mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 2%

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

INGREDIENTS: Tilapia fillet treated with Carbon Monoxide to promote color retention.



Visit our website for more information on this item

METHOD OF HARVEST: Farm-Raised; Ponds
COUNTRY OF ORIGIN(S): China, Taiwan, FAO 61

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