



www.cport.net

BLACK TIGER PRAWNS

Penaeus monodon



raw, peeled & deveined, tail-on



peeled, deveined, tail-off



cooked, peeled, deveined, tail-on



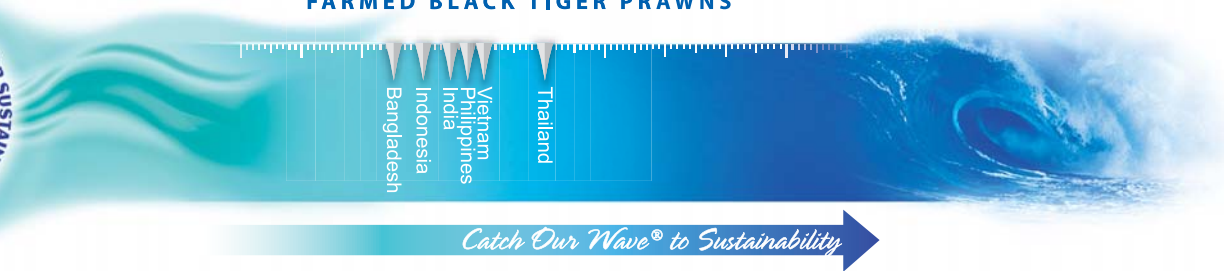
headless, shell-on



head-on, shell-on

GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

FARMED BLACK TIGER PRAWNS



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.

Quality Black Tiger Prawns should have a crisp bite or snap and a pleasant shrimp taste. Black Tiger Prawns can be seasoned and used in an infinite variety of preparations. Considered the "King of Shrimp" by many, Black Tigers are the choice to make when presentation counts. Known to reach sizes of close to a pound, these shrimp, when cooked, become a bright red-orange color. Farm-Raised in Southeast Asia, *Penaeus monodon*, have the firm texture chefs' demand for customer pleasing dishes. For Health & Nutrition benefits go to: www.cport.net or directly to: www.eatshrimp.com

Product Presentation	Head-On Shell-On	RAW, Peeled & Deveined Tail-On IQF	RAW, Peeled & Deveined Tail-Off IQF	COOKED, Peeled & Deveined Tail-On IQF	COOKED, Peeled & Deveined Tail-Off IQF
Size/Pc per lb	6/8 - 26/30	4/6 - 61/70	16/20 - 51/60	8/12 - 61/70	8/12 - 71/90
Pack	10/1 LB Block	5/2 & 10/1 LB IQF	5/2 & 10/1 LB IQF	5/2 & 10/1 LB IQF	5/2 & 10/1 LB IQF

SEASONALITY Low High **FLAVOR** Mild Medium Strong Sweet **TEXTURE** Soft Medium Firm Meaty

For more detailed seasonality, visit our website

RECIPE SUGGESTION

Grilled Prawns with Chili Sauce

INGREDIENTS:
 2 lbs large SEA PORT raw peeled & deveined prawns (tail-on or tail-off)
 4 Tbsp olive oil
 2 cloves fresh garlic, minced
 1 Tbsp chopped parsley
 salt & pepper to taste

DIRECTIONS:
Marinate Shrimp: In large bowl combine olive oil and garlic. Add shrimp and marinade for 2 to 4 hrs.
Grill: Remove shrimp from marinade, place 2 shrimp on each skewer and grill over medium heat 3 to 5 minutes per side.
To Serve: Place grilled shrimp on a plate and serve with chili sauce, crusty bread and a fresh green salad.

Preparation time: 10 min Cooking time: 10 min

Nutrition Facts
 Serving Size 3.5 oz (100g)
 Servings Per Container about 9

Amount Per Serving	% Daily Value*
Calories 65	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 126mg	42%
Sodium 335mg	14%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 14g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 5%

INGREDIENTS: Black Tiger Prawns, Sodium Tripolyphosphates (to retain moisture), Salt.

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

METHOD OF HARVEST: Farm-Raised; Ponds
COUNTRY OF ORIGIN(S): Philippines, Indonesia, Vietnam, Thailand, India, Bangladesh

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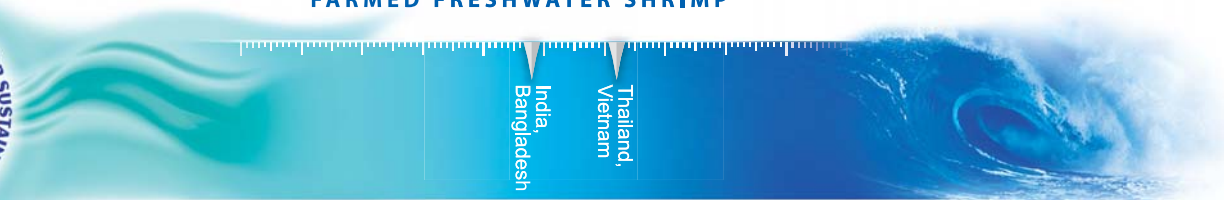
FRESHWATER SHRIMP

Macrobrachium rosenbergii



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

FARMED FRESHWATER SHRIMP



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Product Presentation	Head-On, Shell-On, Claw-On Semi IQF	Headless Shell-On IQF Easy Peel
Size/pcs per lb	2/4 - 21/25	6/8 - 41/50
Pack	12x2 lb boxes - shrink wrapped	10x2 lb polybags



For full package details, visit our website.

Cooking methods affect the texture of freshwater shrimp; however, when properly prepared, they have a very mild taste and moderate texture. Freshwater shrimp are best baked, broiled or grilled given their high water content. A seasonal treat, freshwater shrimp taste similar to lobster and are often served "head-on" as a "junior" or "baby" lobster. Produced during the monsoon season in Southeast Asia, *Macrobrachium rosenbergii* are grown when the lack of sea-water or brackish water brings the salinity of the pond water close to nil. For Health & Nutrition benefits go to: www.cport.net or directly to: www.eatshrimp.com

SEASONALITY Low High | **FLAVOR** Mild Medium Strong Sweet | **TEXTURE** Soft Medium Firm Meaty

For more detailed seasonality, visit our website

RECIPE SUGGESTION

Steamed Freshwater Shrimp

Serve steamed and dip in favorite clarified herbed butter or your favorite sauce.



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

METHOD OF HARVEST: Farm-Raised; Rivers, Ponds, Estuaries
COUNTRY OF ORIGIN(S): Thailand, Vietnam, India, Bangladesh

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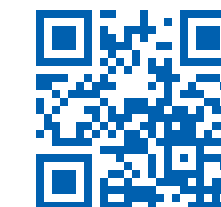
e-mail: sales@cport.net
www.cport.net

Nutrition Facts

Serving Size 3.5 oz (100g)
 Servings Per Container about 9

Amount Per Serving	
Calories 100 Calories from Fat 10	
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 250mg	10%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 3%

INGREDIENTS: Freshwater Shrimp, Water, Sodium Tripolyphosphates (to retain moisture), Salt.



Visit our website for more information on this item



www.cport.net

OREGON PINK SHRIMP

Pandalus jordani



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

OREGON PINK SHRIMP MEAT



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Specifications

Count per LB	250/350
PACK	4/5 LB IQF Poly Bag

For full package details, visit our website.

Cooked Oregon Pink Shrimp is a sweet flavored meat with a medium to soft texture that is perfect for making cold shrimp cocktails.



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Creamy Shrimp & Pea Pasta

INGREDIENTS:

- 8 ounces uncooked angel hair pasta, broken into pieces
- 2 tablespoons butter
- 1 pound Bay Shrimp
- 1 garlic clove, crushed
- 3/4 cup fat-free half-and-half
- 1/3 cup chopped fresh basil, divided
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/3 cup preshredded fresh Parmesan cheese
- 1 1/2 cups frozen green peas

DIRECTIONS:

Cook pasta according to package directions, omitting salt and fat. Melt butter in a large nonstick skillet over medium heat. Add shrimp and garlic; sauté 4 minutes or until done. Add half-and-half, 3 tablespoons chopped basil, salt, and pepper; bring to a simmer, and cook, uncovered, 4 minutes. Add cheese, and cook 1 minute or until cheese melts. Place peas in a colander. Drain pasta over peas in colander. Add pasta and peas to shrimp mixture, and toss gently. Cook over low heat 2 minutes. Stir in remaining chopped basil. Serve immediately.

Preparation and cooking time: 20 mins Serves 4

<http://www.myrecipes.com/recipe/creamy-shrimp-pea-pasta-10000001896293/>

Nutrition Facts

Serving Size 3 oz (85g)
Servings Per Container

Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 165mg	55%
Sodium 190mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%

INGREDIENTS: Shrimp, Salt.

METHOD OF HARVEST: Wild Harvest; Double-rigged Otter Trawl
COUNTRY OF ORIGIN: USA, FAO 67 & 77

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www.cport.net



Visit our website for more information on this item



SEA PORT®

www.cport.net

WHITE SHRIMP *Penaeus vannamei*



cooked, tail-on



peeled, deveined, tail-on



peeled, deveined, tail-off



cooked, tail-off



headless shell-on



EZ Peel

GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

FARMED WHITE SHRIMP



Indonesia
Vietnam
India
Thailand
Ecuador

Catch Our Wave® to Sustainability

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For full package details, visit our website.

Quality shrimp should have a crisp bite or snap and a pleasant shrimp taste. Shrimp can be seasoned and used in an infinite variety of preparations. The delicate texture of white shrimp has created a preference for this species, *Penaeus vannamei*, with chefs and diners alike. Their popularity has spurred the expansion of the aquaculture farming of white shrimp from South America to Asia, making availability of this high quality product more accessible than ever.

For Health & Nutrition benefits go to: www.cport.net or directly to: www.eatshrimp.com

Product Presentation	Headless Shell-On Block	RAW, Peeled & Deveined Tail-On IQF	RAW, Peeled & Deveined Tail-Off IQF	COOKED, Peeled & Deveined Tail-On IQF	COOKED, Peeled & Deveined Tail-Off IQF	Raw, Headless Shell-On, Easy Peel IQF	Cooked, Easy Peel & Eat IQF
Size/Pc per lb	16/20 - 91/110	13/15 - 91/120	16/20 - 91/120	16/20 - 91/120	21/25 - 200/300	13/15 - 71/90	13/15 - 71/90
Pack	6/4 lb & 10/4 lb	5x2 lb, 10X1 lb	5x2 lb, 10X1 lb	5x2 lb, 10X1 lb	5x2 lb, 10X1 lb	10x2 lb	10x2 lb

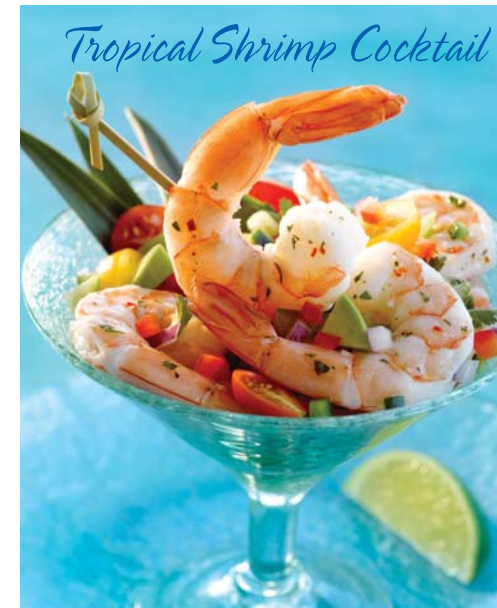
SEASONALITY Low High

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



Tropical Shrimp Cocktail

- INGREDIENTS:**
- 2 lbs SEA PORT cooked peeled & deveined shrimp
 - 3 cloves fresh garlic, minced
 - salt & pepper to taste

- Tropical Fruit Salsa**
- 2 ripe tomatoes
 - 1 cup peeled and diced papaya
 - 1 cup peeled and diced mangos
 - 1/4 cup fresh cilantro, chopped
 - 1/4 cup finely chopped red onion
 - 1 Serrano chili, seeded and finely chopped
 - juice of 4 limes or to taste
 - salt & pepper to taste

DIRECTIONS:
Gently toss all ingredients of the Tropical Fruit Salsa. Mix the shrimp, garlic, salt and pepper in a separate bowl. Combine the shrimp with the salsa and chill it for 3 to 4 hours.
To serve: Place the Tropical Shrimp Cocktail in a martini glass. Serve with tortilla chips.

Preparation time: 30 min Serves 6

Nutrition Facts

Serving Size 3 oz (85g)
Servings Per Container about 11

Amount Per Serving	% Daily Value*
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 470mg	19%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 12g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

INGREDIENTS: White Shrimp, Sodium Triphosphates (to retain moisture), Salt.



Visit our website for more information on this item

METHOD OF HARVEST: Farm-Raised; Ponds
COUNTRY OF ORIGIN(S): Thailand, India, Ecuador, Indonesia, Vietnam

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WILD MEXICAN WHITE SHRIMP

Litopenaeus stylirostris



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

WILD MEXICAN WHITE SHRIMP (BLUE SHRIMP)



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 PACK	U/10-21/25 10/5 LB Block
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For full package details, visit our website.

Wild Mexican White Shrimp (also called Mexican Blue Shrimp) has a robust shrimp flavor with a firm texture that is suitable for all cooking methods.

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



Shrimp Scampi

- INGREDIENTS:**
- 1 1/2 pound Wild Mexican Shrimp, shelled and deveined
 - Kosher salt and freshly ground black pepper
 - 2 tablespoons unsalted butter
 - 2 teaspoons minced garlic
 - 1/4 cup dry white vermouth
 - 1 tablespoon freshly squeezed lemon juice
 - 2 teaspoons finely chopped flat-leaf parsley leaves
 - 1/4 teaspoon grated lemon zest

DIRECTIONS:

Put the shrimp on a large pie pan or plate and pat them completely dry with a paper towel. Arrange the shrimp so they lay flat and are evenly spaced. Heat a large skillet over medium heat. Season the shrimp with salt and pepper. Add the butter to the skillet. When the foaming subsides, raise the heat to high, and invert the plate of shrimp over the pan so the shrimp fall into the pan all at once. Cook the shrimp, without moving them, for 1 minute. Add the garlic and cook for 1 minute. Turn the shrimp over and cook for 2 minutes more. Transfer the shrimp to a bowl. Return the skillet to the heat and pour in the vermouth and lemon juice. Boil the liquid until slightly thickened, about 30 seconds. Scrape up any browned bits from the bottom of the pan with a wooden spoon. Stir the zest and parsley into the sauce. Pour the sauce over the shrimp, season with salt and pepper to taste, toss to combine and serve.

Preparation and cooking time: 30 mins Serves 4

<http://www.foodnetwork.com/recipes/food-network-kitchens/shrimp-scampi-recipe/index.html>

Nutrition Facts

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

Amount Per Serving		% Daily Value**
Calories 110	Calories from Fat 10	
Total Fat 2g		3%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 170mg		57%
Sodium 190mg		8%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 18g		

Vitamin A * • Vitamin C 4%

Calcium 4% • Iron 15%

* Contains less than 2% of the Daily Value of this Nutrient.

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

INGREDIENTS: Mexican White Shrimp.

METHOD OF HARVEST: Artisanal two person boats with nets in shallow bays
COUNTRY OF ORIGIN(S): Mexico, FAO 77

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