

CAPT'N SEAFOOD



HARVEST CALENDAR

SALMON	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<i>King/Chinook</i>												
<i>Silver/Coho</i>												
<i>Sockeye/Reds</i>												
<i>Pink</i>												
<i>Keta/Chum</i>												
SHELLFISH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<i>Red/King</i>												
<i>Snow Crab</i>												
<i>Dungeness</i>												
<i>Coldwater Shrimp</i>												
<i>Canadian Clams</i>												
<i>Virginia Clams</i>												
<i>Scallops</i>												
WHITEFISH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<i>Halibut</i>												
<i>Alaskan Pollock</i>												
<i>Pacific Cod</i>												
<i>Flounder</i>												
<i>Rockfish</i>												
<i>Pacific Whiting</i>												
<i>Black Cod</i>												
<i>Trout - farm raised</i>												
<i>Catfish - frame raised</i>												
EXOTIC FISH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<i>Mahi-Mahi</i>												
<i>Yellowfin Tuna</i>												
<i>Pacific Swordfish</i>												

HANDLING TIPS

■ Store shrimp, squid and shucked shellfish in a leak-proof bag, plastic container or covered jar. Use squid, shrimp and scallops within 1 to 2 days. Shucked oysters should be cooked within 7 days.

■ Store fresh fish in its original wrapper in the coldest part of the refrigerator. Fish should then be wrapped in moisture-proof paper or plastic wrap, placed in a heavy plastic bag, or stored in an airtight, rigid container until ready for cooking. Plan to use your seafood purchases within 1-2 days. If not, freeze them.

■ Mussels and clams in the shell (live) should be used within two to three days; oysters in the shell, from seven to ten days. Some shells may open during storage. If so, tap them. They will close if alive; if not, discard immediately.

■ Don't suffocate live lobsters, oysters, clams or mussels by sealing them in a plastic bag. They need to breathe, so store them covered with a clean damp cloth. Store live shellfish in a shallow dish covered with damp towels or paper towels. Never put live shellfish in water or in an air-tight container where they could suffocate and die. Before cooking, check that lobsters are still moving. Make sure clams and mussels are still alive by tapping open shells. Discard any that do not close.

COOKING TECHNIQUES

WHITE MEAT - With very light, delicate flavor and flaky, tender texture

Seafood - cod, summer flounder, yellowtail flounder, yellowtail snapper, haddock, southern flounder

Cooking techniques - microwave, bake, poach, steam, en papillote

WHITE MEAT - with a moderate flavor and flaky, tender texture

Seafood - butterfish, catfish, English sole, pacific whiting, rock sole, sea trout, whiting, winter flounder, wolfish

Cooking techniques - microwave, bake, broil, poach, sauté, steam, deep fry, en papillote

LIGHT MEAT - moderate flavor and moderately firm texture

Seafood - Alaskan Pollock, brook trout, giant sea bass, grouper, kingfish, mahi mahi, orange roughy, rainbow trout, red snapper, smelt, walleye, white king salmon, white sea bass, white sea trout

Cooking techniques - microwave, bake grill, broil, poach, deep fry

DARKER MEAT - moderate flavor and moderately firm texture

Seafood - atlantic ocean perch, atlantic salmon, jewfish, king salmon, pollock

Cooking techniques - microwave, bake, grill, broil, sauté, steam, poach, en papillote

SHELLFISH

Lobster - Steam, sauté, poach, bake, grill, broil, stew

Clams - Steam, bake, stew, grill, microwave, deep fry

Mussels - Microwave, stew, broil, bake, sauté

Oysters - Microwave, stew, bake, broil, sauté, poach, steam deep fry

Scallops - Microwave, bake broil, grill, deep fry, poach, steam, stew, sauté

Mollusks - Bake, grill, deep fry, pickle, stew

Cephalopods (octopus & squid) - grill, poach, deep fry sauté, pickle, stew

Questions? Ask your sales consultant or Tim Grossman, Ginsberg's Seafood Specialist.