



www.cport.net

BAY SCALLOPS

Argopecten irradians;
Chlamys nobilis



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

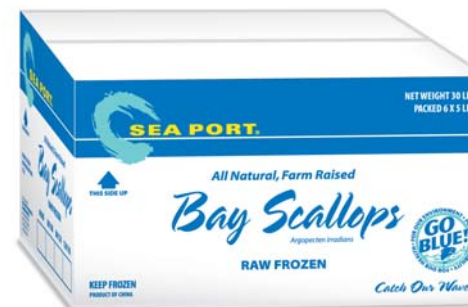
FARMED & WILD BAY SCALLOPS



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.



Specifications

Count per LB	40/60-200/300
PACK	6/5 LB IQF

For full package details, visit our website.

Bay scallops are widely considered the best flavored and nicest scallop to eat. The shell ranges in color from tan to orange to brown. The meat of a bay scallop is creamy when raw, and upon cooking, becomes opaque. The meat is sweet, plump and possesses a near-firm texture. Scallops should have a sweet and seaweedy scent. Scallops are delicate and require very little cooking. Overcooking is a common offense that detracts from the taste and texture.



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Tarragon Lime Bay Scallops & Pasta

INGREDIENTS:

- 3/4 lb dried angel-hair pasta (capelli d'angelo)
- 1 1/2 lb Sea Port Bay Scallops
- 3/4 stick (6 tablespoons) unsalted butter
- 2 tablespoons fresh lime juice, or to taste
- 2 tablespoons finely chopped fresh tarragon, or to taste

DIRECTIONS:

Cook pasta in a 6 to 8-quart pot of boiling salted water until al dente. Reserve 1/4 cup cooking water, then drain pasta in a colander.

While pasta is cooking, pat scallops dry and season with salt and pepper. Heat 3 tablespoons butter in a 12-inch nonstick skillet over moderately high heat until foam subsides, then sauté half of scallops, stirring, until golden, about 3 minutes. Transfer with a slotted spoon to a bowl. Cook remaining scallops in remaining 3 tablespoons butter in same manner. Return first batch of scallops to skillet and stir in lime juice and tarragon.

Toss pasta in a bowl with half of scallops and 1/4 cup pasta cooking water. Top pasta with remaining scallops and sauce and season with salt and pepper.

Preparation and cooking time: 10 mins Serves 6

Nutrition Facts

Serving Size 100g	
Amount Per Serving	
Calories 88	Calories from Fat 7
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 33mg	11%
Sodium 161mg	7%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	
Vitamin A 1%	Vitamin C 5%
Calcium 2%	Iron 2%

INGREDIENTS: Bay Scallops.



Visit our website for more information on this item

METHOD OF HARVEST: Farm - Raised; Lantern Cage Suspension; Wild Diver Caught/Dredge
COUNTRY OF ORIGIN(S): Philippines (Wild), China (Farmed), Peru (Wild)

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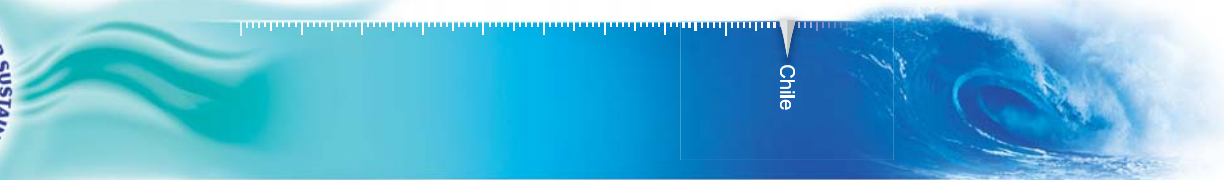
BLUE MUSSELS *Mytilus chilensis*



Blue Mussel meat

GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

FARMED BLUE MUSSELS



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Specifications

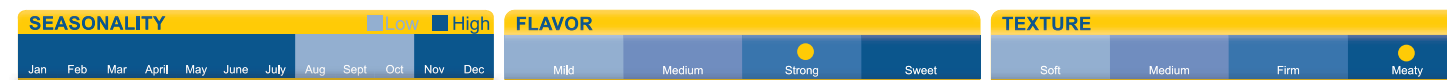


PRODUCT	Whole	On the 1/2 Shell	Meat
PACK	5/2 LB Vaccum Pack	10/2 LB IQF Polybag	2/5 LB IQF
SIZE	Normal & Jumbo	Medium	Small & Medium

For full package details, visit our website.



Sweet, plump and tender with a somewhat firmer bite than a clam, mussels have a distinctive, rich, sweet taste. Mussel meats should be plump, and color can vary from creamy to brown and orange.



For more detailed seasonality, visit our website



Mussels in White Wine-Garlic-Butter Sauce

INGREDIENTS:

- 4 tablespoons olive oil
- 4 tablespoons butter
- 1 whole onion, chopped fine
- 6 whole garlic cloves, minced
- 2 cup white wine
- 1 teaspoon thyme, dried
- 2 lbs SEA PORT Blue Mussels
- 1 pinch salt and pepper, to taste
- 1 loaf crusty artisan bread of choice

DIRECTIONS:

Melt butter and olive oil over medium-low heat. Add onion and garlic and cook for 3 minutes or until translucent. Add white wine, thyme and mussels. Stir and cover the pot for about 8-10 minutes. Discard any unopened mussels. Season with salt and pepper. While mussels are cooking, place the bread on an oven rack for 8 minutes. Slice. Dump the pot into a bowl. Place bread around the outside edge. Serve and dip bread into the broth. Enjoy!

Preparation and cooking time: 10 mins Serves 6

www.tastykitchen.com/recipes/main-courses/mussels-in-white-wine-garlic-butter-sauce/

Nutrition Facts

Serving Size 3 oz (85g) (approx. 4-7 mussels depending on size)
Servings Per Container about 11

Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 480mg	20%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	
Vitamin A 6%	Vitamin C 8%
Calcium 15%	Iron 50%

INGREDIENTS: Blue Mussels.

METHOD OF HARVEST: Farm - Raised; Rope Suspension System FAO 87
COUNTRY OF ORIGIN(S): Chile

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GREENSHELL MUSSELS

Perna canaliculus



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FARMED MUSSELS



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WHOLE

- Vacuum Packed
- Packed 12x2 LB, Cooked
- Retail Packaging



ON THE HALF SHELL

- Available in Small, Medium and Large
- Individually Quick Frozen on the Half Shell
- Packed 12x2 LB, Blanched
- Retail Packaging

For full package details, visit our website.

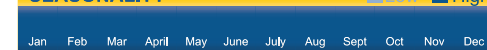
The sweet and delicate flavor of the green mussel compliments many cuisine styles. Tender and juicy when properly prepared, green mussels have a distinctive flavor that lies somewhere between clams and oysters. Professionals enjoy the superior meat-to-shell ratio of 55 percent. Unique to New Zealand's pristine waters, the GreenShell™ or Green-lipped mussel is named for its attractively colored shell. The meat is either cream (male) or orange (female). Sea Port assures that our *Perna canaliculus* are grown, harvested, transported, processed and labeled following USDA National Shellfish Sanitation Program (CA 772 RS). For Health & Nutrition benefits go to: www.cport.net



Grading

Size (Half Shell)	Small	Medium	Large
Count per LB	18-25	12-18	8-12

SEASONALITY



FLAVOR



TEXTURE



For more detailed seasonality, visit our website



Mussels on the Half Shell

DIRECTIONS:

While still frozen top with cheese, garlic or herb butter and savory breadcrumbs. Place prepared mussels on a hot grill (approx. 5 mins.) or on high heat in an oven for approx. 6 mins. until cooked. DO NOT OVERCOOK MUSSELS. ONCE COOKED THEY MAY BE COOLED, COVERED, AND HELD IN REFRIGERATOR FOR UP TO 12 HOURS.

IMPORTANT: GreenShell™ Mussels Must be Kept Frozen to Maintain Safety. This product is heat shocked and persons who are pregnant, immune compromised or suffer from allergies should either avoid this product or cook it properly before consumption.

Preparation time: 30 min Serves 11

Nutrition Facts

Serving Size 3 oz (85g) (approx. 4-7 mussels depending on size)
Servings Per Container about 11

Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 480mg	20%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	
Vitamin A	6% • Vitamin C 8%
Calcium	15% • Iron 50%

INGREDIENTS: Blanched GreenShell™ Mussels.



Visit our website for more information on this item

For more recipe suggestions, please e-mail marketing@cport.net

METHOD OF HARVEST: Farm - Raised; Rope Suspension System FAO 81

COUNTRY OF ORIGIN: New Zealand

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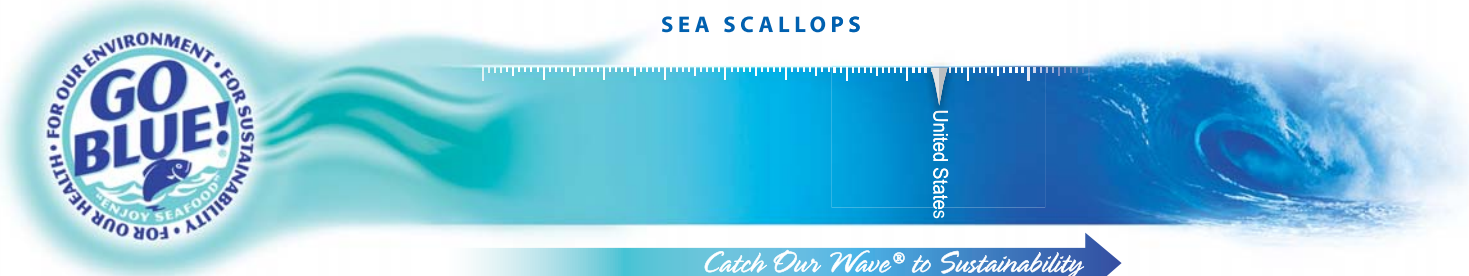
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SEA SCALLOPS

Placopecten magellanicus; Patinopecten yessoensis



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Various US brands available.
Packaging pictures provided upon request.

Specifications

Sizes (ct/lb)	U/10, 10/20, 20/30, & 30/40
PACK	6/5 LB IQF

For full package details, visit our website.

The meat of a sea scallop is nearly translucent, with a creamy look. It is shaped like a small patty. Sometimes pink and brown spots accent the meat. Cooked meat becomes opaque. The meat is sweet, ranging from mild to salty. It is plump and possesses a near-firm texture. Scallops should have a sweet and seaweed-like scent. Any traces of sourness, gas or iodine indicate spoilage. Scallops are delicate and require very little cooking. Overcooking is a common mistake that detracts from the taste and texture.



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Seared Sea Scallops

INGREDIENTS:
 2 1/2 pounds Sea Port Sea Scallops
 4 teaspoons unsalted butter
 4 teaspoons olive oil
 Kosher salt
 Freshly ground black pepper

DIRECTIONS:
 Rinse scallops with cold water and thoroughly pat dry. Add the butter and oil to a 12 to 14-inch saute pan on high heat. Season the scallops with salt and pepper. Once the fat begins to smoke, gently add the scallops, making sure they are not touching each other. Sear the scallops for 1 1/2 minutes on each side. The scallops should have a 1/4-inch golden crust on each side while still being translucent in the center. Serve immediately.

Preparation and cooking time: 10 mins Serves 6

www.foodnetwork.com/recipes/alton-brown/seared-scallops-recipe/index.html

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Serving Size 100g	
Amount Per Serving	
Calories 88	Calories from Fat 7
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Total Fat 1g	1%
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Cholesterol 33mg	11%
Sodium 161mg	7%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	
Vitamin A 1%	Vitamin C 5%
Calcium 2%	Iron 2%

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

INGREDIENTS: Sea Scallops.

METHOD OF HARVEST: Wild Harvest; Dredge FAO 21
COUNTRY OF ORIGIN(S): USA, Canada, Japan

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