



www.cport.net

# CHILEAN SEA BASS

*Dissostichus eleginoides*

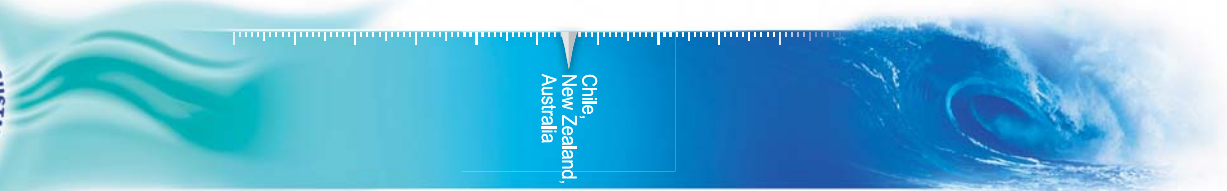
# ANTARCTIC TOOTHFISH

*Dissostichus mawsoni*



## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

CHILEAN SEA BASS



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](http://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	Chilean Sea Bass Skinless, Boneless Portions	Antarctic Toothfish Toted
Size	6/8, 8/10, 10/12 OZ/piece	4/8, 5.5/10, 8/12, 10/15, 15/20 & 20/30 kg
Pack	1/10 LB IWP	Catch Weight

Chilean Sea Bass is coveted by chefs and gourmards alike. The high oil content results in exceptional taste and texture. The thick fillets are pure white, moist, and flaky. An excellent candidate for grilling, Chilean sea bass is also great baked, broiled, sautéed, or fried. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



For more detailed seasonality, visit our website

### RECIPE SUGGESTION

#### Grilled Chilean Sea Bass with Sautéed Vegetables



**INGREDIENTS:**  
 1 lb Chilean Sea Bass  
 2 Tbsp olive oil  
 1 tsp soy sauce  
 whole lime squeezed  
 salt, pepper and rosemary (sprinkle of each)  
 1 red pepper, sliced  
 1 yellow pepper, sliced  
 1 zucchini, sliced  
 1 Tbsp butter  
 salt and pepper to taste

**DIRECTIONS:**  
 Mix olive oil, soy sauce, lime juice, salt and pepper and gently coat the fish on both sides. Place on medium heat on the grill for 14 minutes (flipping mid-way) or until cooked through. Meanwhile, heat the butter in a skillet on medium heat, add vegetables, salt and pepper and cook until crisp tender, about 10 minutes. Serve grilled fish over vegetables.

Preparation time: 25 mins  
 Serves 2

**METHOD OF HARVEST:** Wild Harvest, Longline  
**COUNTRY OF ORIGIN(S):** Chile FAO 87, New Zealand FAO 88

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# ESCOLAR *Lepidocybium flavobrunneum*



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Product Presentation	Steaks
Size	6/UP OZ
Pack	1/20 LB IVP

For full package details, visit our website.

Escolar has a rich, buttery flavor. It can be grilled, broiled, or steamed. Due to its high oil content, which is strong and purgative (wax ester), some people can have digestive issues if too much is consumed. Consumption should be limited. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### Grilled Escolar with Crawfish Cream Sauce

- INGREDIENTS:**
- 2 lb Escolar Steaks
  - 3 Tbsp. extra virgin olive oil
  - 2 Tbsp. chopped shallots
  - 1 Tbsp. chopped garlic
  - 1 lb Crawfish tails
  - 2 c. heavy cream
  - 1 Tbsp. Crystal warm sauce
  - 1 Tbsp. Worcestershire sauce
  - Salt to taste
  - Salt to taste
  - Freshly ground black pepper to taste
  - 1 Tbsp. unsalted butter
  - 1/4 c. minced green onions
  - 1/4 c. grated Parmigiano-Reggiano cheese
  - 8 piece fried arugula
  - 2 Tbsp. red peppers chopped
  - 2 Tbsp. yellow peppers chopped

**DIRECTIONS:**  
Preheat the grill. Season the fish with 2 Tbsp. extra virgin olive oil and Emeril's Essence.  
In a saute/fry pan, heat the remaining extra virgin olive oil. When the oil is warm, saute/fry the shallots and garlic for 30 seconds. Add in the crawfish and season with Emeril's Essence. Saute/fry for 1 to 2 min. Add in the cream, Crystal, and Worcestershire sauce. Bring the liquid up to a boil and reduce to a simmer. Simmer the cream till it thickens and reduces by half, about 4 to 5 min. Mount in the butter. Reseason and mix in the green onions.  
Place the fish on the grill and grill for 5 to 6 min on each side. Spoon the sauce in the center of the plate. Lay the fish across the sauce. Garnish with the fried arugula, cheese, and peppers.

Preparation time: 40 mins Serves 4

<http://cookeatshare.com/recipes/grilled-escolar-with-crawfish-cream-sauce-and-fried-arugula-265651>

### Nutrition Facts

Serving Size 150g

Amount Per Serving	% Daily Value*
<b>Calories</b> 186	Calories from Fat 57
% Daily Value*	
<b>Total Fat</b> 6g	<b>10%</b>
Saturated Fat 1g	<b>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 88mg	<b>29%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 30g	
Vitamin A 12%	Vitamin C 0%
Calcium 1%	Iron 4%

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

**INGREDIENTS:** Escolar.

**METHOD OF HARVEST:** Wild Harvest; Longline  
**COUNTRY OF ORIGIN(S):** Taiwan, FAO 61, 71, 57

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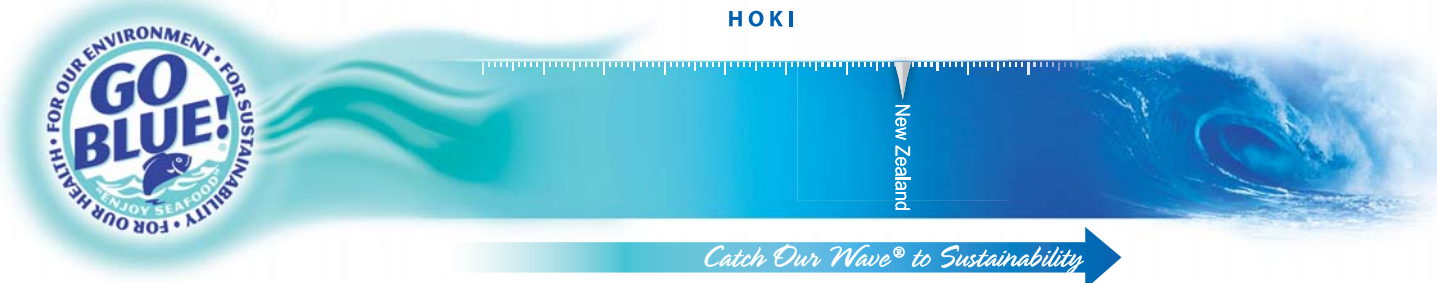
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# HOKI

*Macrurus novaezelandiae*



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Product Presentation	Skinless, Boneless Fillets
Size	4/6, 6/8, 6/UP, 8/12, 8/UP oz
Pack	3/15 LB, 1/10 KG Shatterpack

For full package details, visit our website.

Hoki's flesh is moist, white and delicate with few bones. It flakes easily and is excellent for forming into fish block. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



For more detailed seasonality, visit our website

### RECIPE SUGGESTION

#### Parmesan Crumbed Baked Hoki Fillet



#### INGREDIENTS:

- 1/2 cup fresh multi-grain breadcrumbs
- 1/4 cup flat-leaf parsley leaves, finely chopped
- 1/3 cup finely grated parmesan cheese
- 1 teaspoon finely grated lemon rind
- 1 teaspoon olive oil
- 4 (about 200g each) thick Hoki fillets
- olive oil cooking spray

#### DIRECTIONS:

Preheat oven to 400°F. Combine breadcrumbs, parsley, parmesan, lemon rind, and salt and pepper in a bowl. Stir to combine. Drizzle mixture with oil. Stir until breadcrumbs are coated in oil. Press breadcrumb mixture onto flesh-side of fish fillets to form an even topping. Place fish, skin-side down, onto a baking tray. Spray with oil. Bake for 15 minutes or until crumbs are light golden and fish is just cooked through. Serve with your favorite vegetables.

Preparation time: 30 min Serves 4

<http://www.taste.com.au/recipes/8149/parmesan+crumbed+baked+fish>

#### Nutrition Facts

Serving Size Fillet (100g)  
Servings Per Container

Amount Per Serving	
<b>Calories</b> 83	Calories from Fat 12
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.3g	<b>2%</b>
Saturated Fat 0.3g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 56mg	<b>2%</b>
<b>Total Carbohydrate</b> 0.5g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0.5g	
<b>Protein</b> 17.5g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

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

INGREDIENTS: Hoki.

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

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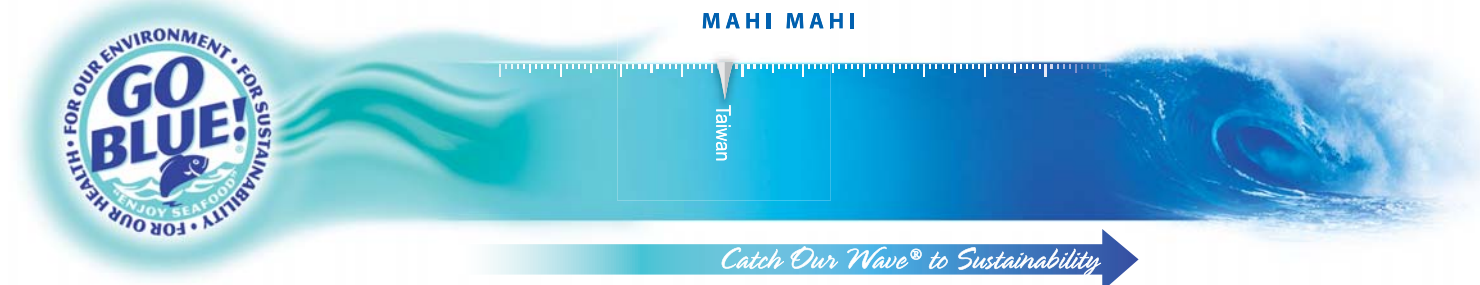


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# MAHI MAHI *Coryphaena hippurus*



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### PORTIONS

- Skinless, Boneless
- Individually Vacuum Packed
- Retail-Ready Packaging

### FILLETS

- Skin On, Belly Off
- Pin Bone In
- Individually Wrapped

For full package details, visit our website.

Mahi-Mahi has a sweet, mild-to-moderate flavor. It is lean with fairly firm large flakes. Mahi Mahi is suitable for a variety of cooking methods, including broiling, grilling, poaching, steaming, baking or frying. Low in saturated fat, Mahi Mahi are a good source of vitamin B12 and potassium and a very good source of niacin, vitamin B6, selenium and protein. Mahi Mahi's brilliant appearance makes it one of the most beautiful fish in the ocean. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)

Product Presentation	Portions IQF, IVP	Fillets Individually Wrapped
Size	4, 6, 8, 10 OZ/piece	1/2, 2/3, 3/4, 4/5, 5/6, 6/UP LB/piece
Pack	1/10 LB	1/50 LB

**IMPORTANT:** Mahi Mahi is part of the scrombroid family. Scrombroid species, when not handled under proper temperature controls, can develop high levels of histamine that may cause illness. Properly handling is critical. Keep Mahi Mahi frozen. Defrost under refrigeration and immediately before use. Do not refreeze once thawed.

**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



### Preparation

Season Mahi Mahi portions with your favorite seasoning or just add salt & pepper and enjoy it sautéed, broiled or on the grill. When ready, serve on a plate accompanied with your favorite side dish.

### Nutrition Facts

Serving Size 4 oz (112g)  
Servings Per Container

Amount Per Serving	% Daily Value**
<b>Calories</b> 100	Calories from Fat 5
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 80mg	27%
<b>Sodium</b> 110mg	5%
<b>Total Carbohydrate</b> 1g	1%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 21g	
Vitamin A 4%	Vitamin C *
Calcium *	Iron 6%

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

**INGREDIENTS:** Mahi-Mahi, Sodium Tripolyphosphate to retain moisture.



Visit our website for more information on this item

**METHOD OF HARVEST:** Wild Caught; Longline FAO 57, 61 & 71  
**COUNTRY OF ORIGIN(S):** Taiwan

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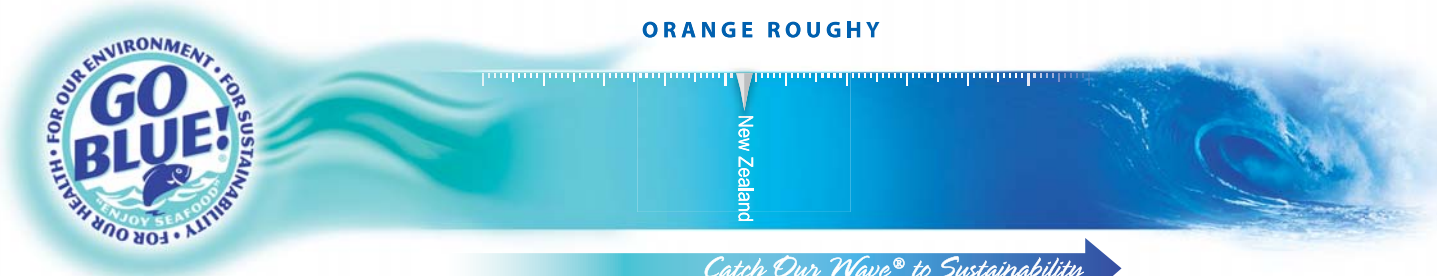
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# ORANGE ROUGHY

*Hoplostethus atlanticus*



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Product Presentation	Boneless, Skinless Fillets
Size, oz/piece	4/4, 4/6, 6/8, 8/12, 8/UP, 12/UP oz
Pack	1/10 Kg Shatterpack

For full package details, visit our website.

The firm white flesh has a delicate shellfish-like flavor. The light oil content of orange roughy allows for moisture retention while cooking.

For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### Citrus Orange Roughy

#### INGREDIENTS:

- 4 Orange Roughy fillets
- 1 orange
- 1 lemon
- 1/2 teaspoon black pepper
- 1/2 teaspoon lemon pepper
- Italian bread crumbs
- salt to taste

#### DIRECTIONS:

Cut off 4 lengths of aluminum foil large enough to wrap each fillet. Cut orange and lemon into 1/8 inch round slices. Make a base of the orange and lemon slices on top of foil and place fillets on top. Season top of fillets with salt, pepper and lemon pepper. Any left over orange or lemon, squeeze juice over top of fillets. Seal in foil so it is air tight. Bake for 12-15 minutes at 375°, remove from oven. Open packet so top of fillet is exposed and add a light coating of bread crumbs. Broil 3-5 minutes until bread crumbs just start to brown. Serve with a side salad made of spinach and orange slices with poppyseed dressing.

Preparation and cooking time: 30 mins Serves 4

<http://www.cooks.com/recipe/qu6ww67g/citrus-orange-roughy.html>

### Nutrition Facts

Serving Size 85g	
<b>Amount Per Serving</b>	
<b>Calories 65</b>	Calories from Fat 5
% Daily Value**	
<b>Total Fat 1g</b>	<b>1%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 51mg</b>	<b>17%</b>
<b>Sodium 61mg</b>	<b>3%</b>
<b>Total Carbohydrate 1g</b>	<b>1%</b>
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein 14g</b>	
Vitamin A 1%	Vitamin C 0%
Calcium 1%	Iron 5%

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

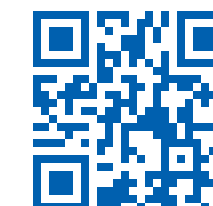
**INGREDIENTS:** Orange Roughy, Salt.

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

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# POLLOCK *Theragra chalcogramma*



## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

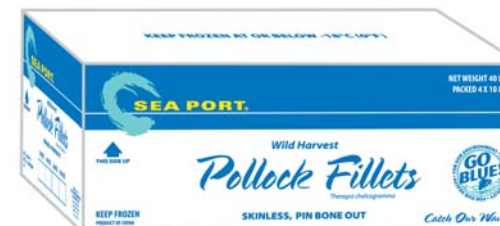
ALASKA POLLOCK



Russian Fishery (processed in China)

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Product Presentation	Boneless, Skinless Fillets
Size, oz/piece	1/2, 2/4, 4/6, 6/8, 8/10 oz
Pack	4/10 LB IQF

For full package details, visit our website.

Alaska Pollock has a delicate mild flavor. When cooked, the flesh of the fish is snow-white. It is lean and tender with excellent flaking quality. It should not be confused with Atlantic Pollock which is a darker, more oily meat that typically has a "fishier" flavor. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)

SEASONALITY	FLAVOR	TEXTURE
<p>Low High</p> <p>Jan Feb Mar April May June July Aug Sept Oct Nov Dec</p>	<p>Mild Medium Strong Sweet</p>	<p>Soft Medium Firm Meaty</p>

For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### Oven Roasted Pollock with Cherry Tomatoes and Fresh Basil

#### INGREDIENTS:

- 2 pints cherry tomatoes
- 1 tablespoon extra-virgin olive oil
- 12 to 15 garlic cloves, peeled
- Coarse salt
- Cracked black pepper
- 1/2 cup loosely packed basil leaves, torn into halves and thirds
- 1 1/2 pounds Pollock fillets

#### DIRECTIONS:

Preheat oven to 425 degrees F. In a 9 by 13-inch baking pan, combine tomatoes, oil, garlic, salt, pepper and 1/2 the basil. Roast for 15 minutes. Remove from oven, gently stir. Nestle fish in pan with tomatoes, place back in oven and continue roasting 7 to 10 minutes more or until fish is no longer translucent and tomatoes are just beginning to burst. Remove from oven. Divide fish among serving plates. Add remaining basil to tomatoes. Taste and adjust seasonings. Spoon over fish in equal portions.

Preparation and cooking time: 30 mins Serves 4

<http://www.foodnetwork.com/recipes/kathleen-daelemans/oven-roasted-cherry-tomatoes-with-basil-and-whitefish-recipe/index.html>

### Nutrition Facts

Serving Size 3.5 oz (100g)

Amount Per Serving

Calories 60 Calories from Fat 5

% Daily Value\*\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 330mg 14%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 12g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

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

INGREDIENTS: Pollock,

Sodium Tripolyphosphates

(to retain moisture), Salt.

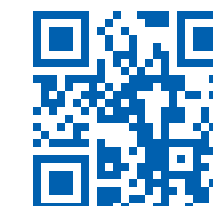
METHOD OF HARVEST: Wild Harvest; Trawl

COUNTRY OF ORIGIN(S): Russia, USA, Processed in China FAO 61

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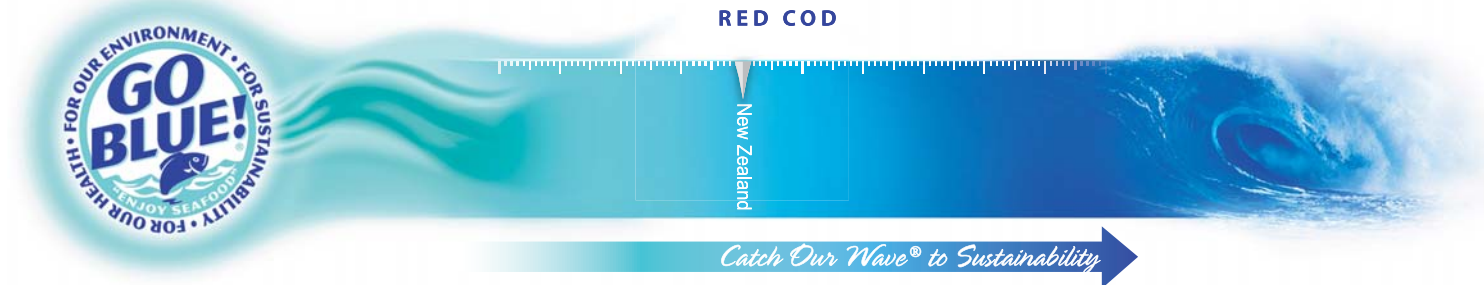


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# RED COD *Pseudophycis bachus*



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New Zealand's Red Cod fishery is managed by a strict Quota Management System (QMS), which allows only a set amount of Red Cod to be taken commercially each year. The QMS helps ensure sustainable utilisation of fisheries' resources through the direct control of harvest levels for each species in a nominated geographical area. A fish species can consist of numerous geographically isolated and biologically distinct populations. Each fish species in the QMS is subdivided into separate fish stocks defined by Quota Management Areas (QMAs). For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



Product Specifications	Raw, Skinless Fillets Pin Bone In
Size (OZ/Fillet)	2/4, 4/6, 6/8
Pack	1/10 kg Shatterpack

For full package details, visit our website.

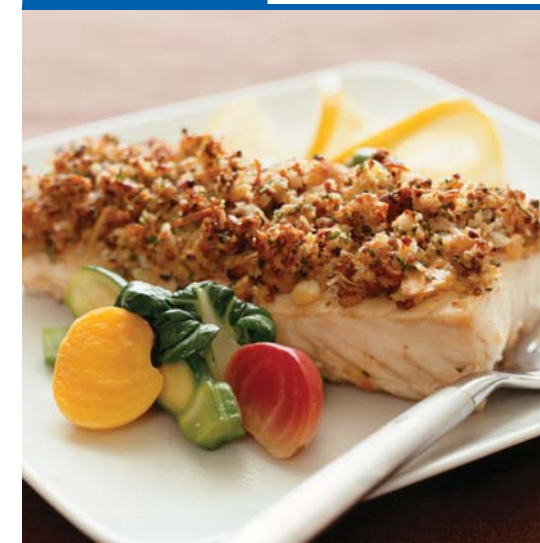
### Versatile flavor and texture for any recipe!

Red Cod works well in many recipes and can also be used as a substitution when your recipe calls for other white fish. Red Cod has a white, moist flesh with delicate texture, low fat content and flakes easily. Excellent in sautéing, grilling or baking. Red Cod is found around southern Australia and New Zealand, from the surface to 700m. It's length is up to 90 cm. The catch is seasonal, from February to June. In spring and summer, Red Cod are caught inshore before they move to deeper waters in winter. They are caught mainly in the Canterbury Bight and off Westland by trawling.



For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### Roasted Red Pepper Pesto Topped Red Cod

#### INGREDIENTS:

- 4 thick red cod portions
- 4 tbsp of roasted red pepper pesto
- 3oz of fresh white breadcrumbs
- Finely grated lime zest
- 3 tbsp of mixed chopped herbs (such as dill, chives and parsley)
- sea salt and freshly ground black pepper

#### DIRECTIONS:

First preheat the oven to 400°F. Place the cod on a greased baking sheet and season. Spread each piece with roasted red pepper pesto. Now mix the breadcrumbs, lime zest, herbs and the remaining pesto in a bowl. Spoon the breadcrumb mix over the cod and press down lightly to make a delicious crust on top. Bake in the oven for 15-20 minutes, or until the fish is just cooked and serve.

<http://www.goodtoknow.co.uk/recipes/142017/Roasted-red-pepper-pesto-topped-cod>

### Nutrition Facts

Serving Size 4 oz (112g)  
Servings Per Container

Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 60mg	<b>2%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 19g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

INGREDIENTS: Red Cod, Salt.



Visit our website for more information on this item

**METHOD OF HARVEST: Wild Caught; Trawl FAO 81**  
**COUNTRY OF ORIGIN: New Zealand**

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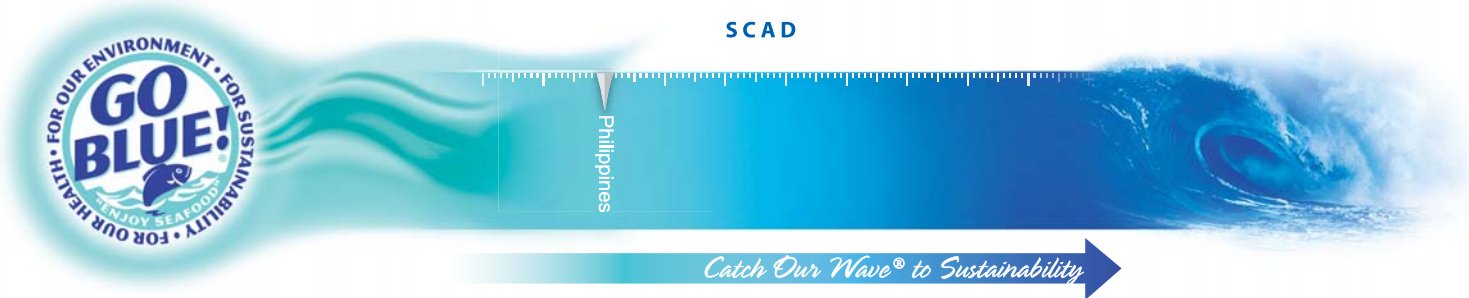




www.cport.net

# SCAD *Decapterus spp.*

## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



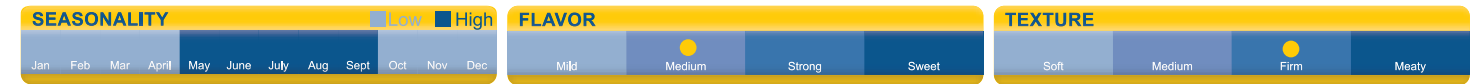
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Product Presentation	Whole Round
Size, ct/case	30 to 100 ct/case
Pack	1/22 LB IQF Bulk

For full package details, visit our website.

Round scad is a moderately oily fish with a strong mackerel flavor. It is prepared whole or gilled & gutted for smoking, fried and braised recipes. It is popular among Southeast Asian consumers. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### Crispy Galunggung (Scad) Fish Cakes

#### INGREDIENTS:

- 500 g. of galunggung, about three pieces (boiled, broiled or grilled)
- 400 g. of potatoes, peeled and coarsely shredded
- half a head of garlic, finely minced
- 1 tsp. of grated ginger
- 1 onion, finely chopped
- 1 bell pepper, finely chopped
- 3 tbsps. of finely chopped onion leaves
- 2 tbsps. of finely chopped Vietnamese cilantro
- 3 eggs, beaten
- 1 1/2 tps. of salt
- 1/2 tsp. of pepper
- about 2 c. of cooking oil for deep-frying

#### DIRECTIONS:

Pick the flesh of the fish, carefully removing small bones, and shred coarsely. Add 1/2 tsp. of salt to the shredded potatoes, mix then squeeze out the excess water. Mix together all the ingredients except the cooking oil. Heat the cooking oil to smoking point. Form the mixture into patties and fry in batches of three or four until golden. Flip over halfway through cooking to ensure uniform color and crispness. Drain on paper towels and serve with your favorite dipping sauce.

Makes 12 3-inch fish cakes.

<http://casaveneracion.com/crispy-galunggung-mackarel-scad-fish-cakes/>

### Nutrition Facts

Serving Size 4 oz (113g/about 1 fish)

Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 10
% Daily Value**	
<b>Total Fat</b> 2g	<b>4%</b>
Saturated Fat 1g	<b>6%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 540mg	<b>20%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 17g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%

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

INGREDIENTS: Round Scad.

**METHOD OF HARVEST: Wild Harvest; Purse Seine**  
**COUNTRY OF ORIGIN(S): Philippine, FAO 71**

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# SNAPPER *Lutjanus spp.*



## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

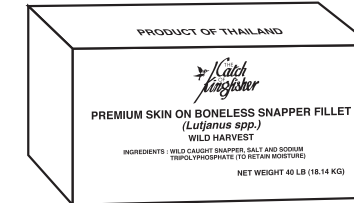
SNAPPERS AND GROUPERS



Indonesia

Catch Our Wave® to Sustainability

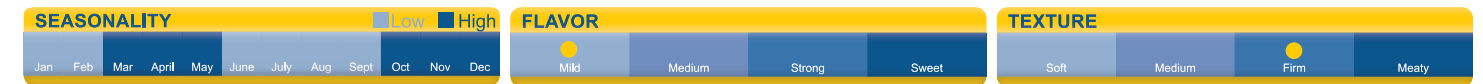
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Product Presentation	Whole, Cleaned & Scaled	Fillet Skin On
Size, lb/piece	.5/1, 1/2 & 2/3 lb	2/4 - 24/28 oz
Pack	1/22 LB IWP	4/10 LB IWP

For full package details, visit our website.

Snapper adapts well to any style of cooking method and has a sweet mild taste. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### Baked Snapper

#### INGREDIENTS:

- 1/4 cup Extra-Virgin Olive Oil
- 3 (1 1/2-pound) Whole Snappers, cleaned and scaled
- 1/3 cup Fresh Lemon Juice
- 1/4 cup Dry White Wine
- 1 1/2 teaspoons Coarse (Kosher) Salt
- 1 teaspoon Ground White Pepper
- 2 bunches Fresh Thyme (Optional)

#### DIRECTIONS:

Heat oven to 375°F. Lightly oil a shallow roasting pan. With sharp knife, make 4 cuts through skin of each fish. Place snapper in oiled pan. Drizzle, inside and out, with lemon juice, oil, and wine. Sprinkle with salt and pepper. Bake seasoned fish until cooked through -- about 25 minutes total, or 10 minutes per each inch thickness. To serve, transfer fish to serving platter. Garnish with thyme, if desired. Serve immediately.

Preparation and cooking time: 30 mins  
Serves 6

<http://www.countryliving.com/recipefinder/baked-red-snapper-3442>

**METHOD OF HARVEST:** Wild Harvest; Longline, Handline  
**COUNTRY OF ORIGIN(S):** Thailand, Indonesia, FAO 57 & 71

### SNAPPER FILLETS

#### Nutrition Facts

Serving Size 100g

Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 12
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 37mg	<b>12%</b>
<b>Sodium</b> 64mg	<b>3%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 21g	

Vitamin A 2% • Vitamin C 3%  
Calcium 3% • Iron 1%

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

**INGREDIENTS:** Snapper, Water Sodium Tripolyphosphates, Salt.

### SNAPPER GGS

#### Nutrition Facts

Serving Size 4 oz Raw (113g)

Amount Per Serving	
<b>Calories</b> 106	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 25g	

Vitamin A 0% • Vitamin C 0%  
Calcium 4% • Iron 4%

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

**INGREDIENTS:** Snapper.



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# Kingfish

*Scomberomorus commerson*

## Spanish Mackerel



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For full package details, visit our website.

Kingfish (also called Spanish mackerel) has been called the most flavorful of all mackerel. Its meat is darker off white in color and is used in a wide variety of food preparations ranging from sushi/sashimi to grilling and broiling. Kingfish meat is moderately firm and lean. It is also high in omega-3 fatty acids. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)

Product Presentation	Steaks	Whole Head On Gutted
Size	4/6, 6/8, 8/10, 10/12 & 12/14 oz	5/10, 10/15, 15/25 & 25/Up LB
Pack	1/10 LB IVP	1/60 LB IWP



For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### Easy Grilled Kingfish

#### INGREDIENTS:

- 2 pounds Kingfish Steaks
- 1 cup Italian-style salad dressing

#### DIRECTIONS:

Two to twelve hours before fish is to be cooked cover fish with salad dressing. Heat a grill to medium heat. Remove fish from marinade and place on grill. Cook until meat is tender and flaky, about 20 minutes.

Preparation time: 30 min Serves 4

<http://allrecipes.com/recipe/grilled-kingfish/>

### Nutrition Facts

Serving Size 100g	
<b>Amount Per Serving</b>	
<b>Calories</b> 139	Calories from Fat 57
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>10%</b>
Saturated Fat 2g	<b>9%</b>
Trans Fat 0g	
<b>Cholesterol</b> 76mg	<b>25%</b>
<b>Sodium</b> 59mg	<b>2%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 19g	
Vitamin A 2%	Vitamin C 3%
Calcium 1%	Iron 2%

\* 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:** Kingfish.

**METHOD OF HARVEST:** Wild Harvest Trawl, Drift Gillnets  
**COUNTRY OF ORIGIN(S):** China, Taiwan, India, Indonesia, FAO 61, 71, 57

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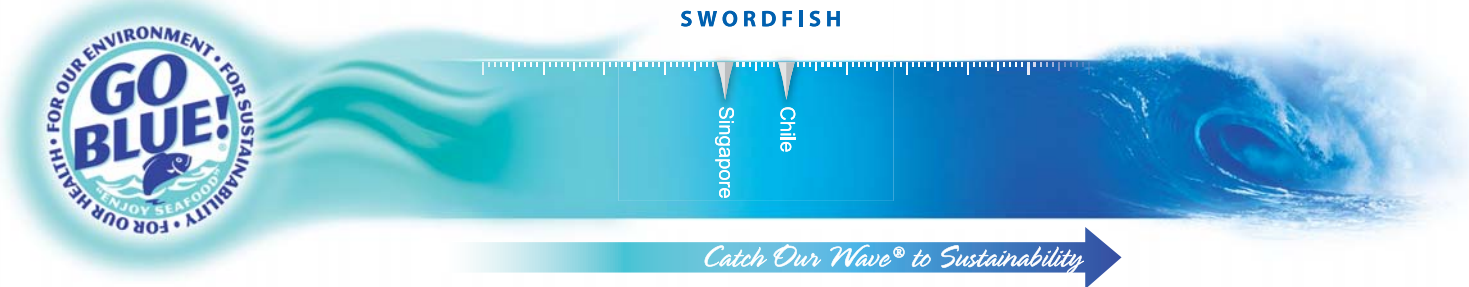
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# SWORDFISH *Xiphias gladius*



Swordfish Loin

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Product Presentation	Steaks	Loin Sashimi & A Grade
<b>Size</b>	<b>6, 8, 10 oz</b>	<b>4/8, 5/20, 8/20, 10/20 lb</b>
<b>Pack</b>	<b>1/10 LB IVP</b>	<b>Approx 30# per case IWP</b>

For full package details, visit our website.

The gray-white flesh of the swordfish is firm in texture and moderate in fat content. Cooked, the dense meat exudes a sweet flavor that is unmatched by any other seafood. The versatile fish is typically steaked and excellent grilled, broiled, baked or poached. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### Grilled Swordfish with Sautéed Vegetables

- INGREDIENTS:**
- 1/2 cup olive oil
  - 2 green onions, sliced
  - 2 tbsp minced fresh rosemary or 2 tsp dried rosemary, crushed
  - 2 tbsp lime juice
  - 2 tbsp Dijon mustard
  - 6 swordfish steaks (6 ounces each)
- Vegetables*
- 2 small zucchini
  - 2 small yellow summer squash
  - 1/4 cup sliced green onions
  - 1 1/2 tbsp minced fresh rosemary or 2 tsp dried rosemary, crushed
  - 3 tbsp olive oil
  - 1 pound small potatoes, cooked
  - 2 cups halved cherry tomatoes
  - 1/2 tsp salt
  - 1/4 tsp pepper

Preparation time: 30 min  
Serves 4

- DIRECTIONS:**
- In a large resealable plastic bag, combine the first five ingredients; add swordfish. Seal bag and turn to coat; refrigerate for 30-45 minutes.
- Drain and discard marinade. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Grill swordfish, covered, over medium-hot heat or broil 4 in. from the heat for 5-7 minutes on each side or until fish just turns opaque.
- Cut zucchini and yellow squash lengthwise into 1/4-in. slices, then widthwise into 3-in. pieces. In a large skillet, saute the onions and rosemary in oil for 1-2 minutes or until onions are tender. Add squash; saute for 5-6 minutes or until crisp-tender. Add potatoes and tomatoes; cook just until heated through. Sprinkle with salt and pepper; toss to coat. Serve with swordfish.

<http://www.tasteofhome.com/recipes/swordfish-with-sauteed-vegetables>

### Nutrition Facts

Serving Size 100g

Amount Per Serving	% Daily Value*
<b>Calories</b> 121	Calories from Fat 36
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 39mg	<b>13%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 20g	
Vitamin A 2%	Vitamin C 2%
Calcium 0%	Iron 5%

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

**INGREDIENTS:** Swordfish.  
\*Some production is CO treated, and will be labeled on the box accordingly.



Visit our website for more information on this item

**METHOD OF HARVEST:** Wild Harvest; Longline  
**COUNTRY OF ORIGIN(S):** Singapore, Chile, FAO 57, 61, 71, & 87

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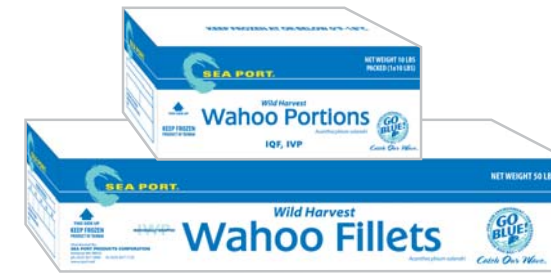
**WAHOO** *Acanthocybium solandri*



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Product Presentation	Fillet	Portions
Size/piece	5/up lb	6 & 8 oz
Pack	1/50 LB IWP	1/10 LB IVP

For full package details, visit our website.

Delicate texture and mild flavor, wahoo is a versatile cooking fish. It has a less of the "blood meat" or the strong oiler taste seen in other migratory fish. Wahoo is a lean protein option and its fat content is lower than tuna or mackerel. Poaching or marinades help to soften the texture and is a good compliment to wahoo's mild flavor; also helps to keep the fish moist, this fish can become dry. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



For more detailed seasonality, visit our website

**RECIPE SUGGESTION**



*Grilled Wahoo*

**INGREDIENTS:**

- 1/2 cup butter, melted
- 1/2 cup extra virgin olive oil
- 6 fresh garlic cloves
- 1/3 cup fresh cilantro or 1/3 cup parsley
- 2 tablespoons cajun seafood seasoning
- 1 lemon, juice of
- 6 Wahoo steaks, about 1/2 inch thick
- lemon wedge (to garnish)

**DIRECTIONS:**

Spray grill with nonstick spray or brush with vegie oil to prevent sticking. Preheat on high for about 10 minutes. Mix first six ingredients in a blender. Purée into a smooth sauce. When ready to cook, brush both sides of steaks with sauce. Place steaks on grill and cook, turning once or twice. Brush more sauce as needed. Fish is done when it flakes easily. Serve with lemon wedges.

Preparation time: 10 min Serves 4-6

<http://www.food.com/recipe/lainies-wahoo-marinade-126219>

**Nutrition Facts**

Serving Size 3 oz (85g)  
Servings Per Container

Amount Per Serving	% Daily Value**
<b>Calories</b> 114	Calories from Fat 5
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>19%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> <1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 22g	<b>44%</b>
Vitamin A 4%	Vitamin C *
Calcium *	Iron 6%

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

**INGREDIENTS:** Wahoo.

**METHOD OF HARVEST: Wild Harvest; Longline**  
**COUNTRY OF ORIGIN(S): Taiwan, FAO 57 & 71**

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# YELLOW FIN TUNA

*Thunnus albacares*

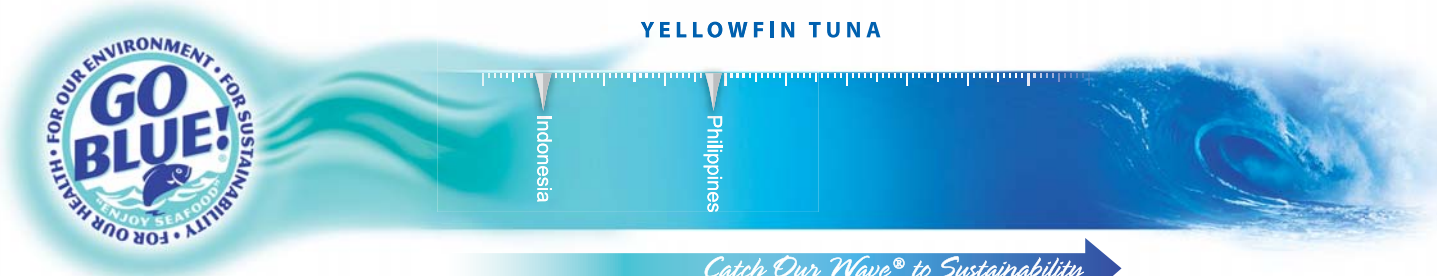


Yellow Fin Tuna Saku Block

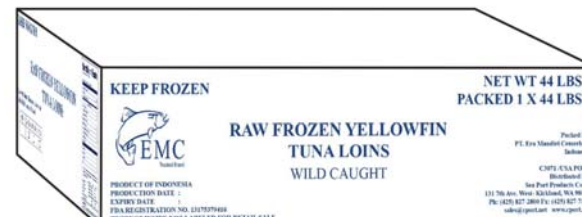


Yellow Fin Tuna Loin

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Yellowfin tuna is mild and full of flavor with a firm texture. Excellent raw, many times tuna is ordered rare to preserve its natural appeal. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)

For full package details, visit our website.

	Loin	Saku	Steak	Poke Cube	Maki Meat
Size/Grade	4/8 & 8/12 lb (Indo), 7/12 (Vietnam)	A1, AA1, A2 & AA2 Block	4,6,8 & 10 oz	AA Grade & A1 Grade	N/A
Pack	1/44 LB & 1/30 LB IVP	1/10 LB & 2/11 LB IVP	1/10 LB & 1/20 LB IVP	2/11 LB IVP	2/11 LB IVP

**SEASONALITY** Low High (Jan-Dec)

**FLAVOR** Mild Medium Strong Sweet

**TEXTURE** Soft Medium Firm Meaty

For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### Seared Sesame Encrusted Ahi Tuna Steak

- INGREDIENTS:**
- 1/4 cup black sesame seeds
  - 1/4 cup white sesame seeds
  - 1 Tablespoon of sesame oil
  - 2 6 ounce Ahi tuna steaks
  - salt and pepper to taste
- Marinade/Dipping Sauce*
- 1/2 cup of low sodium soy sauce
  - 1 lime - juice and zest
  - 2 cloves of garlic minced
  - 2 Tablespoons of honey
  - 1 Tablespoon of sesame oil
  - 2 Tablespoons of freshly chopped cilantro leaves

**DIRECTIONS:**  
Add all marinade ingredients to a small bowl and mix well. Reserve half of the marinade in a separate container to use as a dipping sauce. Pour the marinade in a large zip lock bag, add the tuna, and then squeeze out the air. Refrigerate and marinate for 30 minutes to an hour, turning the tuna about half way through. Remove tuna from fridge and let stand at room temperature for about 20 minutes or so. Remove tuna from marinade, shaking off any excess marinade and dry on paper towels. Heat a saute pan over medium heat and add 1 tablespoon of sesame oil. The oil should be hot but not smoking. While the pan is heating, arrange your sesame seeds on a flat dish. Roll the tuna around in the seeds pressing down as you roll ensuring the seeds are packed into the tuna nicely. Add the tuna to the hot saute pan and shake it a bit to make sure the tuna does not stick. Sear for 30 to 40 seconds on both sides. Remove and serve with the reserved dipping sauce.

Preparation time: 10 min Serves 2

<http://www.grouprecipes.com/53138/seared-sesame-encrusted-ahi-tuna-steak-recipe.html>

### Nutrition Facts

Serving Size 4 oz (112g)

Amount Per Serving	% Daily Value*
<b>Calories</b> 130	Calories from Fat 14
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 51mg	17%
<b>Sodium</b> 41mg	2%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 27g	
Vitamin A 1%	Vitamin C 1%
Calcium 1%	Iron 4%

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

**INGREDIENTS:** Tuna, treated with CO (Carbon Monoxide) to promote color retention.



Visit our website for more information on this item

**METHOD OF HARVEST:** Wild Harvest; Purse Seine  
**COUNTRY OF ORIGIN(S):** Vietnam, Indonesia, Philippines, Thailand, FAO 71 & 57

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