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For more information and great recipes, visit  
[aboutseafood.com](http://aboutseafood.com).



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# Easy Home Cooking with Seafood

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# Allergens / Mercury

At GIANT, we want to take the guesswork out of seafood. This helpful guide will review proper handling, flavor profiles and wine pairing along with our commitment to sustainability with our “ChoiceCatch” program. We give you information on preparation and cooking techniques for the different varieties of seafood along with the nutritional values and health benefits. We even make it easy in our stores – the peel back labels on each seafood package have cooking techniques and helpful hints on seafood preparation.



Our great tasting seafood comes from all over the world. We display country of origin signs with all of our fresh seafood items so you can know exactly where each item comes from. As always, if you are in the store and have a question, just ask our friendly Seafood Associates.

## Table of Contents

3	ChoiceCatch	11	Flavor Profiles / Wine Pairing
4	Seafood Nutrition Facts	13	How To Eat a Lobster
6	Proper Handling / Food Safety	15	Allergens / Mercury
7	Storing Seafood		
9	Selecting, Preparing and Cooking Seafood	<b>Recipes</b> – pages 8, 10, 12, and 14	

## No Bones About It

You will find 4 guaranteed boneless fillets in our Seafood Department every day.

Choose from:

- Farmed Salmon
- Catfish
- Tilapia
- Rainbow Trout



### Facts on Allergens and Seafood

- Food allergies are not as common as people believe. According to the U.S. Food and Drug Administration, only 2% of adults and 5% of children experience a true food allergy. The following points can help you understand food allergens and seafood, but we recommend consulting the FDA's website at: [www.cfsan.fda.gov/~dms/wh-alrgy.html](http://www.cfsan.fda.gov/~dms/wh-alrgy.html)
- A number of people with a seafood allergy may be able to eat certain fish that are cooked thoroughly. But if you have an allergy, it is critical to check with your physician before consuming any fish or seafood products.
- To avoid seafood allergens, check ingredient labels carefully. Many foods may have hidden sources of fish or fish products.
- Many physicians agree that it is safe and appropriate to begin introducing seafood gradually for children age 3 and older.
- Remember: seafood is an essential part of a healthy lifestyle! In fact, in its 2005 Dietary Guidelines, the U.S. Government prominently featured recommendations for Americans to maintain a healthy weekly serving of fish in their diets.

### Mercury

Nearly all fish and shellfish contain traces of methylmercury. The risks depend on the amount and type of fish and shellfish eaten.

The Food and Drug Administration and the Environmental Protection Agency (EPA) state the following safe recommendations for women and young children so they can receive the benefits of eating fish and shellfish and be confident that they have reduced their exposure to the harmful effects of mercury:

- Eat up to 12 ounces, or two average meals, a week of a variety of fish and shellfish that are low in mercury. Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, Pollock and catfish.
- Albacore (white) tuna has more mercury than canned light tuna. Safe consumption would be 6 ounces once a week, one average meal.
- Follow these same recommendations when feeding fish and shellfish to your young child, but serve small portions.

Source: [http://www.fda.gov/fdac/features/2004/304\\_fish.html](http://www.fda.gov/fdac/features/2004/304_fish.html)

### Consumer Advisory

Consuming raw or uncooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

# Seafood Frying



## Louisiana Crab Cakes

*Yield: makes 10 appetizers • Estimated Time: 90 minutes*

### Ingredients

1 pound fresh crabmeat, cleaned and flaked  
(pasteurized crabmeat can be used)  
1/2 cup finely chopped green bell pepper  
1/4 cup finely chopped onion  
1 egg, beaten  
1 teaspoon dry mustard  
1/2 teaspoon Tabasco Pepper Sauce  
3/4 cup plain dry bread crumbs, divided  
Vegetable oil  
Leaf lettuce

### Preparation

Mix crabmeat, pepper, onion, egg, mustard, pepper sauce and 1/2 cup bread crumbs. Cover; refrigerate for 1 hour or until mixture firms up. Shape crab mixture into 10 (3/4-inch-thick) patties; coat with remaining bread crumbs. Pour oil into heavy large skillet to 1/2-inch depth; heat over medium heat. Brown crab cakes, in batches, for 3 to 5 minutes on each side or until done. Drain on paper towels. Arrange crab cakes on a lettuce-lined platter. Serve warm.

**Nutrition information per appetizer:** Calories 85; Total Fat 4g;  
Saturated Fat 1g; Cholesterol 57mg ; Sodium 170mg; Total Carbohydrate 3g;  
Dietary Fiber 1g; Protein 10g

# ChoiceCatch

To make smart seafood choices for the future, we have partnered with the New England Aquarium.

### Investing in our future

We are committed to providing our customers with the highest quality seafood available, while respecting our world's natural resources. That's why we're proud to promote our ChoiceCatch program. By supporting environmentally responsible fisheries, ChoiceCatch allows us to provide high-quality seafood today, and ensure the same quality commitment for the future.

### How does ChoiceCatch help?

Seafood is an important source of protein throughout the world, and the demand for it is growing globally. We need to ensure that fish populations remain healthy so we can continue to provide tasty, ocean-friendly seafood in our stores. There are many different ways to produce and harvest fish. The ChoiceCatch team investigates seafood sources from all over the world based on environmental impact and sustainability. We use this information for our purchasing decisions.



### ChoiceCatch considers the following factors:

For wild species:

- Stock health
- Fisheries management
- Unintentional catch of non-target species
- Habitat impacts

For farmed species:

- Environmental impacts
- Fish escapes
- Fish health
- Fish feed utilization

### Partnering to make a difference

ChoiceCatch was founded in 2001 as a partnership between the New England Aquarium and Ahold USA, Inc., our parent company. ChoiceCatch takes an innovative approach to promoting the health of our wildlife resources and reflects our dedication to becoming a more socially and environmentally responsible company.

# Seafood Nutrition Facts





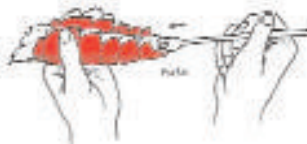



Seafood*	Calories	Calories from fat	Total fat (g)
<b>Blue Crab</b>	100	10	1
<b>Catfish</b>	130	60	6
<b>Clam</b> (approx. 12 small)	110	15	1.5
<b>Cod</b>	90	5	1
<b>Flounder</b>	100	15	1.5
<b>Haddock</b>	100	10	1
<b>Halibut</b>	120	15	2
<b>Lobster</b>	80	0	0.5
<b>Ocean Perch</b>	110	20	2
<b>Orange Roughy</b>	80	5	1
<b>Oyster</b> (approx. 12 medium)	100	35	4
<b>Pollock</b>	90	10	1
<b>Rainbow Trout</b>	140	50	6
<b>Rockfish</b>	110	15	2
<b>Salmon</b> (Atlantic/Coho/Sockeye/Chinook)	200	90	10
<b>Salmon</b> (Chum/Pink)	130	40	4
<b>Scallop</b> (approx. 6 large or 14 small)	140	10	1
<b>Shrimp</b>	100	10	1.5
<b>Sole</b>	100	15	1.5
<b>Swordfish</b>	120	50	6
<b>Tilapia</b>	110	20	2.5
<b>Tuna</b>	130	15	1.5

\* Cooked edible weight portion. Serving size = 3 oz.  
Seafood provides negligible amounts of *trans* fat, dietary fiber, and sugars.

**Turn your diet in the direction of heart health!** Fish contains special oils called omega-3 fatty acids. Our bodies can't make omega-3s – we must get them from the food we eat. One of the easiest ways to get more omega-3s is to eat at least 2 fish meals per week. Some fish especially high in omega-3s include salmon, mackerel, lake trout, herring, sardines, oysters and albacore tuna. Omega-3s from fish have the power to relax artery walls, lower blood cholesterol and reduce risk of heart attack and/or stroke. The omega-3s in plant sources like

# How To Eat A Lobster

www.lobstertrap.com

<p><b>1</b> Twist off the claws.</p> 	<p><b>2</b> Crack each claw with a nutcracker, pliers, knife, hammer, etc.</p> 
<p><b>3</b> Separate the tail-piece from the body by arching the back until it cracks.</p> 	<p><b>4</b> Bend back and break the flippers off the tail-piece.</p> 
<p><b>5</b> Insert a fork where the flippers broke off and push.</p> 	<p><b>6</b> Unhinge the back from the body. (This contains the "tomalley," or liver, of the lobster which turns green when it is cooked and which many persons consider the best eating of all.)</p> 
<p><b>7</b> Open the remaining part of the body by cracking apart sideways. There is some good meat in this section.</p> 	<p><b>8</b> The small claws are excellent eating and may be placed in the mouth and the meat sucked out like sipping cider with a straw.</p> 

## FREE STEAMING & SEASONING

Choose from:

**OLD BAY** *Cajun* *Whipping*



CRAB

LOBSTER

SHRIMP

\*Steamed at time of purchase at pre-cooked weight.

# Seafood Steaming



## Steamed Lobster

Yield: 4 servings • Estimated Time: 45 minutes

### Ingredients

4 lobsters (at least 1-1/4 pounds each)  
1 tablespoon salt (better still, use seawater)  
Melted butter and/or lemon wedges

### Preparation

Use a pot large enough to hold the lobsters and fill bottom with a good inch of water. Add salt. Cover and bring to a boil. Add the lobsters and cover pot. Cook 1-1/2-pound lobsters for about 15 minutes, until they are bright red. Add 2 to 3 minutes for every 1/4 pound increase in weight; that is, steam 2-pound lobsters for 20 minutes, 2-1/2-pound lobsters for 25. (All of this assumes that the water continues to boil as you add lobsters; if you are cooking more lobsters or you leave the lid off for more than 30 seconds or so, add a couple of minutes to the cooking time.)

**Nutrition information per serving:** Calories 144; Total Fat 3g; Saturated Fat 1g; Cholesterol 146mg ; Sodium 2189mg; Total Carbohydrate 1g; Dietary Fiber 0g; Protein 29g

Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Protein (g)
0	95	330	300	0	20
2	50	40	230	0	17
0	80	95	470	6	17
0	50	65	460	0	20
0	55	100	390	0	19
0	70	85	340	0	21
0	40	60	500	0	23
0	60	320	300	1	17
0.5	45	95	290	0	21
0	20	70	340	0	16
1	80	300	220	6	10
0	80	110	370	0	20
2	55	35	370	0	20
0	40	70	440	0	21
2	70	55	430	0	24
1	70	65	420	0	22
0	65	310	430	5	27
0	170	240	220	0	21
0	55	100	390	0	19
1.5	40	100	310	0	16
1	75	30	360	0	22
0	50	40	480	0	26

USDA January 2008

flaxseed, walnuts, canola and soybean oils are different than the omega-3s in seafood. The plant sources deliver less usable omega-3s.

**Other benefits:** Fish is a good source of protein and doesn't have the high saturated fat that fatty meat products do. Researchers are exploring other links between omega-3s and health benefits from head to toe – eye health, rheumatoid arthritis, cancer prevention and immunity. Watch for news about these benefits!

# Proper Handling / Food Safety

- When shopping, pick up meat, poultry, seafood, dairy and other refrigerated or frozen items last.
- Always keep cold foods cold (40° F or below) and hot foods hot (140° F or above).
- Never keep perishable foods at room temperature for longer than two hours – including time to prepare, serve and eat.
- Store seafood in the coldest part of the refrigerator.
- Wash hands thoroughly with hot soapy water before and after handling any raw seafood.
- Avoid cross-contamination! Never allow cooked or prepared foods to come in contact with raw, perishable foods.



## HANDLING TIPS

### Clams

**Keep them Cool** – Clams like to be stored at 40 to 45 degrees. CLAMS DO NOT LIKE DIRECT CONTACT WITH ICE. Insulate from ice using butcher paper, seaweed, or a basket or container.

**Let them drain** – Clams can drown in melted ice or in their own liquid unless you allow for drainage. Clams should not be overwrapped.

**Let them breathe** – Remember, clams are a live product. They will suffocate if overwrapped or sealed in an airtight container.

**Protect them** – Clams do not like sudden changes in temperature. Keep them in the refrigerator.

**About Gapers** – Clams may gape (open up) when out of the water, but this does not mean they are dead. Tap the shell of the clam gently. If the clam closes, it is alive. If they do not close when tapped discard and do not eat.

### Mussels

**Keep them cool** – Mussels like lots of ice. Ice retards bacteria and doubles the shelf life.

**Let them drain** – Mussels can drown in melted ice or in their own liquid unless you allow for drainage.

**Let them breathe** – Remember, mussels are a live product. They will suffocate if overwrapped or sealed in an airtight container

**About Gapers** – Mussels may gape (open up) when out of water, but this does not mean they are dead. When you find mussels open, ice them down and agitate. Most should close up. If any remain open, discard and do not eat.

# Flavor Profiles

Fish	Flavor	Suggested Cooking Techniques
Bluefish	Moderate	Bake, Broil
Catfish	Light to Moderate	All
Cod	Very Light, Delicate	All
Croaker	Light to Moderate	Bake, Broil, Fry, Poach
Fluke (Flounder)	Very Light, Delicate	Bake, Fry, Poach
Grouper	Very Light, Delicate	All
Haddock	Very Light, Delicate	All
Halibut	Very Light, Delicate	Bake, Broil, Poach, Fry
Mackerel (Boston & Spanish)	More Pronounced	Bake, Broil, Stew
Mahi Mahi	Light to Moderate	Bake, Broil Poach, Fry
Monkfish	Light to Moderate	All
Orange Roughy	Light to Moderate	All
Perch, Ocean	Light to Moderate	All
Pollock	Light to Moderate	All
Porgy (Scup)	Light to Moderate	Bake, Broil, Fry, Poach
Red Snapper	Light to Moderate	All
Salmon	Moderate	Bake, Broil, Poach
Shad	Moderate	Bake, Broil
Smelt	Very Light, Delicate	Bake, Broil, Fry, Poach
Swordfish	Light to Moderate	Bake, Broil, Stew
Tilapia	Very Light, Delicate	All
Trout, Rainbow	Very Light, Delicate	Bake, Broil, Poach, Fry
Tuna	Light to Moderate	Bake, Broil, Stew
Turbot	Very Light, Delicate	Bake, Fry, Poach
Whitefish	Light to Moderate	Bake, Broil, Poach, Fry
Whiting	Light to Moderate	Bake, Broil, Poach, Fry

## Wine Pairing



	Chardonnay	Pinot Noir	Riesling	Pinot Grigio	Sauvignon Blanc	Merlot	Cabernet Sauvignon
	<i>(white, semi dry)</i>	<i>(red, semi-dry)</i>	<i>(white, sweet)</i>	<i>(white, sweet)</i>	<i>(white, sweet)</i>	<i>(red, dry)</i>	<i>(red, dry)</i>
Salmon	✓	✓	✓	✓			
Tilapia					✓		
Catfish			✓				
Haddock					✓		
Cod					✓		
Flounder			✓				
Tuna		✓				✓	✓
Swordfish					✓	✓	✓
Orange Roughy					✓		
Basa	✓						
Shark	✓	✓					
Shrimp				✓	✓		
Crab Legs	✓				✓		
Lobster	✓				✓		
Scallops	✓				✓		

# Seafood Grilling / Broiling



## Grilled Tuna With Lemon And Capers

Yield: 4 servings • Estimated Time: 90 minutes

### Ingredients

3 large cloves garlic, minced  
 3 tablespoons drained and chopped capers  
 6 tablespoons lemon juice  
 1-1/2 tablespoons olive oil  
 Freshly ground black pepper to taste  
 1-1/2 pounds tuna steaks

### Preparation

Mix the garlic, capers, lemon juice, oil, and pepper. This can be done a day ahead and refrigerated, well covered, overnight. Place the tuna in a bowl and marinate with the mixture for 1 hour only. Preheat grill, grill marinated tuna. Spoon additional marinade over the fish as it cooks. Measure the tuna at its thickest point and cook 8 minutes to the inch for medium, less if you like rare tuna and more if you prefer it well done.

**Nutrition information per serving:** Calories 247; Total Fat 7g; Saturated Fat 2g; Cholesterol 77mg ; Sodium 132mg; Total Carbohydrate 5g; Dietary Fiber 1g; Protein 40g

# Storing Seafood

## FRESH FISH

- Store fresh fish in its original wrapper.
- Keep it in the coldest part of the refrigerator (40° F or slightly below), which is usually under the freezer or in the “meat drawer.”
- Cook fresh fish within one to two days.
- Never refreeze previously frozen products.

## FRESH SHELLFISH

- Live shellfish should be refrigerated in containers covered with clean, damp cloths – not airtight lids. Discard shellfish that have died.
- Live mussels, oysters and clams may open their shells even in the refrigerator. Give them a tap; they will close if alive. If not, discard.
- Cook fresh shellfish within one to two days.

## FROZEN FISH AND SHELLFISH

- Frozen fish and shellfish should be used within three to six months. The longer these foods are frozen, the more likely they are to lose flavor, texture and moisture.

## CANNED FISH OR SHELLFISH

- Never buy or use dented, bulging, rusted or leaking containers.
- Store canned seafood in a cool, dry place.
- Observe the “use-by” date on pasteurized products which are stored in the refrigerator.

## STORAGE CHART

Product	Refrigerated	Frozen
<b>FRESH FISH</b>		
Lean fish	1 to 2 days	6 months
Fatty fish	1 to 2 days	2 to 3 months
Caviar, fresh, non-pasteurized	6 months unopened; 2 days after opening	Do Not Freeze
Caviar, pasteurized, vacuum packaged	1 year unopened; 2 days after opening	Do Not Freeze
Cooked fish	3 to 4 days	4 to 6 months
<b>SMOKED FISH</b>		
	14 days or date on vacuum package	2 months in vacuum package
<b>FRESH SHELLFISH</b>		
Shrimp, scallops, crawfish, squid, shucked clams, mussels and oysters	1 to 2 days	3 to 6 months
Live in shell	2 to 3 days	2 to 3 months
<b>CANNED SEAFOOD</b>		
Pantry 5 years	After opening, 3 to 4 days	Out of can, 2 months
<b>Note:</b> Storage times are from date of purchase. If products bear a use-by date, observe it. It is not important if a date expires after food is frozen.		

# Seafood Baking



## Etouffee de Tilapia (Cajun)

Yield: 4 servings • Source: Tropical Aquaculture Products, Inc. • [eattilapia.com](http://eattilapia.com)

### Ingredients

1 1/2 lbs. fresh Tropical™ Tilapia fillets	1/2 large green bell pepper, seeded and chopped
1/4 teaspoon cayenne pepper	1/2 large red bell pepper, seeded and chopped
1/4 teaspoon ground black pepper	1 stalk celery, chopped
2 teaspoons olive oil	1/2 cup scallions, chopped
3 cloves garlic, finely minced	2 tablespoons all purpose flour
1 tablespoon fresh parsley, finely chopped	2 cups tomato sauce
	1 teaspoon fresh thyme

### Preparation

Rub pepper and cayenne into fillets. Arrange half the fillets in a non-stick baking pan. In a separate dish, combine olive oil, garlic, parsley, bell peppers, celery and scallions. Sprinkle half of this mixture over the fillets in the baking pan. Sprinkle half the flour over the vegetables and drizzle with half the tomato sauce and fresh thyme. Repeat layer. Cover and place pan in the oven at 325° and bake for 1 hour or until fish flakes when tested with a fork.

**Nutrition information per serving:** Calories 270; Total Fat 6g; Saturated Fat 2g; Cholesterol 85mg; Sodium 470mg; Total Carbohydrate 19g; Dietary Fiber 1g; Protein 37g

# Selecting, Preparing & Cooking

## SELECTING SEAFOOD

### FRESH FISH

- Fresh fish smells like a fresh sea breeze. If it smells “fishy,” don’t buy it!
- Eyes should be bright, clear and shiny.
- Scales should be shiny and cling tightly to the skin. Gills should be bright pink or red.
- Steaks and fillets should be moist with no drying or browning around the edges.

### FROZEN FISH

- Make sure the packages are not damaged.
- Frozen fish should not be freezer burned, off-color, partially thawed or covered with ice crystals.

### FRESH SHELLFISH

- Shrimp and freshly shucked scallops and oysters should have a fresh odor.
- A clear, slightly milky or light grey liquid should surround freshly shucked oysters.
- Only buy fresh shellfish that are alive. Shells of live clams, mussels, and oysters will close tightly when tapped.
- Live crabs and lobsters will show some leg movement. Live lobsters will curl their tails tightly beneath them when handled.

### FROZEN SHELLFISH

- Be sure that shellfish are packed in close-fitting, moisture-proof containers.
- Buy solidly frozen prepared items, such as crab cakes or breaded shrimp, with no freezer burn or unpleasant odor.

## PREPARING SEAFOOD

- Defrost seafood in the refrigerator, in cold running water in airtight packaging, or in the microwave. Never thaw at room temperature. Cook microwave-thawed seafood immediately.
- Rinse seafood in cold running water to help remove any surface bacteria.
- Marinate seafood in the refrigerator.
- Avoid cross-contamination! Never allow cooked or prepared foods to come in contact with raw, perishable foods.

## COOKING SEAFOOD

- Cooked fish should be opaque and flake easily when tested with a fork.
- Raw shrimp should turn pink and firm when done. Depending on the size, it takes from three to five minutes to boil or steam one pound of medium-sized shrimp in the shell.
- Shucked shellfish such as clams, mussels, and oysters become plump and opaque when ready for eating. The edges of the oysters start to curl. Overcooking causes them to shrink.
- Clams, mussels and oysters in the shell should open. Remove them as they open and continue cooking until all are done.
- Scallops turn milky white or opaque and firm. Scallops take three to four minutes to cook through, depending on the size.
- Boiled lobster turns bright red. Allow five to six minutes per pound, starting the timer when the water comes back to a boil.