

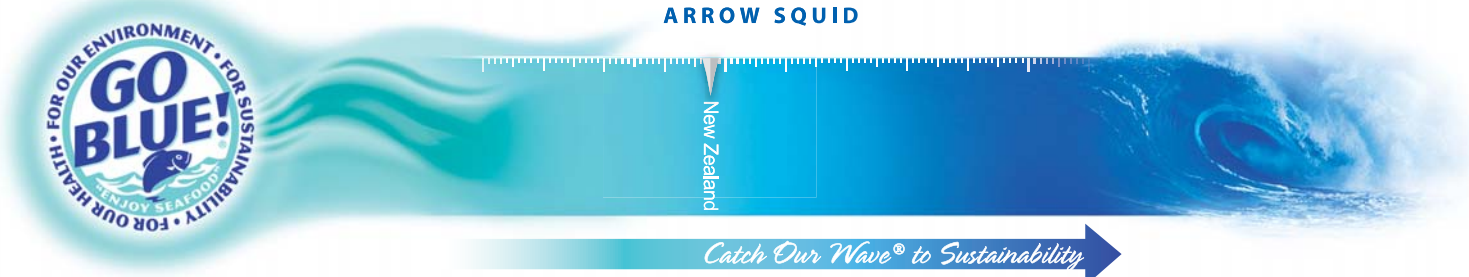


www.cport.net

ARROW SQUID *Nototodarus sloanii*



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.



Frozen at Sea

Product Specifications	
Size	400/600 & 600/up gm/piece
Pack	2/15 KG BLOCK

For full package details, visit our website.

Squid is a versatile product that is not strongly flavored, but considered by many to possess a kind of sweetness. The meat is tender and succulent. Frozen tubes should be ivory-white throughout and have no distinct odor. Squid has excellent shelf life if handled with reasonable care. It is little affected by freezing, and the texture is unchanged even if the flesh is frozen and thawed a number of times. Fresh squid should have a sweet smell. It becomes rather pungent with age. Skin spots and color are not reliable guides to quality. For Health & Nutrition benefits go to: www.cport.net



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Fried Arrow Squid

INGREDIENTS:

- Vegetable oil, for deep-frying
- 1 pound clean squid with tentacles, bodies cut into 1/3- to 1/2-inch-thick rings
- 2 cups all-purpose flour
- 2 tablespoons dried parsley
- Salt and freshly ground black pepper
- 2 lemons, cut into wedges
- 1 cup marinara sauce, warmed

DIRECTIONS:

Pour enough oil into a heavy large saucepan to reach the depth of 3 inches. Heat over medium heat to 350 degrees F. Mix the flour, parsley, salt, and pepper in a large bowl. Working in small batches, toss the squid into the flour mixture to coat. Carefully add the squid to the oil and fry until crisp and very pale golden, about 1 minute per batch. Using tongs or a slotted spoon, transfer the fried calamari to a paper-towel lined plate to drain.

Place the fried calamari and lemon wedges on a clean plate. Sprinkle with salt. Serve with the marinara sauce.

Preparation time: 30 min Serves 6

<http://www.foodnetwork.com/recipes/giada-de-laurentiis/fried-calamari-recipe/index.html>

Nutrition Facts

Serving Size 100g	
Servings Per Container about 10	
Amount Per Serving	
Calories 92	Calories from Fat 12
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 233mg	78%
Sodium 44mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	
Vitamin A 1%	Vitamin C 8%
Calcium 3%	Iron 4%

INGREDIENTS: Squid.

METHOD OF HARVEST: Wild Harvest; Trawl FAO 81
COUNTRY OF ORIGIN(S): New Zealand

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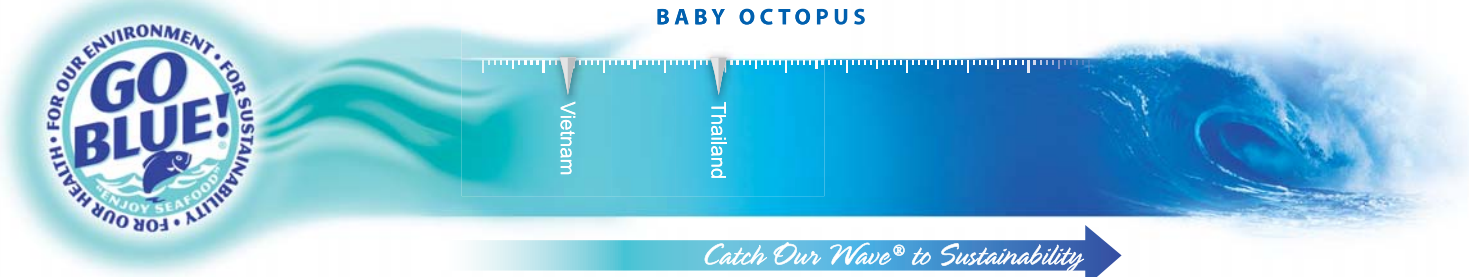


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BABY OCTOPUS *Octopus spp*



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Product Specifications	
Size Count/kilo	5/15, 16/25 & 26/40
Pack	12/2 LB Block

For full package details, visit our website.

Raw octopus is purplish in color. Cooked, the purple skin conceals a fairly translucent white meat. The flesh is very firm and somewhat chewy, but smooth texture and full ocean flavor, though tender and possesses a mild, almost sweet flavor. All parts of the octopus can be consumed and are either eaten raw or boiled, fried, grilled or stewed. Fresh octopus should smell of the ocean. 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 type="checkbox"/> Firm <input checked="" type="checkbox"/> Meaty
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For more detailed seasonality, visit our website

RECIPE SUGGESTION



Polpi in Umido
Italian Octopus Stewed in Wine and Tomatoes

INGREDIENTS:
 1 lb baby octopus
 4 T. olive oil
 4 cloves finely chopped garlic
 1 cup crushed tomatoes or peeled, chopped fresh tomatoes
 1 cup white wine
 2 T. honey or sugar
 2 T. chopped fresh dill
 4 T. chopped fresh parsley
 1 t. chile flakes
 2 T. capers (optional)
 Salt and pepper

DIRECTIONS:
 Bring a large pot of salty water to a boil. Toss the octopus into the boiling water, return to a boil and cook for 1-2 minutes, then remove. Discard water. Saute in olive oil over medium-high heat for 2-3 minutes. Add the chopped garlic and saute for another minute or two. Add the wine and bring to a boil over high heat. Stir well and let it cook down for 3-4 minutes. Add the tomatoes and chile flakes and bring to a simmer. Add about a teaspoon of salt and the honey or sugar. Mix well, cover the pot and simmer for 30 minutes. Add the capers, half the dill and half the parsley. Check the octopus -- sometimes small ones will be tender in just 30 minutes. If they are still super-chewy, cover the pot again and simmer for up to another 45 minutes. About 10 minutes away from being done, uncover the pot and turn the heat up a little to cook down the sauce. To serve, add the remaining dill and parsley and black pepper. Serve over pasta.

Preparation time: 1.5 hrs
Serves 4

http://fishcooking.about.com/od/octopusrecipes/r/ital_stew_octo.htm

Nutrition Facts	
Serving Size 4 oz (113g)	
Servings Per Container about 8	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 540mg	23%
Total Carbohydrate 0g	0%
Dietary Fiber 2g	6%
Sugars 0g	
Protein 9g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 2%

INGREDIENTS: Baby Octopus, Salt.

METHOD OF HARVEST: Wild Harvest; Dive/Trap/Trawl
COUNTRY OF ORIGIN(S): Thailand, India, Vietnam

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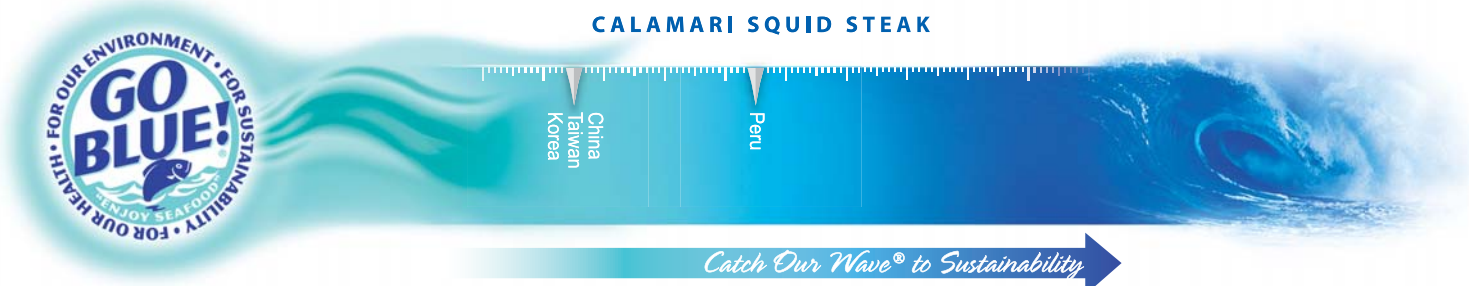
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CALAMARI STEAKS

Ommastrephes bartrami



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- **Wild Harvest**
- **Packed 6x5 lb. inner box per case (with a thin PE sleeve neatly separating the individual units.)**
- **Individually Quick Frozen (IQF)**
- **Product of Taiwan**
- **Tender enough to cut with a fork**

For full package details, visit our website.

Calamari Squid Steak is a versatile product that is not strongly flavored, but considered by many to possess a kind of sweetness. The meat is tender and succulent. Frozen tubes should be ivory-white throughout and have no distinct odor. Meet the demands of today's health-conscious guests. Include Calamari Steak on your menu to offer a high-protein, premium quality, low-cost entrée. Squid Steaks are also known by its Japanese name Marasaki Ika. Sea Port's Calamari Steaks are produced exclusively year 'round by Taiwan's premier packers into four to five-ounce steaks. The tenderized, oval-shaped steaks are often prepared Japanese-style, egg battered with panko flakes; served simply grilled or sautéed; or cut into strips for gourmet seafood salads. For Health & Nutrition benefits go to: www.cport.net

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

For more detailed seasonality, visit our website

RECIPE SUGGESTION

Grilled Calamari Steaks with Sautéed Onions & Radicchio



INGREDIENTS:

- 4 SEA PORT Calamari Steaks
- 1 red onion cut Julienne style
- 1 tablespoon coriander leaves
- olive oil
- 5 leaves of radicchio cut into strips
- salt and pepper
- Prepared Pesto Sauce
- 2 lemons or limes, cut into wedges

PREPARATION:

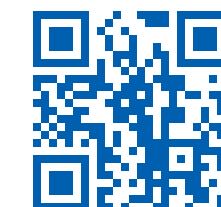
Sauté red onion & radicchio in olive oil, season with salt and pepper and set aside. Grill the calamari steaks for two minutes on each side, or longer to taste. Season with salt and pepper on both sides and allow to rest in a warm oven. To serve, divide the sautéed vegetables equally on four plates, place the calamari steaks on top, pour pesto sauce and garnish with lemon or lime wedges.

Serves 4

Nutrition Facts

Serving Size 100g	
Servings Per Container 22.68	
Amount Per Serving	
Calories 65.4	Calories from Fat 9
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 148.2mg	49%
Sodium 358mg	15%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 14.1g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 0%

INGREDIENTS: Squid Steak, Water, Salt, Sodium Tripolyphosphates.



Visit our website for more information on this item

METHOD OF HARVEST: Wild Harvest
COUNTRY OF ORIGIN(S): Taiwan, China, Peru, Korea

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ILLEX SQUID *Illex argentinus*

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ILLEX SQUID



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	Tube	Whole, Round
Size	U/5, U/10 ct/kg	400/UP & 500/UP gm
Pack	1/22 LB IQF	1/35 LB IQF

For full package details, visit our website.

Squid is a versatile product that is not strongly flavored, but considered by many to possess a kind of sweetness. The meat is tender and succulent. Frozen tubes should be ivory-white throughout and have no distinct odor. Squid is processed into tubes, rings and strips. Steaks, circular pieces cut from the mantles of large squid and usually tenderized with a needle machine, are also produced as a retail trade alternative to expensive abalone steaks. Fried calamari has become a mainstay on many restaurant menus, which has contributed to an explosion in domestic usage.

For Health & Nutrition benefits go to: www.cport.net

SEASONALITY Low High

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

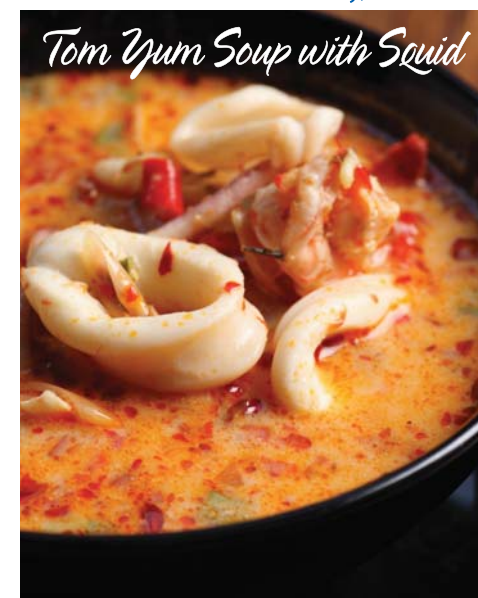
FLAVOR

Mild Medium Strong Sweet

TEXTURE

Soft Medium Firm Meaty

For more detailed seasonality, visit our website



INGREDIENTS:

- 1/2 lb squid
- 5 cups chicken stock
- 3 fresh lime leaves
- 1 stalk lemongrass, crushed
- 1/2 lb shrimp, shelled and deveined
- nam pla Thai fish sauce to taste
- 2-4 fresh chili peppers, sliced into rounds
- 2 garlic cloves, peeled and crushed
- 1 lime (add juice to taste)
- chopped coriander leaves for garnish

DIRECTIONS:

Clean the squid, cut off and chop the tentacles, then cut the body into rings. Put the stock, lime leaves and lemon grass in a pan, bring to the boil, then lower the heat and simmer for 5 minutes. Add the prawns (shrimp), squid and nam pla. Cook until the prawns have turned pink, then add the chilies. Pour the soup into 4 warmed individual bowls. Mix together the garlic and lime or lemon juice to taste, then stir into the soup. Sprinkle with coriander. Serve hot.

Preparation time: 50 min Serves 4

<http://www.food.com/recipe/thai-prawns-and-squid-hot-soup-tom-yum-kung-lae-pia-muk-197692>

Nutrition Facts

Serving Size 100g
Servings Per Container about 100

Amount Per Serving	
Calories	% Daily Value*
52.8	Calories from Fat 3.6
Total Fat 0.4g	1%
Saturated Fat 0.3g	2%
Trans Fat 0g	
Cholesterol 128.7mg	43%
Sodium 878mg	37%
Total Carbohydrate 0.3g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 12g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 0%

INGREDIENTS: Squid Tube, Water, Salt, Sodium Bicarbonate.

METHOD OF HARVEST: Wild Harvest; Trawl FAO 41
COUNTRY OF ORIGIN(S): Taiwan, China

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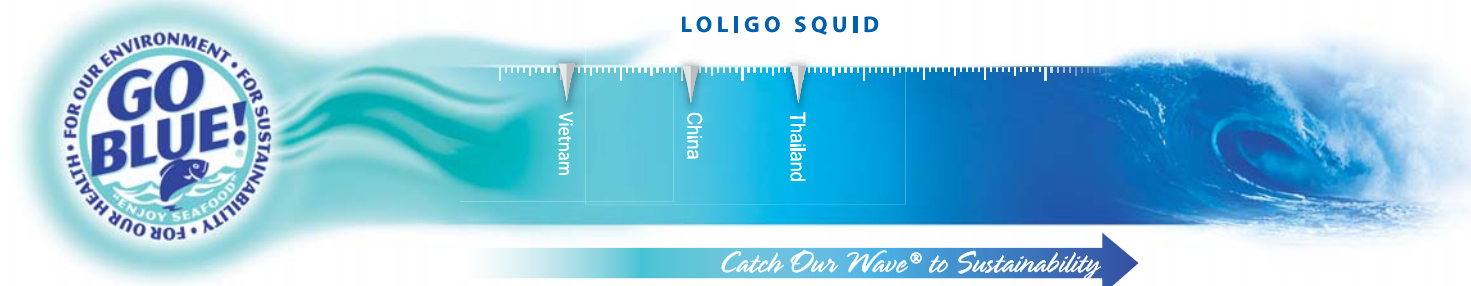


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SQUID *Loligo spp.*



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	Tubes & Tentacles	Ring	Ring & Tentacle	Tentacle
Size	3/5 & 5/8 inches	cut from 3/5" tube, 2cm width	ring cut from 3/5" tube, 2cm width	
Pack	12x2.5 LB Block	8x3 LB IQF	8x3 LB IQF	8x3 LB IQF
Specs	65% tube, 35% tentacle		80% ring, 20% tentacle	
	Fully cleaned			

For full package details, visit our website.

Squid is a versatile product that is not strongly flavored, but considered by many to possess a kind of sweetness. The meat is tender and succulent. Frozen tubes should be ivory-white throughout and have no distinct odor. Sea Port's Premium Calamari (Squid) selection is made to meet the needs of all restaurants whether white tablecloth establishments, sports bars or take-out operations. When you select our premium *Loligo spp.* variety you will find a flavorful, tender offering ready for your recipes to please the most discerning palate of your guests. For Health & Nutrition benefits go to: www.cport.net

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



Squid Salad

Use our Premium Squid in your favorite recipe. Squid can be served marinated as an ingredient in a salad, or as the main element of a Calamari Fritti.

Nutrition Facts	
Serving Size 3 oz (85g)	
Servings Per Container about 10	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 250mg	10%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	
Vitamin A 4%	Vitamin C 4%
Calcium 6%	Iron 6%

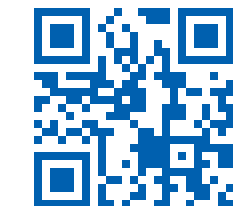
INGREDIENTS: Squid, salt.

METHOD OF HARVEST: Wild Harvest; Trawl **FAO 57, 61**
COUNTRY OF ORIGIN(S): Thailand, China, Vietnam

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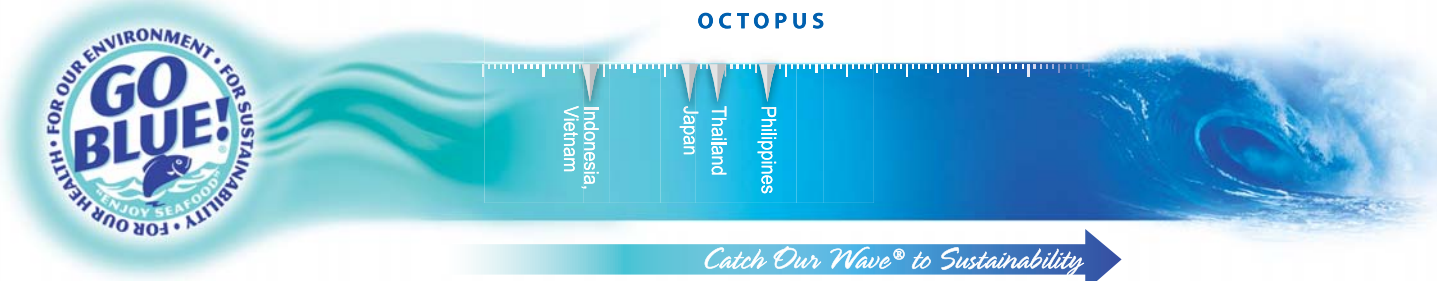
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OCTOPUS *Octopus vulgaris*



Pinwheel Ball

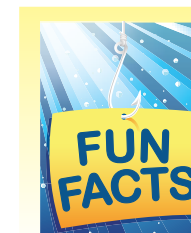
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For full package details, visit our website.



An adult octopus can squeeze through a hole the size of a dime.
An octopus' blood is blue.
Octopus have highly developed eyesight and a complex sense of touch and taste. Unlike many other marine species, they have no ability to hear.

Raw octopus is purplish in color. Cooked, the purple skin conceals a fairly translucent white meat. The flesh is very firm and somewhat chewy, but smooth texture and full ocean flavor, though tender and possesses a mild, almost sweet flavor. All parts of the octopus can be consumed and are either eaten raw or boiled, fried, grilled or stewed. Fresh octopus should smell of the ocean. For Health & Nutrition benefits go to: www.cport.net

Product Specifications	
Size/LBS	1/2, 2/4, 4/6, 6/8 & UP lbs/piece
Pack	1/30 LB IQF & IWP Pinwheel & Ball

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 type="radio"/> Medium <input type="radio"/> Firm <input checked="" type="radio"/> Meaty
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For more detailed seasonality, visit our website



Pulpo a Feira
Spanish Galician Octopus

INGREDIENTS:
 4 quarts water
 6 tablespoons coarse sea salt
 1 octopus (thawed)
 1 pound new potatoes, boiled with their skins on and kept warm
 1 cup extra virgin oil
 2 tablespoons hot paprika

DIRECTIONS:
 In a large stockpot, combine water and 5 tablespoons of the salt, bring to a boil. While the water is heating, rinse the octopus under running cold water. Using sharp kitchen scissors, cut out the mouth and the eyes. With a long fork, pierce the octopus to get a good grip and dip it into the boiling water. Lift out immediately and, when the water returns to a boil, dip it briefly again. Repeat this dipping procedure 3 or 4 times, or until the tentacles have curled. (This helps to tenderize the octopus meat.) Submerge the octopus in the water and let it boil over medium heat for about 2 hours, or until it is tender when pierced with a knife. Turn off the heat and let the octopus rest in the hot water for 10 minutes. Drain and cut it into pieces with scissors: the tentacles into 1/2-inch-thick rings and the body into small chunks. Divide the octopus pieces evenly among 6 plates. Cut the potatoes crosswise in 1/2-inch-thick slices and surround the octopus pieces with the potato slices. Drizzle the octopus and potatoes with the olive oil and sprinkle with hot paprika and the remaining tablespoon of salt. Serve immediately.

Preparation time: 2.5 hrs
Serves 4

Nutrition Facts	
Serving Size 110g Servings Per Container about 124	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat >1g	2%
Trans Fat 0g	
Cholesterol 255mg	84%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 14g	
Vitamin A	0% • Vitamin C 0%
Calcium	15% • Iron 4%

INGREDIENTS: Octopus.

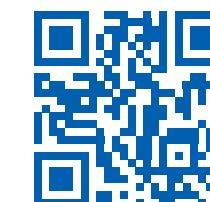
<http://www.spain-recipes.com/galician-octopus.html>

METHOD OF HARVEST: Wild Harvest; Dive/Trap **FAO 71**
COUNTRY OF ORIGIN(S): Indonesia, Philippines

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