

Sysco®

At the heart of
food and service

Seafood



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THE PORTICO STORY

Sysco is the industry leader in assuring the economic integrity in our Portico brand of seafood products. We take great pride in our work to ensure quality, consistency, traceability, integrity, and competitiveness. Our rigorous supplier approval process includes product evaluations as well as initial food safety and code of conduct audits. Once approved, we conduct routine supplier visits, HACCP plan reviews, facility tours, product evaluations, and training of the traceability system maintenance required for all products. We also conduct 3rd party audits and routine testing on an ongoing basis. Portico brings food service operators a wide selection of delicious, healthy seafood selections with the highest quality standards in the industry.

THE PORTICO DIFFERENCE

A few of our safety and integrity measures that make Sysco and Portico the best choice in seafood are:

- Point Source Inspection Program (PSIP) conducted by domestic field specialists with physical plant audits performed by Sysco personnel at every source point
- Traceability back to the point of origin for optimal accountability
- Metal detection for hooks and other debris for additional assurance and safety at all plants
- Product quality testing above and beyond Hazard Analysis and Critical Control Points (HACCP)
- Written specifications on file for all Portico products
- Proper species, regulatory, ingredient, and nutritional labeling, including the use of true product names according to the FDA and U.S. Department of Commerce
- Guaranteed net weight, count, grades, and proper use of additives

THE PORTICO BRAND STRUCTURE

Three brands, one pledge: Every product will be packed under the same superior quality specifications... no compromises!



The Portico Simply brand offers the very best differentiated by the highest quality of fresh and frozen seafood with nothing added. Our products are as natural as you can get; no breading, no marinades, no flavorings, no spices, no further processing, just a guarantee to deliver the highest quality and customer satisfaction. That's why operators who are focused on the very best basic ingredients with nothing added trust Portico Simply to deliver responsibly sourced seafood with integrity.



The Portico Imperial brand stands out as a leader in the industry offering premium performance and versatility. From superior harvesting methods and minimal processing to clean label packaging. That's why operators who are focused on the highest quality seafood trust us to deliver responsibly sourced seafood with integrity.



The Portico Classic brand is built on commitment to delivering high quality products that are equal to or better than leading brands at the best value. That's why operators who are focused on quality, consistency and value trust us to deliver responsibly sourced seafood with integrity.

OUR APPROACH

Sysco is one of the largest purchasers of seafood in North America. In fact, if Portico brand were an independent seafood company, it would be the third largest seafood purchaser globally! This comes with a responsibility to work with our suppliers to improve sustainability in our seafood supply chain. We know that meaningful long-term solutions to complex sustainability issues require collaboration among multiple parties. As a result, we have partnered with World Wildlife Fund (WWF), engaged with the global seafood industry through the National Fisheries Institute, worked with governments (both foreign and domestic), and others in the NGO (Non-Governmental Organization) community.



Sea. Food. Sustainability.

OUR 2020 COMMITMENT

We began working with World Wildlife Fund (WWF) in 2009 to assess our seafood supply chain. In 2011 we announced our first sustainable seafood goal to source our top 10 Sysco Portico Brand wild-caught seafood species from fisheries that are either certified to the Marine Stewardship Council (MSC) standard, in MSC Full Assessment (FA) or engaged in a comprehensive Fishery Improvement Project (FIP). We also pledged to encourage our suppliers of Sysco Brand canned and pouched tuna to join the International Seafood Sustainability Association (ISSA).

In 2016, we pledged to increase our offerings of responsibly caught Sysco Portico Brand seafood products to customers by expanding our goal to include our top 15 wild-caught Sysco Portico Brand seafood species. Because of the rapid growth in consumption of farmed seafood, we also introduced a goal to source our top five Sysco Portico Brand aquaculture species groups – shrimp, salmon, pangasius, tilapia, and catfish – from farms that are either certified by the Aquaculture Stewardship Council (ASC), in ASC full assessment, in an Aquaculture Improvement Project (AIP) leading to ASC certification, and/or certified against a minimum two-star rating on the Best Aquaculture Practices standards as defined by the Global Aquaculture Alliance.

OUR PERFORMANCE

As of the end of 2015, approximately 90 percent of our top 10 wild-caught Portico Brand seafood species met our commitment. In fact, all of Sysco's Portico Brand wild-caught frozen cod, pollock, North American (cold water) lobster, haddock, salmon, scallops, halibut and flounder are coming from MSC-certified fisheries. Sysco purchased more than 24 million pounds of seafood from MSC-certified fisheries in 2015, an increase of more than 250% compared to 2011. Also, all of Sysco's canned and pouched tuna suppliers are now active members of the ISSA and supporting the tuna sustainability efforts of the International Seafood Sustainability Foundation (ISSF).

Our work has begun on the remaining wild-caught species included in our commitment, and on the top five aquaculture species. Today 100% of our Sysco Portico Brand Pangasius and Tilapia are sourced from ASC certified farms, or are BAP 2 Star or higher. Under the BAP standard, one star is awarded for processors that meet the certification, two stars are awarded for product that is sourced from a certified farm and is processed in a certified processing facility. All Sysco Portico approved shrimp processors are BAP certified, and we are working to encourage farm-level certification of our products. Seafood Sustainability at Sysco is another way we are working to be our customers' most valued and trusted business partner.

Terminology



Boned

All primary bones have been removed, although some secondary bones may remain

Boneless Fillet

Fillets from which the pin bones have been removed

Pinbone

A strip of small bones found along the midline of many fillets; can be removed with "V" or "J" cuts or may be pulled by hand or machine

PBO

Pinbone out

Butterflied

A fillet that has been split. A butterfly fillet is cut along both side with the 2 pcs remaining joined by a piece of skin & flesh. Raw, headless, shell-removed & vein removed

Center Cut

The center third of a fillet

Deep-Skinned

Removing the fat layer underneath the skin on oily species for milder flavor & improved shelf life

Farm Raised

Finfish or shellfish raised in fresh or saltwater pens or ponds or on growing surfaces such as ropes or posts (also known as aquaculture)

Fillet

A portion of flesh taken from either side of a fish, cut parallel to the central bones. The main bones, fins & belly flaps are usually removed from finished fillets

Fletch

A fillet cut from large flatfish like Halibut & further divided into boneless portions

Glazed

Indicates the fish has been dipped in water after freezing. Ice forms a glazed surface around the body of the fish or meat, protecting it from damage by freezer burn

J-Cut

A method of removing pin bones that also removes the nape. J-cut fillets are more expensive than other fillets

Steak

A cross-sectional slice of a fish, usually 1/2 to 2 inches thick & containing a section of the backbone

Loins

Thickest part of the fillet & premium part of the fish

V-Cut

A method of removing pin bones by making a V-shaped cut along both sides of the pin bone strip, leaving most of the nape

H & G

Headed & gutted

Cello Pack

Seafood products, normally fillets, that have been wrapped together in cellophane or polyethylene film & typically packed in 5 or 10 lb boxes. Also called cello wrap.

IPW

Individually poly-wrapped.

IQF

Individually quick frozen.

Shatter Pack

Also known as layerpack. A box of frozen fillets packed so that all pieces are separated by layers of plastic sheeting. In a less-than-perfect pack, layers may stick together. To break the layers apart, the box might have to be dropped to "shatter" the layers.

Blocks

Frozen, compressed slabs of fish fillets, usually without skin & bone, used as raw material for value-added products. Blocks usually weigh 16.5 lbs.

How to Choose Fresh Fish



There are many myths out there about how to determine if fish are **FRESH** or not. There are actually several different ways you need to use in checking your Fresh fish to determine if it is “Fresh” or not.

GOOD INDICATORS:

- 1.) **BLOOD** – the blood of a Fresh fish should be Cherry / Bright red. If it is dark or maroon in color...it is probably not fresh and has been out of the water for a while. This is one of the Best indicators of Fresh Fish.
- 2.) **SCALES** – the natural sliminess of a fish should be present. Most fish (like Salmon) should have a slimy coating over the scales that keep the fish moist and keep bacteria from getting in naturally. So Fresh fish will be a bit slimy or slippery when running your hand on the outside of the fish along the scales. It should not be dry.
- 3.) **MEAT FIRMNESS** – The meat of the fish should be firm and “bounce” back when dimpled in with a slight press from your finger.
- 4.) **SMELL** – Most fish should smell like.... the OCEAN, NOT FISH. You should get a smell of almost cucumber or watermelon (Fresh scent) when smelling FRESH fish. As the fish decompose over time the smell turns to Decay or “fishy Smell” or an overwhelming strong “fish smell”. This is why FRESH fish will smell “fresh” or like a slight Melon scent.

FALSE INDICATORS:

- 5.) **EYES & GILLS** – While these are indicators, they are most often FALSE indicators of fresh fish! Most Fresh seafood is shipped in Ice to keep the seafood Fresh and Cold. Sometimes ice will melt in transit and just 5 or 10 min in water can turn Fresh Fish gills or eyes brown and cloudy. So these are NOT good indicators of how FRESH your fish are. Yes, bad fish or “refreshed” fish will have cloudy eyes or brown gills...but you must first look at the first 3 indicators to determine if the fish is FRESH!

Top Seafood Items

SEAFOOD SPECIES	2017 PER CAPITA CONSUMPTION
SHRIMP	4.4
SALMON	2.41
CANNED TUNA	2.10
TILAPIA	1.08
ALASKA POLLOCK	0.78
PANGASIUS (BASA, SWAI)	0.71
COD	0.66
CATFISH	0.53
CRAB	0.52
CLAMS	0.31

Per Capita Consumption 16.00

Total Top 10 13.5

All Other Species Consumption 2.5

Top 10 as % of Total Consumption 84%



In 2017 Americans ate 16 pounds of seafood per capita, an increase of 1.1 pounds from the 14.9 pounds consumed in 2016. It is the highest per capita consumption number in almost a decade.

“More than a pound increase is substantial,” said John Connelly, President of the National Fisheries Institute (NFI). “It’s significant to note the Top Ten List as a percentage of total consumption. Last year just those ten species made up more than 90% of all the seafood Americans ate. This year the list makes up only 84%. That’s quite a bit of diversification in just one year. While we see solid increases in some traditional staples, that growth outside the top ten is certainly something to watch.”

Within the top ten, Shrimp lead the increase jumping three tenths of a pound, followed by Salmon, up by more than two tenths of a pound.

Top 5 Finfish in the South Market

1. Pangasius (Basa/Swai)
2. Catfish
3. Tilapia
4. Salmon
5. Tuna

Top 5 Shellfish in the South Market

1. Shrimp
2. Crab
3. Oyster
4. Crawfish
5. Squid

MOST MENUED SEAFOOD SPECIES ON TACOS

SPECIES	2017 PENETRATION	4 YEAR GROWTH
FISH	56%	+2%
SHRIMP	32%	+22%
TILAPIA	14%	+12%
MAHI MAHI	11%	+69%
COD	8%	+53%
WHITE FISH	5%	-11%
TUNA	4%	+23%
SALMON	3%	+13%
AHI TUNA	3%	+53%
LOBSTER	3%	+75%
SEAFOOD	2%	+27%
GROUPE	1%	+87%
CATFISH	1%	-24%
SWORDFISH	1%	+144%
SNAPPER	1%	-4%
WAHOO	1%	+45%
HALIBUT	1%	-3%



Finfish

fin·fish

noun

noun: finfish

plural noun: finfish

1. A fish is any aquatic vertebrate animal that is covered with scales, and equipped with two sets of paired fins and several unpaired fins.

In Biology

The term fish is most strictly used to describe any animal with a backbone that has gills throughout life & has limbs, if any, in the shape of fins. Many types of aquatic animals commonly referred to as fish are not fish in this strict sense; examples include shellfish, cuttlefish, starfish, crayfish & jellyfish.

Whole Round



H & G



Fillet



V-Cut



J-Cut



Prime Loin



Steak Cut



Pacific Salmon

Primarily there are two key types of Salmon that are popular in the United States. Atlantic Salmon and Pacific Salmon. While almost all Pacific Salmon are wild-caught, Atlantic Salmon (from Norway to Chile) are normally farm-raised. Most of the Pacific Salmon are caught in Alaska and include the 5 species we discuss in this section.



Where do Wild Salmon come from?

You may have heard about the difficulties that salmon face in places along the West Coast. What you may not know is that many rivers teem with salmon, filling spawning beds & fishing nets alike. The salmon fisheries in Alaska, for example, haul in more than 700 million lbs a year & have been certified as well-managed & sustainable by the Marine Stewardship Council, an independent international organization.

Salmon are very fascinating fish. They begin their life in a freshwater stream or river as a fertilized egg. The female salmon deposits her eggs in gravel nests known as redds & the male salmon then fertilizes the eggs. Once hatched, the young fish will stay in the gravel bottom for several weeks to avoid being eaten by predators. Chinook salmon reside in freshwater for 3 months to a year. Chum salmon only stay in freshwater for a few days, while pink salmon immediately travel downstream where they live for several months before heading out to the open ocean. The length of time spent in the ocean is determined by the species. When a salmon reaches sexual maturity, it will return to the stream or river where it was hatched to spawn & start the process all over again.

Alaska
86%

Average yearly
harvests of
Chinook, Coho,
and Sockeye:
2009 - 2016

**British
Columbia**
9%

Washington
3%

Oregon
1%

California
2%

Most Popular Wild Caught Salmon!



Sockeye

- Also known as "Reds"
- Darkest flesh of the species
- Name comes from the First Nation Sukkai, meaning "fish"
- Greatest variety of life history patterns - spawn not only in rivers but also in lakes
- Often spend 1 to 3 years in freshwater before migrating to sea
- Some populations have become land-locked, and are known as Kokanee Salmon

***Bold Flavor, Fine Dining**

Chinook



- Also known as "Kings"
- The largest of the species can grow up to 125lbs
- Can live up to 7 years
- Spawn most often in large rivers or streams and in deep, fast water
- Flesh color may vary from white to pink to red
- Least abundant of North American Pacific Salmon

***Rich Flavor, Upscale**



Chum



- Also known as "Dogs" for their canine-like teeth
 - Broadest Geographic range of all the species, extending from California to Korea
 - Spawn low in river systems
 - Migrate to sea soon after hatching
 - Flesh color may vary from white to pink to red
 - Drier flesh, well-suited for smoking
- *Budget-Friendly, Widespread Appeal**

Pink



- Also known as "Humpies"
 - Most abundant of the species
 - Smallest of the species
 - Often spawn in estuaries or lower reaches of rivers
 - Migrate to sea soon after hatching
 - Two-year life cycle with alternate even and odd year runs
- *Mild Flavor, Economical**

Echo



- Also know as "Silvers"
 - Spend one or two years in freshwater before migrating to sea
 - Require small headwater streams for pre-migration period
 - Originally one of the most commercially sought after species; now depleted
- *Popular, Versatile**

Atlantic Salmon



Our Portico Atlantic salmon has a mild flavor, large firm flake, pink color & is farm raised for consistent high quality. It is remarkably versatile, suited to numerous traditional & creative preparations & works well with a full spectrum of spices, flavors & sauces. The farming of salmon follows the same cycle of reproduction, growth & maturation as takes place in the wild. Atlantic salmon farming began in the late 1960s when the species became increasingly scarce, & now almost all the Atlantic salmon consumed is farmed. Our Atlantic salmon, farm-raised in Norway & Chile, are known for their large, long & sleek bodies with blue backs & silver sides & bellies. They have black spots on their backs & gills, which are a distinguishing characteristic.

Farm Raised

As farm-raised fish, Atlantic salmon derive their minerals, vitamins & fatty acids from the components of their diet. For that reason, Sysco follows feed specifications to ensure that all these valuable nutrients are always present in our farmed fish. Our Atlantic salmon is processed following a global quality management program that aligns food safety, food quality, fish welfare, environmental responsibility, social responsibility & quality assurance

Farm Raised Features

skinless & boneless

Deep-skinned leaving the remaining fatline with a maximum width of 1 in.

pre-portioned

Attractively sliced & ready to prepare.

premium

Mild yet rich flavor that can upscale any dish.

supply

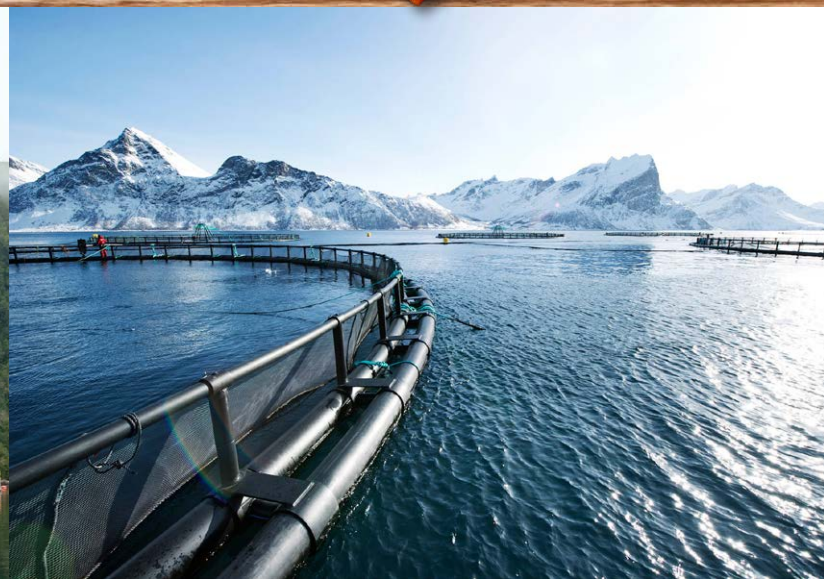
Farm-raised in Norway to ensure a consistent supply.

healthy

Rich in vitamins, minerals & heart-healthy omega-3 fatty acids.

Farmed

Wild



Norwegian Salmon

Portico Simply Norwegian Salmon is raised with respect in the cold, clear waters of Norway. It's frozen fresh immediately upon harvest to preserve flavor. And, because it's farm-raised, this highly versatile & sought-after fish is available year-round.

Chilean Salmon

Our Portico Chilean salmon are all natural & farm raised. They start in carefully monitored, temperature controlled fresh water holding pools. Then, they are transferred into ocean pens in the Antarctic waters of the Humboldt current. They are processed within hours of harvesting & portioned within a ½ ounce tolerance.

Cod



Introduction

Pacific Cod & Atlantic Cod are closely related & both are popular as a baked, white fish offering. Both are very popular as a fish & chips offering.

Atlantic Cod is harvested on both sides of the North Atlantic by Iceland, Canada, Norway, the United Kingdom, Russia, & the United States. Atlantic Cod has a mild, clean flavor & large flakes. It's less firm than Haddock & sweeter than Pacific Cod. When raw, the meat is translucent, ranging from white to pinkish in color; when cooked, it's opaque white.

Pacific Cod is a mild-tasting whitefish, Pacific Cod have been fished commercially in Alaska waters off & on since the 19th century. Today, Alaska fisheries for Pacific Cod account for more than two-thirds of the world's Pacific Cod supply, & are considered among the best managed fisheries in the world. Most Pacific Cod comes from the Bering & Barents Seas & the Gulf of Alaska & is harvested by the United States, Canada, Russia, & Korea. Although Pacific & Atlantic Cod fillets can be used interchangeably, Pacific fillets are larger & thicker. Raw Pacific Cod is opaque & creamy white. Cooked Cod is white, lean, & flaky. Its moisture content is a bit higher than that of Atlantic Cod, making the meat less firm.

Tilapia



Portico Simply Tilapia are ALL-NATURAL
& grown in PRISTINE LAKES.
NO antibiotics. NO growth hormones.
NO chemicals. NO preservatives

Introduction

Tracing its origin to the Nile River, Tilapia has been farm raised for decades & is cultivated in warm waters the world over. It is the second-most cultured group of fish in the world, exceeded only by Carp. Domestically, Tilapia are cultured in the southern & western states. Costa Rica & Colombia are major suppliers of fresh product. Three of the most common species cultivated in the United States are *Tilapia nilotica*, an emerald-green Tilapia known for its high yield & rapid growth; *T. aureus*, a cold-resistant strain; & *T. mossambica*, noted for its reddish skin color, which makes it popular for the live market & display tanks. Legend has it that Tilapia was the fish Jesus of Nazareth multiplied a thousandfold to feed the masses. This gave the species its frequently used name of "St. Peter's fish," a name the FDA does not allow to be marketed. Whole Tilapia normally range from 1 to 2 lbs. Some buyers prefer fish larger than 2 pounds.

Mahi Mahi

Introduction

Mahi Mahi is the Hawaiian name for Dolphin-fish. The Hawaiian moniker came into common use to prevent consumers from confusing this fish with the marine mammal, to which it is unrelated. The alternative name of dolphin-fish came about from the fish's habit of swimming ahead of sailing ships, as dolphins do. Mahi Mahi is one of the most beautiful fish in the ocean because of its rich, iridescent colors. The back is an electric greenish blue, the lower body is gold or sparkling silver, & the sides have a mixture of dark & light spots. Although most people associate Mahi Mahi with Hawaii, it is found in tropical & sub-tropical waters around the globe. Initially, Mahi Mahi was a bycatch of the tuna & Swordfish fisheries. Today, a directed longline fishery targets Mahi. "Clipper" is a term used to denote the highest-quality Mahi Mahi, usually frozen at sea. Occasionally, Mahi Mahi reach 50 pounds, but 5 pounds is the average market weight.

Product Profile

Mahi Mahi has a sweet, mildly pronounced flavor similar to swordfish. The lean meat is fairly firm in texture, though not steak-like, & it has large, moist flakes. Darker portions of meat can be trimmed away for milder flavor. The raw flesh is pinkish to grayish-white, though dark along the lateral line. Cooked, the meat becomes off-white.



Cooking Tips

Mahi performs best on the grill. Though it is not an oily fish, the meat remains nicely moist & can hold up even to blackening. Mahi has a thick skin that should be removed before cooking.

Cooking Methods

Bake, Broil, Fry or Sauté



Bluefin Tuna

Introduction

The Bluefin Tuna is the largest of the commercially harvested Tuna species, with a record weight of just over 2,000 lbs & a length of over 12 ft. This fast-swimming migratory species occupies temperate & tropical waters worldwide. Over half the global catch comes from biologically separate stocks in the eastern & western Atlantic Ocean. The Mediterranean is also a historic area for Bluefin. Bluefin is caught by a variety of gear types, including purse seine, harpoon, longline, troll, handline & rod & reel. The giant Bluefin has a blue-black upper body & silvery white coloring on the sides & belly. The finlets are edged in black. Despite its potential large size, commercially caught bluefins are usually between 200 and 400 pounds. Bluefin is graded by taking "plugs" of flesh to test for fat content & color which are critical factors in the price structure.

Product Profile

Because of its high fat content, Bluefin is especially prized as a raw product & is marketed in 3 grades. No. 1 "sashimi-grade," the freshest & fattiest, goes to the Japanese market. No. 2, next best, is "grill grade." Nos. 3 & 4 reflect diminished quality. Bluefin is the darkest & fattiest of any Tuna, & its uncooked meat is red. When cooked, the meat turns firm & an off-white or ivory color. The flavor is distinctive. The flesh has the firmness & appearance of beef steaks. Raw Bluefin meat can be brined overnight to mellow the flavor.

Cooking Tips

Overcooked Tuna is tough & tasteless. When broiling or grilling the meaty Bluefin, treat it as you would sirloin steak; it's best if done on the rare side. The color will be nice & light, the meat firm & the flavor intense. Serve a nice red wine with Bluefin steaks.

Cooking Methods

Bake, Broil, Grill, Sauté or Smoke



Yellowfin Tuna

Also known by its
Hawaiian name, Ahi

Introduction

Yellowfin, as its name implies, is distinguished from other Tunas by a long, bright-yellow dorsal fin & a yellow strip down its side. It's also more slender than Bluefin. With its flashy markings, the Yellowfin Tuna is especially impressive at night. Fishermen say that when watching Yellowfin feed, it's easy to see why they carry the Hawaiian name Ahi, or fire. Yellowfin is the most tropical species of Tuna, abundant in warm waters throughout the Pacific & Atlantic, often mixed with other species, especially Skipjack Tuna. The fish is most often harvested by purse seine, but the best-quality Yellowfin is caught by hook & line. Market size runs from 7.5 to 20 lbs. High-quality fresh Yellowfin comes from Hawaii, Florida, Mexico, Southern California & the Gulf of California. Tuna is often canned in countries other than those harvesting it. Top canning countries exporting tuna to the United States include Thailand, the Philippines & Indonesia.

Product Profile

Yellowfin Tuna has a mild, meaty flavor. It's more flavorful than Albacore, but leaner than Bluefin. The meat is bright red in its raw state but, when cooked, turns brown to grayish-tan, firm & moist, with large flakes. Yellowfin is also served raw as sashimi. Canned product is a bit darker than canned Albacore & is often blended with Skipjack Tuna. Look for Tuna meat with a glistening, wet look. The ideal is bright translucent red. Fat is desirable, as more fat means more flavor.

Cooking Tips

Yellowfin is excellent raw, but for grilling & broiling, cut steaks 1.5 inches thick. The Tuna needs little flavor enhancement; just brush with olive oil & sprinkle with seasoning. For a milder taste, remove the dark lateral line from the meat. Tuna can also marinate for several hours without becoming "cooked." Try a marinade of white wine, a little oil & some brown sugar for an hour or two before grilling.

Cooking Methods

Bake, Broil, Grill, Sauté or Smoke



Albacore Tuna

Introduction

Albacore is best known as America's highest-grade, "white meat" canned Tuna. In fact, it's the only Tuna meat allowed to be labeled "white meat." However, it has also developed a reputation out of the can in fresh & frozen markets. The Albacore has a streamlined, torpedo-shaped body. It sports the blue & silver coloration of the other tunas but has longer pectoral fins. A schooling fish, Albacore is caught in tropical & subtropical waters worldwide by trollers & longliners. In the Atlantic, Albacore migrate as far north as the Bay of Biscay. Along the North American side of the Atlantic, they are sparse. In the Pacific fisheries, they exist off the West Coast & in the waters around Hawaii. The fish can range in size from 5 to 100 lbs, although the average market weight is between 10 and 30 lbs. High-grade "clipper" Albacore loins, from which steaks can easily be taken, have been cut from freshly landed tuna & frozen onboard. Yield & quality are excellent. Tuna must be kept well chilled from the moment of harvest to prevent development of histamine, which can result in scomboid poisoning.

Product Profile

Albacore has a mild, rich taste & a firm, steaky texture, with large, moist flakes. Albacore meat is less dense than Bluefin Tuna, though it is one of the fattiest species, with more omega-3 than the rest of the Tunas. Albacore has the lightest-colored meat of all the Tunas, though it can range from light beige to almost brown when raw. All albacore flesh becomes off-white after cooking. Albacore meat is not as firm as Yellowfin or Bluefin, which makes it less suited for sashimi.

Cooking Tips

Albacore, like the other tunas, should appeal to meat lovers, especially those who like to grill. Albacore cooks quickly, & for maximum flavor is best served rare. Try searing Albacore steaks to serve with a highly seasoned sauce. Marinating before cooking & basting during cooking will keep Albacore moist & prevent it from turning tough.

Cooking Methods

Broil, Grill or Sauté



Chilean Sea Bass



Introduction

Chilean Sea Bass are not really Bass but Patagonian Toothfish, a large, slow-growing species first harvested in the early 1980's by Chilean longliners working the continental shelf in depths of 5,000 to 6,000 feet. In Chile, the fish is also called mero, merluza negra & bacalao de profundidad ("cod of the deep"). The fish was first harvested off the southern coast of Chile, almost to the Antarctic. The grounds have been extended to much of the Southern Hemisphere. It's a big fish; headed-&-gutted Chilean Sea Bass have weighed in at 100 lbs, but average market weight is closer to 20 lbs. The fish is marketed in frozen form; "fresh" Sea Bass is nearly always "refreshed" product (frozen fish that has been thawed). However, since Chilean Sea Bass is generally frozen at sea, it's a superior product even when sold as "previously frozen." Sea bass from South America tend to be bigger than their South African counterparts.

Product Profile

Chilean Sea Bass has a rich, melt-in-your-mouth flavor. The moderately oily meat is tender & moist with large, thick flakes. Meat from raw Chilean Sea Bass is snow white. When cooked, the meat remains white, comparable in appearance to Cod. Refreshed fillets should be shiny & resilient. Frozen product shouldn't have freezer burn or discoloration.

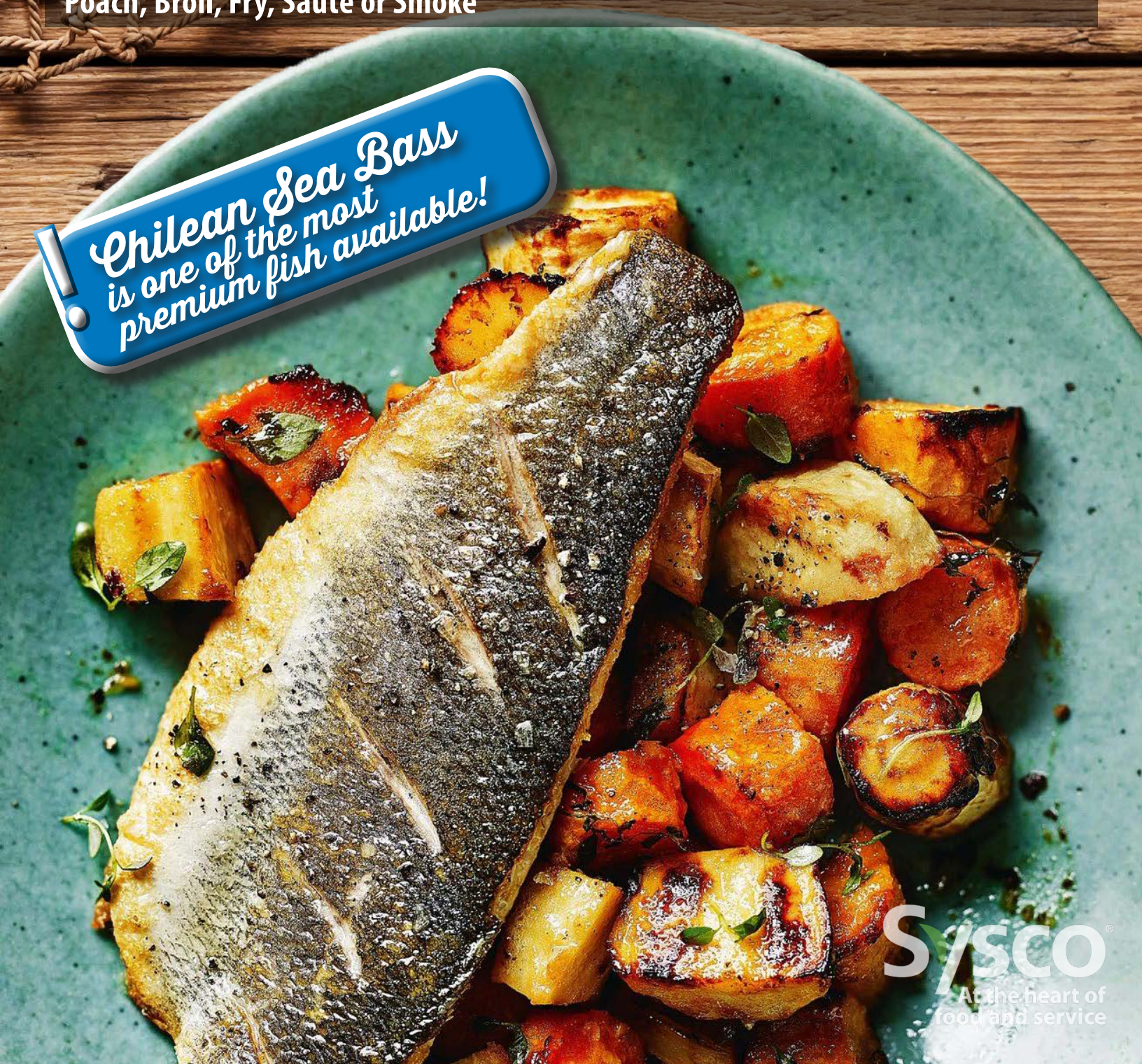
Cooking Tips

Chilean Sea Bass is an excellent fish for grilling, but the skinless fillets must be handled carefully so they don't fall apart while cooking. You can also poach or sauté the meat, but avoid heavy sauces that compete with the fish's own full flavor. Because of its high oil content, Chilean Sea Bass also lends itself to smoking. The same characteristic makes it unsuitable for frying.

Cooking Methods

Poach, Broil, Fry, Sauté or Smoke

*Chilean Sea Bass
is one of the most
premium fish available!*



Swordfish



Introduction

There is only one species of swordfish, *Xiphias gladius*. This nonschooling fish roams temperate & tropical seas worldwide. Swordfish grow to over 1,000 pounds but average 50 to 200 pounds.

Product Profile

Swordfish is moist and flavorful with a slightly sweet taste. Steaks have a moderately high oil content & a firm, meaty texture. The flesh color can vary from white & ivory to pink & orange. Color variation does not indicate quality, & all swordfish turns beige after cooking. Swordfish steaks have a whirling pattern & shouldn't be confused with the mako shark's more circular meat pattern. Swordfish also has a smooth skin; mako's is rough.

Cooking Tips

Any recipe that works for Tuna will work for Swordfish. While traditionally Swordfish is served baked with a slice of lemon, more chefs are preparing it in ways that stretch it, like Swordfish Kebabs with dipping sauces. Swordfish is excellent for marinating & grilling. It can also be easily cooked from a frozen state. For moist grilled Swordfish, select steaks that are at least 1 1/4 inches thick. Baste with olive oil & lemon juice before & during cooking.

Cooking Methods

Bake, Broil, Grill or Smoke



Swordfish is boasting a taco menu growth of +144% over the past 4 years!



Snapper

Introduction

Snapper is a warmer water fish, which gets its name from the energetic way it shuts its mouth. Snapper is one of the most popular of all white fish. Snapper can be found all over the world with most fish being harvested in Indonesia. Red Snapper (*Lutjanus campechanus*) is only harvested from the Gulf of Mexico. The name Red Snapper has been foisted off on just about any fish that is red. However, the FDA insists that only American Red Snapper (*L. Campechanus*) can be legally shipped interstate bearing the authentic Red Snapper label. Red Snappers grow to 35 pounds, although 4 to 6 pound fish are most common. Fish weighing 2 to 4 pounds have a metallic, pink skin. As they grow larger, their skin becomes more red. Many of the other Snapper species are good eating, but they don't have the trademark red skin & red eyes of the American Red Snapper.

Product Profile

Red Snapper is lean & moist, with a sweetly mild but distinctive flavor. The texture is lean but moist. The superb taste of this fish is evidenced by the number of other types of fish that, with just the slightest hint of red, masquerade in the marketplace as "Red" Snapper. The semi-firm meat is pinkish, with yellow tones, in a raw state, turning somewhat lighter when cooked. The trademark skin is a deep red along the back, fading to a pinkish-red underside. To aid in identification, domestic American red snapper is almost always sold with the skin on.





Cooking Tips

Red Snapper responds well to just about any cooking method. Try steaming it whole, Chinese style. Some cooks also like to bake whole snapper stuffed with fresh herbs & seasonings. Skin-on American Red Snapper fillets shouldn't curl during cooking, though that of other snappers will. That's a disappointing way to find out you've paid full price for an impostor.

Cooking Methods

Bake, Broil, Grill, Fry, Poach, Sauté or Steam

Beware of "Snapper" sold on the West Coast; it could actually be Rockfish, which has a completely different taste & texture.



Barramundi



Introduction

A relative newcomer to the U.S. seafood market, Barramundi is finding a place both at high-end restaurants & mid-scale retailers, where its versatility & eco-friendly reputation have earned it a following. Australia's Aborigines dubbed this species Barramundi, meaning river fish with large scales; it spends most of its life in rivers, migrating to estuaries to breed & then returning to its original river system. A member of the Sea Bass family, Barramundi is native to Australia's northern tropical waters & parts of Southeast Asia. Farms & wild fisheries supply the growing global market. The hardy Barramundi can grow to market size of 1.5 to 2 pounds in less than a year, making it well suited for aquaculture. Barramundi is raised in Australia, Malaysia, Thailand, the Philippines & Vietnam & in the United States at facilities in western Massachusetts & Florida. An Australian company is farming Barramundi in open-ocean cages off the Marshall Islands. The world's biggest supplier is Indonesia, where production is mainly 5 to 10 pound Barramundi from wild fisheries.

Product Profile

Raw flesh is pearly pink; cooked meat is white. Barramundi has a firm, moist texture & large flakes. The fish is prized for its sweet, buttery flavor. Small Barramundi are milder in flavor than larger fish. The few bones in the fish are large & easily removed.

Cooking Tips

Barramundi is a versatile fish & has a high enough oil content to keep the flesh moist while cooking. The sweet, mild flavor lends itself to a wide range of sauces & spices. Try grilling whole Barramundi to serve with a dill & lemon butter sauce. The fish is also excellent pan seared with the edible skin, which crisps up nicely. Aborigines wrap Barramundi in the leaves of the wild ginger plant & bake it in hot ashes for a traditional preparation.

Cooking Methods

Bake, Broil, Fry, Grill, Sauté or Steam



Halibut



Introduction

Size is the most distinguishing characteristic of the Pacific halibut. The largest of all flatfish, halibut can stretch up to 8 feet long & 4 feet across & weigh over 600 pounds. While such sizes are exceptional, it's easy to see why fishermen refer to these fish as "whales" or "barn doors." Market sizes run anywhere from 10 to 200 pounds. Pacific halibut are found along the Pacific Coast from northern California to the Bering Sea & westward to Russia & the Sea of Japan. Halibut are taken by longlines, primarily in Alaska & British Columbia. A quota system stretches the fishing season over several months, so fresh halibut is available nearly all year. Supply is scarce for the first three months of winter.

Product Profile

Halibut retains its moisture well in frozen state & keeps its texture when cooked. It's a very mild, sweet-tasting, lean fish with fine-grained, dense meat that dries out if overcooked. Uncooked, the white flesh of halibut should be almost translucent, not dull, yellowish or dried out. When cooked, the snow-white meat loses its glossy appearance & is flaky & tender though still firm. It holds together well, & bones are easily spotted. Meat from larger fish may have a slightly coarser texture.



Cooking Tips

Halibut is an extremely versatile fish, & the thick, meaty flesh holds up well to a number of cooking methods & sauces. It's ideal for skewering as kebabs.

Cooking Methods

Bake, Broil, Grill, Poach, Sauté or Steam



Flounder



Introduction

Around 540 flatfish species belong to the taxonomic order Pleuronectiformes, meaning “sideswimmer.” Flatfish are found throughout the world, though the most commercially important family, Plueronectidae, is concentrated in northern waters. Yellowtail is the most important Atlantic Coast Flounder, & Petrale Sole is the most important West Coast species. Flatfish have both eyes on one side of the head, though they begin life as normal fish. As they become bottom dwellers, one eye migrates to the other side, resulting in “right-eyed” & “left-eyed” flatfish. Soles & Flounders harvested commercially in North America are right-eyed, except Fluke. Flounder fillets vary in shape, depending on the species. Gray Sole offers long, slender fillets; Yellowtail Flounder, Rock Sole, Lemon Sole, Fluke & Dab offer thicker, broader fillets.

Product Profile

Raw Flounder ranges from tan to pinkish to snow white, but cooked meat of all species is pure white, lean, boneless & flaky with a mild flavor, ranging from bland to sweet. Taste & texture vary, depending on species. Petrale Sole, with firm, delicate-tasting flesh, is considered the premier Pacific Sole. Pacific Dover, with softer flesh, is a lesser-quality product. Cooked meat of smaller Soles & Flounders is delicate, while larger species like fluke or dab are firm & meaty. The sweet taste & firm texture of Yellowtail Flounder is often regarded as the standard to which other flounders are compared. Lemon & gray sole aren’t far behind.



Cooking Tips

Use wine, sauce, other liquids or moist vegetables to keep thin flatfish fillets from drying out. Avoid sauces & herbs that overpower their delicate taste. Thicker fillets are great for broiling, served with lightly herbed butter. The firm & meaty flesh of larger species like Fluke or Dab is good for rolling or stuffing. Small H&G Sole - like Rex or Gray - can be grilled, baked or stuffed, but not filleted, because fillets would be too small.

Cooking Methods

Bake, Broil, Fry or Sauté

Grouper



Introduction

Groupers belong to one of the largest & most widely distributed families of fish, the Sea Bass. Red Grouper (*Epinephelus morio*) is the most frequently seen Grouper in the marketplace & is valued for its availability, flavor & size. Because of limited commercial supplies of the true Black Grouper (*Mycteroperca* spp.), it has largely been replaced by the Gag (*M. micro-lepis*), which offers similar edibility & value. Some processors call Gag “the grouper of choice,” since it offers better yield & firmer meat. It is referred to in the market as Black Grouper. Market size for Black Grouper is around 20 pounds, & Red Grouper is marketed at anywhere from 5 to 15 pounds. Groupers are found in temperate waters from the Mid-Atlantic states & Florida to South America, Central America & the Gulf of Mexico. Groupers are typically caught by hook & line.

Product Profile

Grouper have a mild but distinct flavor, somewhere between Bass & Halibut. The taste of most Groupers is similar, with slight differences in flavor & texture, depending on size, species & location of harvest. Red Grouper is sweeter & milder than Black Grouper, & many consider Reds the better of the two. Once the skin is removed from the fish, it's hard to tell Red & Black Grouper apart, but Black Grouper does have firmer meat in the fresh state. The raw meat of both is white & lean with a notable lack of bones. Cooked, the white meat has a very firm texture & heavy flake & remains moist.

Cooking Tips

In the South, blackened Grouper is a favorite preparation, but this versatile fish can be fried, grilled, skewered or used in chowders & soups. Larger whole Grouper can be roasted, & large fillets should be butterflied before grilling because of their thickness. Grouper is very forgiving; it can be overcooked & still remain moist.

Cooking Methods

Bake, Broil, Fry, Grill or Steam



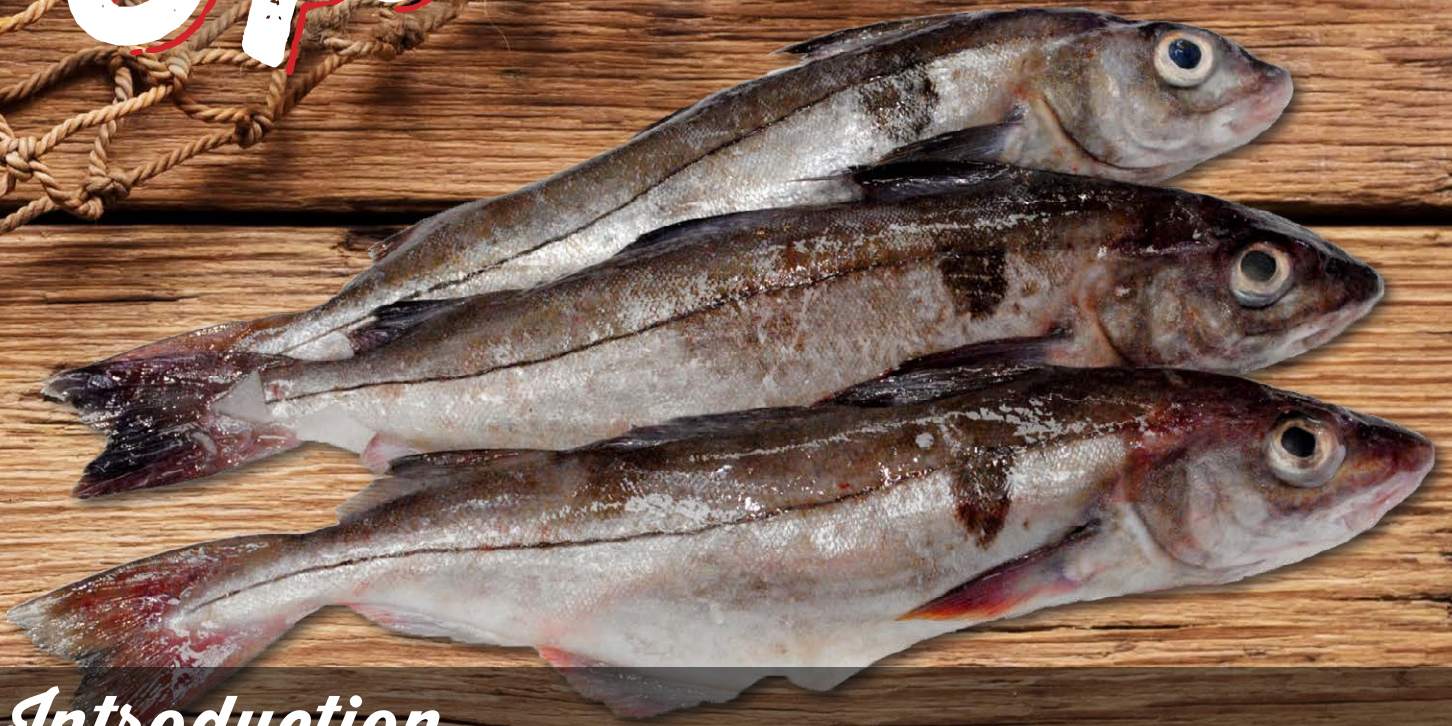
Pollock



Introduction

Pacific Pollock, also known as Alaska Pollock, is a member of the Cod family & should never be confused with Atlantic Pollock. Atlantic Pollock is a different species, which is darker, more oily, & has a "fishier" flavor. The Alaska Pollock fishery is one of the largest, most valuable fisheries in the world. Most Alaska Pollock catch comes from the Bering Sea, Gulf of Alaska & Russia's Sea of Okhotsk. Alaska Pollock's texture, color, & mild flavor have proven ideal for every segment of the foodservice market from fast food to white tablecloth restaurants. It is equally delicious poached, baked, broiled, steamed, sautéed or deep-fried. Alaska Pollock fillets deliver a bone-free whitefish with a consistent snow-white color. Pollock is lean with a tender texture & excellent flaking qualities. Boneless fillet are creamy tan in color. Cooked, the meat is white, firm, & flaky. Pollock is commonly one of the main ingredients in Surimi (imitation crab), used extensively as the fish in fish sticks & fried fish sandwiches. It is also popular in fillet form & forms that cod & haddock are offered as.

Haddock



Introduction

Groundfish, such as Haddock & Cod, often live together near the ocean floor & are generally harvested together with trawls. Haddock is very popular on menus in the Northeast & Mid-Atlantic. In the United States, Haddock are fished out of waters 130-500 feet deep, from Newfoundland to Cape May, New Jersey & are most abundant on Georges Bank & in the Gulf of Maine. Other significant Haddock fisheries are located in Canada, Iceland, Norway, Russia & the United Kingdom. Norway & Iceland are typically considered the prime locations for high quality Haddock. The majority of haddock eaten in the United States is caught in U.S. or Canadian fisheries. Haddock has a slightly sweet taste. The lean meat is firm yet tender, & its delicate flake is finer than that of Cod. Raw Haddock is white & becomes even whiter when cooked. The flesh should be firm & resilient & has a thin layer of connective tissue, which helps differentiate it from Cod. Haddock is sold fresh (whole, both head-on & headed & gutted, skin-on fillets, or loins), frozen (whole headed & gutted, skin-on fillets, or blocks), & value-added (breaded or smoked).

Eatfish



Introduction

Farming Catfish is truly a U.S. seafood industry success story. It started in Arkansas in the 1960s & expanded into an economic powerhouse as Southern soybean & rice farmers built ponds & processing facilities. Most Catfish farms today are located in the Mississippi Delta, with additional production in Alabama, Arkansas & Louisiana. A typical pond is 16 acres & produces 4,000 to 7,000 lbs of Catfish per acre. The channel cat is possibly the fastest-growing Catfish species in the world. And it's one of the best protein converters: 1 lb of catfish for every 2 lb of feed (compared to 7:1 for beef & 4:1 for pork). At market size (1 to 1.5 pounds), catfish are harvested & then transported live in tank trucks from the farms to processing plants, where they are processed immediately. Catfish is one of the most quality-controlled products in the food industry, & its farming is regulated by the FDA.

Product Profile

Because it's a grain-fed, farmed fish, Catfish has a consistently sweet, mild taste. It absorbs other flavors readily. The moist, dense meat is firm & has less flake than the typical whitefish. Fresh Catfish meat is white to off-white, sometimes pinkish, with noticeable translucency & iridescence. Cooked meat is opaque & white. Don't buy it if it is reddish or slightly yellow. Also, don't expect it to have the oceanic odor of marine fish; uncooked catfish smells almost like raw chicken.

Cooking Tips

With a fairly mild flavor & an unusual texture, Catfish is as versatile as Chicken; dress it up with a complex sauce, or dress it down for an outdoor barbeque. Sauce or season with a range of flavorings, from mild to strong; channel Catfish can handle them all. For the classic Catfish dish, dust fillets with corn meal & fry in vegetable oil; serve with hush puppies.

Cooking Methods

Bake, Broil, Fry, Grill or Sauté



Pangasius

Also Known As
Swai, Basa & Asian Catfish



Introduction

Pangasius is a term used for a special variety of imported freshwater fish that have become the tenth most popular seafood product eaten in the United States. Consumers are eating about 6 ounces of Pangasius per year & demand for this moderately priced selection is expected to continue to increase. It is a primary example of the increasing demand & dependence on aquaculture or farm raised seafood products. Pangasius is the scientific family name for certain types of freshwater catfish primarily found in Vietnam, Cambodia & neighboring nations. Like the U.S. Catfish industry, aquaculture production techniques have been applied to these species, & the number of fish being raised in cages & ponds in the Mekong River Delta region of Vietnam has increased rapidly. The demand for these fish is driving an expansion of farming operations in other nations including China, Cambodia, Laos & Thailand. All of the species being raised in these countries are Asian catfish.

Product Profile

Pangasius is a tasty fish, with a delicate texture & nice white flesh. The fast flowing waters of the Mekong give the meat a clean, fresh flavor.

Wahoo



Introduction

Wahoo, a member of the Scombridae family of Mackerels & Tunas, is closely related to the King Mackerel. Hawaiian lore has it that the name Wahoo comes from European explorers' misspelling of "Oahu" on early maps, since the fish was abundant around that island. The fish's alternate name, Ono, is derived from the Hawaiian word òno, meaning "good to eat." Wahoo are found in tropical & subtropical waters of the Atlantic, Pacific & Indian oceans, but the bulk of the global harvest is from the Caribbean & South Pacific. Most domestic supplies are from Hawaii. About 50% of Hawaii's commercial Wahoo harvest is taken by trollers. The remainder is caught on longline gear. Some Wahoo is also landed in Florida as Tuna & Swordfish bycatch. Wahoo may grow to more than 100 lbs round weight, but the usual size of fish caught off Hawaii is 8 to 30 lbs.

Product Profile

Raw Wahoo meat is lighter in color than that of its mackerel cousins & has less of the red muscle meat. The pale-pink flesh cooks up white. Wahoo is mild-tasting, with a firm, lean texture & large, circular flake. Grilled Wahoo has been compared to Chicken or Veal in flavor.

Introduction

Trout represents the oldest aquaculture industry in North America, dating back to the first Trout hatchery in the 1880s. Today, Idaho accounts for 70% of the Rainbow Trout raised in the United States. All Rainbow Trout sold domestically are farmed, either in concrete raceways or earthen ponds. In 1989, the Latin name *Oncorhynchus mykiss* replaced its predecessor, *Salmo gairdneri*. So, when looking up information in older technical & cooking publications, *S. gairdneri* is the name to look for. However, the Rainbow Trout is still a member of the Salmon family. It is silver with black spots on the sides, back & fins. The term rainbow can be misleading, since the skin is not rainbow hued but pinkish lavender. Steelhead Trout is a seagoing strain of rainbows. Rainbows usually refer to freshwater fish. Farm-raised rainbows reach market size of 8 to 10 oz in eight to 12 months.

Product Profile

Rainbow Trout meat is mild, with a delicate, nut-like flavor. The flesh is tender, flaky & soft. The flesh of Rainbow Trout is white, pink or orange. When the meat is cooked, it has a delicate flake & the color pales. Trout feed can contain pigments to produce desired flesh colors. The fillets need to be firm, resilient & have a fresh appearance. The skin of the Rainbow Trout should be dark, shiny & have a slippery feel. Avoid frozen fish that looks dried out or has gray flesh.



Introduction

You'd be hard pressed to find a group of fish with more harvest methods, real names & aliases than the *Sebastes* genus. The 70 or so fish in this family range from the Bering Sea to Baja California. Many take their common names & nicknames from their skin color: green, brown, dusky, blue, black, copper, olive, red & so on. And the deeper they live (to 300 fathoms), the brighter their coloration. Other Rockfish names reflect physical characteristics: Quillback, Pygmy, Shortbelly, Longspine, Yellow-Eye. The most important commercial species are the Pacific Ocean Perch & the Widow, Canary, Chilipepper, Yelloweye, Vermillion & Thornyhead Rockfish. The fish can range in size from 1 to 40 lbs, but 2 to 5 lbs is most common. Rockfish are caught by trolling, trawling, longlining, jigging, trapping & gillnetting - either targeted or as bycatch. Rockfish are extremely slow growing, making them susceptible to overfishing.

Product Profile

Rockfish has a delicate, nutty, sweet flavor. The meat is lean & medium-firm in texture, with a fine flake. Deep-skinned Rockfish with the fat line removed have the most delicate flavor. The skin should be shiny & bright. If it is a yellow-orange color or is wrinkled & looks too large for the fish, the fish is stale. Fillets shouldn't have signs of browning, graying or yellowing. Rockfish generally fall into two categories: red-fleshed & brown-fleshed. Red-fleshed fillets are generally considered more desirable, because they are less oily & have a longer shelf life.

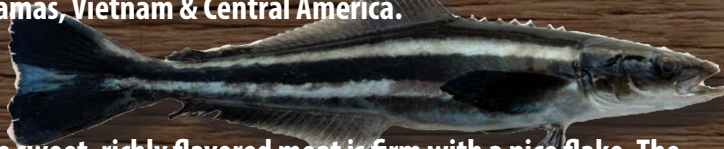


Introduction

Cobia is a relative newcomer to the U.S. market, with limited distribution from a handful of aquaculture operations. However, proponents of Cobia farming believe it could be the next Tilapia, though with more character & upscale appeal. The species is a proven candidate for aquaculture, as it adapts well to a farm environment & reaches market size of around 11 lbs in less than a year. Limited availability from the wild is also sparking interest in aquaculture; Cobia are not targeted by commercial fishermen & are landed just as bycatch. In the wild, Cobia can reach more than 6 ft & 150 lbs & are a popular gamefish. They are found worldwide in tropical, subtropical & temperate waters, except the eastern Pacific. China is the leading producer of farmed Cobia. Farmed production elsewhere is in a developmental stage, but global production is expected to expand in the future. A U.S. freshwater facility in Virginia is marketing farmed Cobia, & ocean-cage operations are under way in Puerto Rico, the Bahamas, Vietnam & Central America.

Product Profile

Raw Cobia meat is light tan. Cooked, it turns snowy white. The sweet, richly flavored meat is firm with a nice flake. The oil content is similar to that of Coho Salmon, making for moist flesh. Cobia skin is very tough & covered with tiny scales.



Rainbow Trout

Rockfish

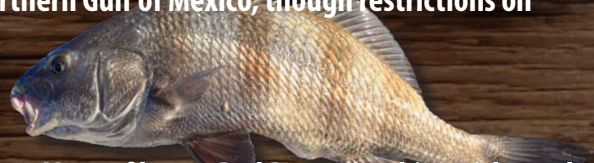
Cobia

Introduction

Dozens of Drum species are found in tropical waters of the Atlantic & Pacific oceans & in the Gulf Mexico. Of greatest value in a niche U.S. market are the Red Drum & Black Drum, named for the loud drumming noise they make by contracting muscles connected to their air bladders. Red Drum is the species of blackened Redfish fame, overharvested to the point of closing the U.S. fishery. It is now imported from Mexico, Argentina, Ecuador & Central America & commands high prices. Farmed product from Texas, Taiwan & Ecuador supplements limited wild supplies. Demand has shifted to the more plentiful, lower-priced Black Drum, found from Virginia to the northern Gulf of Mexico, though restrictions on commercial fishing have tightened supplies of this species as well.

Product Profile

The flesh of small, very fresh Red Drum has an almost emerald-green tint. Meat of larger Red Drums is white with a red tint. The raw flesh of Black Drum is whiter, though that of both species cooks up snow white. Both the Red & Black Drum have a sweet, mild flavor & firm, moist flesh, similar to Snapper in texture. Some think the small "Puppy" Drums are sweeter & flakier than the larger "Bulls." Black Drum meat is coarser than Red Drum.



Introduction

Orange Roughy

This species was first fished commercially off New Zealand, & then later off of Australia. It was the New Zealanders who launched the marketing effort for the fish formerly known as Slimehead - a distinct marketing handicap. After the Kiwis persuaded the Food & Drug Administration to allow use of the name Orange Roughy, it soon became New Zealand's most valuable finfish species. The fish is distinctive, with its bright-orange skin, spiky fins & bony head. Orange Roughy averages 3.5 lbs, & the fillet size is generally 6 to 8 oz. Roughy is a deepwater species taken by trawls at depths of up to 700 fathoms. In such a cold & pressurized environment, mating is not a frequent activity. Additionally, the average age of Roughy caught in commercial fishing nets is from 30 to 50 years, which translates into a slow replacement rate & a high susceptibility to overfishing.

Product Profile

Orange Roughy has a mild, delicate flavor & moist, large-flaked meat that holds together well after cooking. Raw Orange Roughy flesh is pearly white, & it cooks up to an opaque white. The skin side of the fillets often sports a faint, orange-brown band of color. With Roughy, the darker the meat, the lower the quality.



Introduction

Yellowtail / Amberjack

Yellowtail is a confusing name, as it can apply to Flounder, Tuna & Sole. It's also the common name for several species of Amberjack, sleek migratory Tuna-like fish found off both U.S. coasts. The most valuable member of this family is the Yellowtail farmed in Japan & featured in U.S. sushi bars under the name Hamachi. The fish is prized for eating raw & commands a premium price in Japanese markets. Raised in cages in Japan's Inland Sea, Hamachi are harvested at around 15 to 20 lbs. Upon harvesting, the fish are iced & handled with great care to prevent bruising of the flesh, which lowers its value as Sashimi. A small amount of Hamachi is harvested wild off the coast of central Japan. Another Yellowtail species (*Seriola lalandei*) is harvested wild off southern California & Baja, California & farmed in Mexico & Australia. While Amberjacks are subject to parasite infestation in the wild, this is not a problem with farmed Hamachi.

Product Profile

Yellowtail meat is pink, though wild Yellowtail can vary in color due to differing fat content among fish. Farmed Yellowtail is consistently light colored because it is high in fat. Yellowtail fillets can have a dark muscle line along the edge. Cooked meat is white & firm with a sweet, mild flavor. The high oil content gives the flesh a buttery texture.



Shellfish

shell·fish

noun

noun: shellfish

plural noun: shellfish

1. An aquatic shelled mollusk (e.g., an oyster or cockle) or a crustacean (e.g., a crab or shrimp), esp. one that is edible.



In Biology

Shellfish are divided into unique classifications.

Crustacean

These are animals with a body, outer jointed skeleton or shell. This group includes lobster, crayfish, crab, shrimp & prawn, among others. This class sheds its shell periodically as it grows larger.

Mollusks

These are animals which are univalve (one shell) or bivalve (two shells). The shells expand as the animal grows. Snails, Conch, & Abalone are univalve. Clams, Oysters, Scallops & Mussels are bivalve.

Cephalopods

Though technically classed as mollusks, these animals have a reduced internal shell called a pen or cuttlebone, as in the case of the cuttlefish. This class includes squid, octopus & cuttlefish. These fish share many of the same preparation methods with the crustacean & mollusk classes.

Shrimp

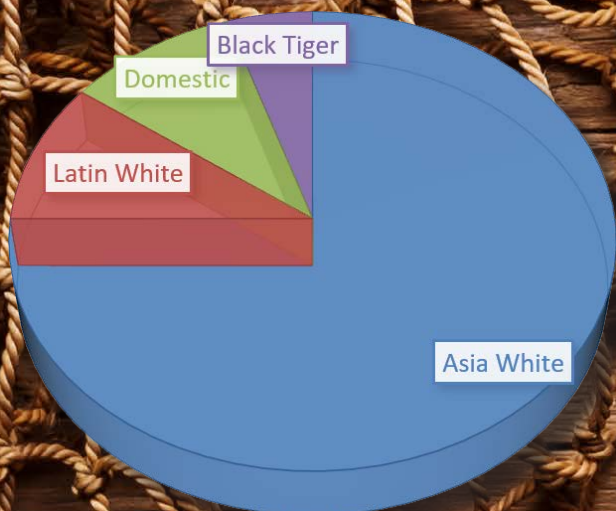
What we carry

DOMESTIC

1. Wild Domestic Gulf Brown Shrimp Green Headless - *Farfantepenaeus Aztecus*
2. Wild Domestic Gulf White Shrimp Green Headless - *Farfantepenaeus Setiferus*
3. Wild Domestic Puds/P&D - Peeled Undeveined - Can be either species above

IMPORT

1. Farm Raised VW India - *Litopenaeus Vannamei*



Shrimp Consumption

US Shrimp consumption is approximately 1.4 BILLION pounds annually

- 90% Imports
- 10% Domestic Texas & Louisiana
- Sysco is the nation's largest buyer & seller of shrimp. Due to this buying power, we can offer fair prices & year round availability.

Whole

Whole raw shrimp in its natural form.

APPLICATION:

Making a presentation statement.



Headless

Headless raw shrimp with shell & tail on is the most common way that shrimp is sold. This is commonly called GREEN HEADLESS.

APPLICATION:

Boiling, Steaming & for Shrimp Cocktail



Headless Peeled Tail On

Headless raw shrimp that is peeled with the tail on.

APPLICATION:

Sauté, Breeding or Shrimp Cocktail



Headless Peeled Tail Off

Headless raw shrimp that is peeled with the tail off.

APPLICATION:

Sauté, Breeding or Shrimp Cocktail.



Raw Tail-On





Domestic & Import

*what's the
difference?*

Domestic is wild & Import is farmed

Domestics have a more pronounced flavor than Imports - especially Browns

Domestics usually count to the mid size where Import will count to the small size

Domestics do not use sodium tri-poly phosphates where most Import do

Domestics use bi-sulfites to prevent black spots, Imports do not

Domestics experiences less shrink than Imports

Domestic is much more volatile in pricing than Import (farmed) shrimp

Domestic is packed in 5 lb blocks, Import is packed in 4 lb blocks

Domestics are sold in pud form, Imports are not

Domestics are local

Domestic has the new all natural cutting edge solutions white shrimp (no chem)

Imports are sold 10-1 compared to Domestic Shrimp sales

Imports are finger packed, Domestics are a throw pack

Imports have the no chemical Green Headless deveined



Portico White Asian Shrimp

P&D, Shell On

Portico Asian white shrimp is farm raised, caught, processed & quickly frozen to preserve its flavor. The full sweet taste of this popular shrimp comes through uninhibited by any off flavors to provide an enhanced dining experience. This versatile item has many profitable menu applications for customers.

Features

- Versatile & profitable menu item
- Mild flavor, firm texture, appealing color
- P&D packed individual quick frozen (IQF)
- Once frozen
- 100% true net weight
- Guaranteed counts

Species Info

- *Penaeus Vannamei*
- Farm raised, white shrimp
- Product of Asia
- Available year around

Menu Ideas

Increase customer perceived value & profits by adding Asian white shrimp to your menu.

- Entrée
- Salad toppers
- Appetizers

Portico Classic

- All Portico shrimp is 100% net weight guaranteed, as listed on the packaging
- On-site initial QA audits by Sysco are followed by third party audits
- All Sysco branded products participate in the Point Source Inspection Program to ensure traceability back to the source
- All Portico branded shrimp are covered by Sysco's Sustainable Seafood commitment 2020. For more information on our commitment please visit us at sustainability.sysco.com



Portico White Asian Shrimp

Frozen Asia

We start with the highest quality White Vannamei farm raised shrimp available. Fresh from the ponds and processed within hours of harvest in our own Sysco approved plants. All products are then quickly frozen to lock in the natural sweet flavor of our white shrimp. If you are looking for affordable high quality Raw Shell On, Peeled & Deveined or Cooked shrimp, Portico Seafood's White Shrimp Asia is your answer. From the Finger Packed Shell On to the IQF P&D Raw & Cooked products Portico Whites will thrill your employees & customers.





Portico Headless Deveined Shrimp

This is the first product form featuring a raw shrimp with the vein removed while having the shell still intact. The full sweet flavor of this popular white shrimp comes through uninhabited by any off flavors to enhance everyone's dining experience. Product is versatile with many applications for menu placement.

Features

- Shell-on without the vein
- Sweet, mild flavor
- Individually Quick Frozen
- Bulk packaging eliminates time & waste
- Product is once frozen
- Multiple menu applications
- Profitable menu item

Species Info

- *Penaeus Vannamei*
- Farm raised white shrimp
- Product of India, Vietnam, Thailand or Indonesia
- Available Year Around

Menu Ideas

- Boiled Peel & Eat
- Sautéed
- BBQ
- Breaded
- Soups

Portico

- Offers maximum versatility with uncompromised quality & value
- Portico shrimp is 100% net weight guaranteed, as listed on packaging
- Limited salt added to retain moisture
- No chemicals used in processing or packaging
- Packaging shows proper species, ingredients, & nutritional labeling
- QA standards & processes are unparalleled in the industry
- On-site initial QA audits by Sysco are followed by third party audits
- All Sysco branded products participate in the Point Source Inspection Program to ensure traceability back to the source
- Meets established industry standards for competitive "first" & "economy" value added labels

Gulf Shrimp

Natural Wild Caught

Deep in the waters of the Gulf of Mexico, a select fleet of shrimp boats set out to source Premier Gold Natural Wild Caught Gulf Shrimp in their natural habitat. Only the finest shrimp are then processed & frozen without any artificial preservatives, antibiotics, or sulfites added. The result is a mild flavor & natural sweetness that will make any dish stand out. Shrimp is the king of seafood in the U.S., appearing on over 65% of menus. Its versatile flavor complements any cuisine type & menu application. Truly on the cutting edge; these are shrimp for operators who want to offer the best tasting, sustainable, highest quality natural wild shrimp available.

Features & Benefits

- Product of the USA – 100% Wild Caught Texas & Louisiana Shrimp
- Free from artificial preservatives & added sulfites
- Shell-On & Peeled & Deveined shrimp suit a wide variety of menu applications
- Appeals to consumers seeking sourcing transparency & sulfite free seafood on menus
- Consistent product quality from a renewable & sustainable resource
- Frozen to satisfy demand for high quality premium domestic shrimp throughout the year
- Premium Individually Quick Frozen (IQF) pack ensures fully usable product on peeled & deveined shrimp, cook only what you need



Lobster

Introduction

American lobsters have two powerful claws - a crusher & a ripper - which should be kept banded to prevent injury to other lobsters or the cook. The meatiest part of the animal is the tail, though claws, knuckles, body & small walking legs offer meat too. American lobsters are found in the North Atlantic from Labrador to North Carolina. Major producers are Atlantic Canada, Maine & Massachusetts, in that order. The lobsters are harvested from depths of 15 to 1,000 feet in rectangular, wire-mesh traps. Market sizes range from "chickens" (1 to 1 1/8 lbs) to jumbos (over 3 1/2 lbs). A pound of meat can be extracted from four to six lobsters weighing 1 to 1 1/4 lbs. A lobster sheds its shell annually, revealing a soft new one underneath. Though the newly molted lobster is much larger, its meat is watery & flaccid. New-shells offer lower meat yields than hard-shells (30 to 45 percent vs. 55 percent).

Product Profile

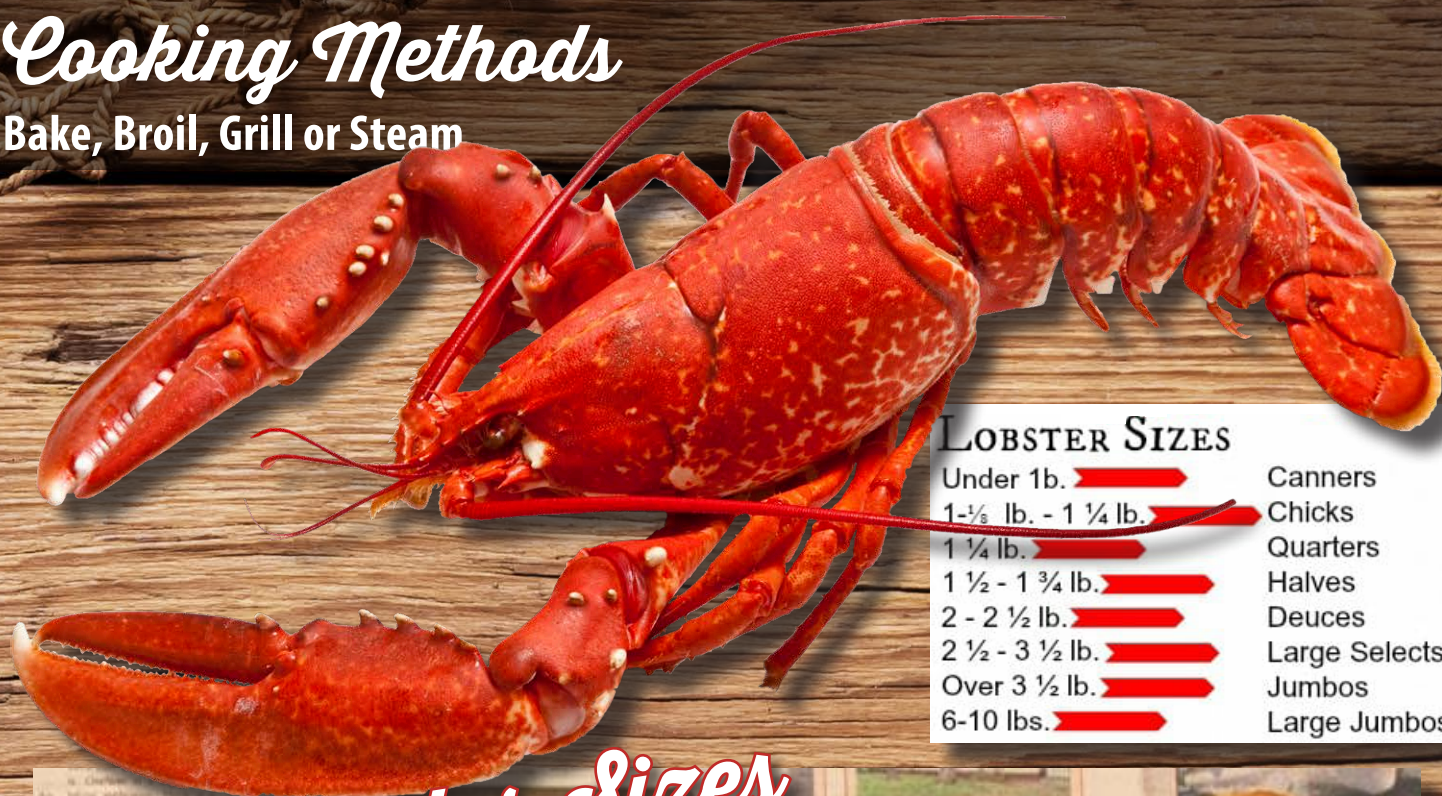
Lobster meat is mild & sweet in flavor. The texture is firm & somewhat fibrous; tail meat is firmer than that in the claws. Live lobsters range in color from brownish rust to bright blue to greenish brown. All lobster shells turn bright red when cooked. The meat is white with red tinges. Live lobsters should be active, & their tails should curl, not dangle, beneath them. Cook weakened lobsters immediately; discard dead ones. Consumers are advised not to eat the tomalley, the light-green substance found in the lobster. This is the liver and pancreas, which accumulates contaminants from the creature's environment.

Cooking Tips

Opinions vary on how best to cook lobster. Some say steaming is best because it is gentle heat, which will not toughen the meat. Others say boiling seals the flavor into the lobster. Baking is another option, but the lobster should be quickly boiled or steamed beforehand. A cooking rule of thumb for 1 1/4-pound lobsters is 12 to 15 minutes; for larger lobsters, about 17 minutes.

Cooking Methods

Bake, Broil, Grill or Steam



LOBSTER SIZES

Under 1 lb.	Canners
1-1/8 lb. - 1 1/4 lb.	Chicks
1 1/4 lb.	Quarters
1 1/2 - 1 3/4 lb.	Halves
2 - 2 1/2 lb.	Deuces
2 1/2 - 3 1/2 lb.	Large Selects
Over 3 1/2 lb.	Jumbos
6-10 lbs.	Large Jumbos

Most Popular Sizes



Sea Scallop

Introduction

This species supports the largest scallop fishery in the world. Sea scallops are dredged year-round from Labrador to New Jersey. Since sea scallops die out of water, they are always shucked at sea & kept on ice, if not frozen aboard. The meat counts range from 20 to 40 per pound. New Bedford, Massachusetts, is the largest sea scallop port, & the auction there usually sets the price. Virginia, New York & New Jersey are also important suppliers. Sea scallops are farmed in New England & Newfoundland, but production is limited. Only the adductor muscle, which allows scallops to “swim” by clicking their shells together, is eaten. This mobility helps them escape pollutants that immobile bivalves like mussels, clams & oysters can’t avoid. Avoid “wet” scallops that have soaked too long in chemical additives designed to maintain texture & taste. They’ll be flabby & opaque & will shed water & weight rapidly.

Product Profile

The largest commercially available scallops, sea scallops have a sweet, rich taste that ranges from mild to briny. Raw, the drum-shaped meat is a shiny, creamy white, sometimes with pinkish or brown spots. Top-quality scallops should have an ivory translucence & elastic springiness that allows them to keep their shape. Cooked meat is opaque white with a firm, lean texture. Scallops are generally less susceptible to contamination than other shellfish, primarily because normally only the well-guarded adductor muscle is eaten. Still, persons in high-risk health categories should not eat them raw.

Dry

Wet



Bay Scallop



Introduction

A small cousin of sea scallops, bay scallops average 70 to 100 meats per pound. They are dredged, raked or tonged from bays, harbors & salt ponds along the East Coast from Atlantic Canada to North Carolina & processed ashore. They are also farmed in Nova Scotia & New England in suspended systems. A less expensive, farmed bay scallop is imported from China. Though there is a niche market in the United States for whole, live scallops, the product typically seen on the market is actually just part of the whole animal; the guts are removed & discarded, leaving just the adductor muscle, which is the edible meat. The meats are available “wet” (soaked in a preservative like tripolyphosphate, which whitens the scallop & extends shelf life) or “dry” (untreated). Oversoaked scallops look artificially shiny, opaque & flabby & will have a soapy feel & aftertaste. They will also release more liquid & shrink more when cooked.

Product Profile

Mild & sweet, bay scallops are considered the best-tasting of the scallop species. Raw, the lean, cork-shaped meat is translucent, with color ranging from creamy to pink. The texture should be firm & moist, not slippery & spongy. Cooked meat is opaque white & firm. Top-quality scallops should have an ivory translucence & elastic springiness that allows them to keep their shape. Fresh bay scallops smell sweet & seaweedy. They should not be sitting in water. Sour-smelling scallops, especially with overtones of iodine, should be rejected.

King Crab



Introduction

The largest of the commercially harvested Crabs, King Crabs are characterized by spiny shells & long, spidery legs. Most Crabs have 10 appendages, but King Crabs have six walking legs, one large “killer” claw & one small “feeder” claw. The best meat is the merus, which comes from the upper section of the walking leg. It is marketed as “fancy.” The crabs grow to 6 ft, from leg tip to leg tip, & from 4 to 10 lbs. Shell color varies according to harvest location. While red is the most common of the King Crab species, there are also blue (*P. platypus*) & brown, or golden (*Lithodes aequispina*), King Crabs. Red is most marketable, primarily because of size, followed by blue & then brown. Kings are found in shallow waters (60 to 100 fathoms) off the shores of Southeast Alaska & in the Bering Sea on flat, plain-like stretches of sea floor. King Crabs often march in herds across vast expanses of these plains. They are caught in large, wire-mesh traps that measure 7 x 7 x 10 ft.

Product Profile

King Crab is sweet, moist & rich. It’s a bit firmer & coarser than Dungeness Crab meat. The King’s body meat is slightly flakier than the leg meat. The spiky shell of the cooked crab leg is a bright red. The meat is snow white with a scarlet membrane. Almost all King Crab sold in the U.S. market has been cooked & brine frozen. However, if processed correctly, the meat should not taste salty. Flavor is best just after thawing.



Cooking Tips

King Crab meat, chunked, flaked or shredded, can be served hot or cold. For hot menu items, gentle heating is all that's required. Add to soups & stews during the last 5 minutes of cooking. Legs are often served in the shell with drawn butter. To steam, throw legs in a covered pot with an inch or so of water, bring to a boil & steam just until heated through, about 5 minutes.

Cooking Methods

Bake, Boil or Steam

Snow Crab



Introduction

The North American Snow Crab fishery targets three species: *Chionoecetes opilio*, *C. bairdi* & *C. tanneri*. Technically, *Opilios* are Snow Crabs, & *Bairdis* are Tanners. Alaska's *Opilio* fishery occurs in the Bering Sea & is much larger than its *Bairdi* fishery. *Bairdi* are taken in the Bering Sea & Gulf of Alaska. The most important commercially is *Opilio*, which is also the only species caught in both the Atlantic & Pacific. It has supported major fisheries in both Alaska & the Canadian Maritimes (where it's sometimes called Queen Crab). Snow Crabs are taken in traps, from sandy bottoms in depths of 30 to 1,500 ft. They are smaller & less red than King Crabs &, instead of the King's three sets of walking legs, these Crabs have four sets, plus a pair of claws. *Bairdi* are the largest Snow Crab, averaging 5 lbs & measuring 3 ft from tip to tip. *Opilio* average just over 1 lb; *Tanners* are slightly larger, with longer, skinnier legs.

Product Profile

Snow Crab meat is sweet & delicate, with a more fibrous texture than King Crab. Texture ranges from the tender, longitudinal fibers of shoulder meat to firmer fibers of claw meat. Cooked shell is red, though not as red as King Crab, running to brownish at the shoulder. The meat ranges from snow white to reddish. Like King Crab, Snow Crab is marketed already cooked.

Cooking Tips

Because the Snow Crab sold in the U.S. market is cooked before processing, all you need to do is thaw (slowly - one to two days in the fridge) & reheat. Do more than warm it up, & you run the risk of making it dry & tough. Snow Crab meat can be used in chowders, omelets, crepes, casseroles & quiches. Split legs are often served cold as appetizers or are broiled & served warm with drawn butter. Whole legs & clusters can be steamed.

Cooking Methods

Bake, Boil, Grill or Steam



Canned Crab



Colossal Crab Meat

Colossal Lump is the largest pieces of whole, firm white meat picked from the two large swimming fin muscles of the crab. This product is perfect for cocktail presentations, center of the plate dishes or sautéing. There are between 45 - 65 pieces per can.



Jumbo Lump Crab Meat

Jumbo Lump is beautiful, whole pieces of firm, succulent white meat picked from the two large swimming fin muscles of the crab. This product is perfect for high quality crab cakes, cocktail presentations or sautéing. There are between 75-100 pieces per can.



Super Lump Crab Meat

Super Lump is a blend of large, firm, whole & broken pieces of white lump meat & white body meat. Perfect for crab imperial, succulent crab cakes & crab salads.



Backfin Crab Meat

Backfin is a blend of large pieces of broken lump & smaller pieces of white body meat. This product is good for making crab cakes, crab imperial, dips & soups.



Special Crab Meat

Shredded white body meat with good flavor & firm texture. This versatile product is great for many applications from soups & dips to crab cakes & crab imperials.



Claw Meat

Claw meat picked from the darker meat of the claws and legs. This product has the strongest flavor and rich color. Perfect for delicious crab dips and soups or to blend into your crab cakes for a little kick of extra flavor.



Crawfish

Also Known As
Crawdads, Crayfish or Mudbugs



Introduction

Crawfish are freshwater crustaceans that resemble miniature Lobsters, ranging in size from 3.5 to 7 inches. Over 400 species are found worldwide, 250 of which are in North America, living in rivers, lakes, swamps, canals, wetlands & irrigation ditches. The most important farmed U.S. species is Red Swamp Crawfish (*Procambarus clarkii*), found in southern Louisiana. Second is the White-River Crawfish (*P. acutus*) from northern Louisiana. Approximately 90% of the U.S. farmed & wild Crawfish production comes from Louisiana, where Crawfish are trapped in the wild & farmed as a rotating crop with rice. Crawfish are also farmed & harvested wild in other southern states & in the Pacific Northwest. In China, Crawfish are cultivated in ponds with other fish. In California, fishermen trap coolwater Crawfish in rivers that feed the Sacramento Delta. Fishermen in the Midwest trap the species in lakes. Limited amounts are farmed in Europe.

Product Profile

Crawfish meat is sweet like Lobster meat but more tender & not quite as rich. Alive, Red Swamp Crawfish are red to nearly black; White-River Crawfish are light to dark brown. All Crawfish cook up brilliant red. Raw meat is grayish in color. Cooked meat should be a clean white. Softshell Crawfish are those that have just molted. Make sure live product is indeed alive before cooking. As with Lobster, the meat deteriorates rapidly after death. Crawfish fat, sometimes called head fat, is yellow & contains most of the flavor. It can be purchased as a separate product. Removing it from Crawfish meat improves the shelf life.

Cooking Tips

For a classic preparation, boil in spicy Cajun or Creole seasonings or use Scandinavian dill seasonings. Jambalaya, bisque & etouffée are traditional presentations. Use only live, clean Crawfish. Cook immediately by dropping into boiling water. Keep them cold until ready to cook. Live Crawfish should splay their claws when grabbed. If an animal is limp or its tail doesn't curl when cooked, toss it.

Cooking Methods

Boil, Sauté or Steam

Crawfish Season depends on the amount of rain & the water levels in the swamps/bayous. Generally, the crawfish season in LA runs from mid-Jan through early-July for crawfish caught in the wild, with the peak months being March, April & May. Crawfish from farms are available over a longer period of the year



Clams



Geoduck Clams

The geoduck siphon is covered with a tough skin ranging in color from light beige to brown. The flesh of a cleaned siphon is smooth & cream colored. The geoduck siphon meat has a sweet, fresh sea flavor & crunchy texture.



Surf Clams

Surf clams offer little waste: Shells serve as containers for stuffed dishes, & the twin adductor muscles (white cylinders attached to the shell) are delicious, as is the juice, or “nectar.” These clams are less flavorful than hardshells. Cooked, the chewy white meat is mild & sweet. Raw meat is whitish-orange. Cooked meat ranges in color from ivory to golden yellow, with some dark areas. Canned clams should be in clear to opaque liquid. Breeding should be intact on breaded product.



Hardshell Clams

Hardshells are the connoisseur's choice for raw, halfshell clams. They are mild-flavored, sweet & briny. Cooked hardshells are soft, juicy & mild. Raw meat should be tender-crisp & plump, ranging in color from ivory to golden yellow, with some dark areas. Cooked meat is pale, pinkish-white. Hardshells have an off-white, oval, symmetrical shell with a purple or violet border inside. Discard clams with open or broken shells. Unlike softshells, hardshell clams can close their shells completely & “live on their own juices” for a time, giving them a longer shelf life out of water than softshells.



Softshell Clams

The softshell clam's delicate meat is sweet & slightly salty. The large bellies are tender & soft. Meat color ranges from ivory to gold, with some dark areas. The shell should be whole & clean, & the siphon firm & plump, not flaccid & dry. The siphon is covered with a dark membrane that is removed before the cooked clam is eaten.



Octopus



Introduction

Related to Cuttlefish & Squid, Octopus are cephalopods, or “head-footed,” referring to the eight “legs” that sprout from their head. They also have a parrot-like beak for crushing prey such as Abalone, Crab & Lobster. There are more than 140 species in temperate & tropical waters throughout the world, ranging in size from a few ounces to over 100 lbs. Octopus are taken from tide pools & at depths of several hundred feet, where they inhabit small, dark crevices in the ocean floor. Primary Octopus suppliers are the Philippines, Thailand & Korea. Hawaii & California are domestic sources. Octopus often are caught in unbaited “habitat traps,” into which they willingly crawl. Octopus are amazingly dexterous at hunting & fleeing. Most biologists consider them the smartest of all invertebrates, on par in intelligence with the house cat. When frightened, they emit an inky black substance.

Product Profile

Octopus meat is uniquely textured - smooth, but with a firm-to-chewy “bite.” The animal’s diet of high-quality shellfish gives it a mild, sweet flavor. The edible skin is purplish-black & covers milky white meat. Cooked meat is translucent beige, sometimes with hints of deep pink. Size depends on species & region of harvest. Octopus from Thailand are small, averaging 14 to 21 oz; those from the Philippines are larger, graded in sizes of 1 to 2, 2 to 4 & 4 to 6 lbs. Korean Octopus is even larger.

Cooking Tips

Unlike Squid, Octopus must be cooked a long time to become tender. Common preparations call for simmering the meat in tomato-based stews or slow, long cooking in a wine sauce. Before using in a recipe, the meat is boiled for 30 minutes to an hour to tenderize. To grill pre-cooked octopus, brush large-cut pieces with a mixture of olive oil, lemon juice, crushed garlic & oregano. Grill quickly over a hot charcoal fire, until slightly crisp.

Cooking Methods

Broil, Grill or Smoke



Squid

Introduction

Squid are cephalopods, a word meaning “head foot.” They are a close relative of the Octopus & a distant relative of Bivalve Mollusks. More than 300 species inhabit the world’s oceans, but fewer than a dozen comprise 90% of the global catch; of them, 3 comprise the domestic supply. West Coast “market Squid” (*L. opalescens*) are 3 to 5 inches long; East Coast Squid, including long-finned “winter Squid” (*L. pealei*) & short-finned “summer Squid” (*Illex illecebrosus*), are a bit larger. Summer Squid is the largest commercial species. West Coast Squid, found from Alaska to California, are caught with purse seines from “light boats” that lure them to the surface from depths of 60 to 200 ft with high-intensity lamps. On the East Coast, Squid are trawled & trapped from Canada to North Carolina in coastal waters & up to 200 miles offshore. Because the domestic market prefers a white-meated product, squid are sometimes “bleached” in a brine solution to enhance whiteness.

Product Profile

Cooked squid is mild & has a subtle sweetness. The meat is firm yet tender. *Illex* Squid has large, 8 to 12 inch tubes & is coarser than *Loligo*. Raw Squid meat is ivory beneath a naturally speckled membrane. Cooked Squid is opaque white & firm. Fresh or thawed Squid should be moist, shiny & ivory colored. Pink, yellow or purple flesh indicates deterioration. Edible parts of the Squid include the arms (tentacles), the mantle (tube) & the fins (wings). The body is covered with a thin skin that may be removed before cooking. Squid ink is often used to make black pasta.

Cooking Tips

The secret to tender Squid is to cook it either quickly or for around 30 minutes. Rings can be battered & fried; mantles can be stuffed & baked in a sauce. Don't overcook, or Squid will turn as tough as a pencil eraser (a couple of minutes are usually enough). If you do overcook, keep cooking for 20 minutes more, & it will become tender again. Braised or baked Squid should be cooked this long anyway.

Cooking Methods

Bake, Fry or Sauté



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