

HOLIDAY & CATERING

CULINARY COLLECTION



EXPORT PACKERS FOODSERVICE
Committed to Senior Living & Healthcare

A festive background featuring two wrapped gifts. One gift is wrapped in orange and white striped paper with a white ribbon bow and a sprig of greenery. The other is wrapped in orange paper with white polka dots and a white ribbon bow. Several silver and gold Christmas ornaments are scattered around the gifts.

SEE WHAT'S INSIDE

*Celebrate the holiday season
with delicious recipes and ideas
from Export Packers.*

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APPETIZERS

Start your special occasion off with tasty appetizers that are sure to delight everyone.



Cooked Lobster Meat - 12 x 1 lb (SF04282)

Ready to eat! Our blend of leg, claw, and knuckle meat is perfect for rolls, sliders or for stuffing other fish or appetizer items.

Chesapeake Crab Mix - 4 x 2 lb (SF04173)

Ready to cook and made from hand-picked Blue Swimming Crab. Great for stuffing fish and shellfish, mushrooms, topping steaks and more.

Crushed Spring Roll Shrimp 21-25 Ct. - 6 x 2 lb (SH02634)

Shown below, these uniquely coated Pacific White shrimp have a delightful texture that is impressive on the plate and fun to eat.

Breaded Coconut Shrimp 13-15 Ct. - 5 x 2 lb (SH02072)

Our coconut shrimp are available in two sizes. Meet your cost per portion requirements with the 21-25 count or provide your guests with a wow-factor with the 13-15 count per pound.

Breaded Coconut Shrimp 21-25 Ct. - 5 x 2 lb (SH02189)

Both coconut products are made with Pacific White shrimp and real coconut.

Breaded Butterfly Shrimp 21-25 - 5 x 2 lb (SH02202)

With their neutral breading profile, these butterfly shrimp will go well with any of your favourite dips or dressings!

Tempura Shrimp 21-25 Ct. - 5 x 2 lb (SH02467)

Hand-dipped in an authentic Tempura-Style batter, these lightly coated Pacific White shrimp bake beautifully and provide excellent plate coverage.

Cooked Black Tiger Shrimp - 5 x 2 lb (SH01598)

Cooked 13-15 count Black Tiger shrimp make beautiful shrimp cocktails due to their large size. Serve family style for easy back of house preparation!

Albacore Tuna PouchPak™ - 6 x 1.22 kg (SF00965)

Our tuna pouch is one of a kind due to its ready to use format. No tedious draining required!

Cooked Canadian Blue Mussels - 10 x 1 lb (SF01865)

Organically farmed off the coast of Newfoundland (The Rock!), these blue mussels in shell are sustainable and sand-free.



MIX IT UP... FESTIVE FUN WITH LOBSTER & CRAB MEAT!



RECIPES



MINI LOBSTER ROLL (25 PORTIONS)

Ingredients:

- 6 lbs Lobster Meat
- 1 1/2 cups celery, finely diced
- 3 cups mayonnaise
- 1 1/2 tsp pepper
- 50 New England style mini hot dog buns
- 1/2 cup butter
- 6 tbsp bacon bits
- 3/4 cup tomatoes, diced

Directions:

1. Strain excess water from defrosted lobster meat. Cut into small bite size pieces. Place in bowl.
2. Add celery, mayonnaise and pepper to lobster meat. Mix gently then place in fridge.
3. Butter the buns on each side and pan fry until golden brown. Stuff about 2 oz of lobster mix into each bun.
4. Garnish with crisp bacon and tomato.

CRAB CAKE STUFFED MUSHROOM CAPS (25 PORTIONS)

Ingredients:

- 25 Crab Cakes (3 oz), defrosted
- 75 mushrooms, whole white
- 2 3/4 cups cream cheese
- 3 tbsp garlic, minced
- 1/2 cup balsamic vinegar
- 1/4 cup green onion
- 1/4 cup salt free and sugar free sweet basil and tarragon mix

Directions:

1. Preheat oven to 350°F.
2. Wash mushrooms and remove from stems.
3. Place mushrooms on parchment lined baking sheet. Make a few small holes in the mushrooms with a fork and drizzle with olive oil.
4. Roast mushrooms in oven until they have browned. Flip and cook for another 4-6 minutes then remove from oven, let cool and reserve for later.
5. Place defrosted crab cakes in a large mixing bowl.
6. Break crab cakes up into spreadable mixture then combine with cream cheese, garlic, balsamic vinegar, green onion and sweet basil and tarragon mix.
7. Stuff cooled mushroom caps with crab mixture.
8. Place stuffed caps back onto lined baking sheets and bake at 400°F for 7-10 minutes. Ensure internal temperature reaches 165°F (74°C).



PRODUCT FEATURES



LOBSTER MEAT

- Made with a mix of claw, leg, and knuckle meat
- Flat vacuum pack provides efficient storage and thawing
- Frozen

CRAB MIX

- Ready to cook mixture
- Portion to meet your specific needs
- Made with real Blue Swimming crab
- Delicious "as is" or add your own ingredients to adjust the cost per portion or incorporate more vegetables per serving
- Frozen

SERVING SUGGESTIONS



- Mix crab and lobster together for a more cost effective application
- Use as a topping or stuffing in any fish fillet
- Use as a stuffing for tomatoes, peppers or zucchini
- Use as a stuffing in cannelloni or giant pasta shells with Ricotta and spinach
- Surf n' Turf! Put on top of butterfly shrimp and serve with your favourite steak

SHRIMP TO DIP

PRODUCT FEATURES



CRUSHED SPRING ROLL SHRIMP

- Attractive clean-tail shrimp with a unique golden coating and crunchy texture
- Quick to prepare, simply deep fry for 2-2.5 minutes
- Pairs well with savoury or sweet & savoury combinations

STAY CRISP SHRIMP

- Holds very well, maintaining crispy texture even in a sauce
- Great for stir-fry, powerbowls, or finger food
- Pairs well with colourful dips due to thin, light coloured coating

PREPARATION TIPS



CRUSHED SPRING ROLL & STAY CRISP SHRIMP

- Try an oven-fry application in a Rational oven
- For best results, spray lightly with a vegetable oil before cooking

COCONUT SHRIMP

- Gently place coconut shrimp in fryer - avoid agitation so coating does not become loose
- Serve with your favourite dipping sauce, such as Sweet Thai or Piña Colada!
- For a quick and easy Piña Colada sauce try combining rum, lime, yogurt and coconut milk

COCONUT SHRIMP (2 SIZES)

- Light and flaky, real coconut breading
- Large butterfly-cut provides attractive plate presentation
- Pairs best with fruit flavoured dips

POPCORN SHRIMP

- Tail off, deveined product great for appetizers, wraps, and more!
- Neutral flavour profile
- Pairs well with any dip or dressing

BREADED BUTTERFLY SHRIMP

- Clean-tail and butterflied for great plate coverage
- Crispy breading texture and golden colour
- Pairs well with any dip flavour due to their neutral profile

HEAVILY BREADED SHRIMP

- Small pack format, 12 x 7.5 oz for added convenience
- Extra crispy breading offers great crunch and flavour
- Pairs well with any dip or dressing



SHRIMP APPLICATIONS



- Toss Heavily Breaded shrimp in any sauce or BBQ sauce.
- For a fun appetizer, place frisée lettuce on the bottom of a martini glass, add in the Heavily Breaded shrimp in your sauce of choice and garnish with a lemon wedge.
- Make it a handheld dish by serving on a Brioche bun or other soft bun.
- Add some seafood flair to omelette bites by incorporating shrimp. Toss in diced shrimp along with egg, vegetables and your favourite herbs and spices for a delicious alternative to your traditional holiday appetizers.



WINNING COMBINATIONS



- Use shrimp as a garnish: Breaded, Butterfly and Heavily Breaded Shrimp can act as a great garnish on steak or a burger.
- Ramp up your salads: Try Popcorn Shrimp as a salad topping instead of croutons.



SUSHI ON THE MENU



*Surprise your guests
and add some thrill to
your menu with sushi.*

PRODUCT FEATURES



Consistent and high-quality Yellowfin Tuna is available in a variety of formats and sizes, allowing you to choose the cut that best suits your needs.

Yellowfin Tuna Poke Cube - 10 x 1 lb (SF04288)

- Convenient packaging, cubed and ready to serve
- Simply defrost and enjoy as is or add a few simple ingredients

Yellowfin Tuna Seared Slices 3oz - 32 x 85 gm (SF03714)

- Contains 18 gm of protein per serving
- Sliced uniform pieces are seasoned with cracked black pepper and garlic then seared to perfection
- Fully cooked, simply defrost and add as an enhancement to any menu

Yellowfin Tuna Loins 3-5lbs IVP - 1 x 15 lb (SF04364)

- Ideal for chefs who prefer to cut their own portions
- Individually quick frozen (IQF) allowing you to use only what you need

Yellowfin Tuna Steaks 6oz - 1 x 10 lb (SF03707)

- Offers consistent portion control as an appetizer or entrée item
- Individually quick frozen (IQF) allowing you to use only what you need

Yellowfin Tuna Saku Block

8oz - 1 x 10 lb (SF03709) or 10oz - 1 x 10 lb (SF03710)

- Exact uniform sizes are ideal for sushi
- Zero waste - no trimming needed
- Individually quick frozen (IQF) allowing you to use only what you need



SUSHI APPLICATIONS



TUNA POKE

- Combine Tuna Poke with edamame, red onion, cucumber, green onion, sesame oil and soya sauce. Serve on a cucumber slice or crostini for a delicious appetizer.

SEARED TUNA SLICES

- For a quick and easy appetizer serve Seared Tuna Slices on flatbread, crostini or in a mini soft taco.



ALBACORE TUNA POUCHPAK™ PRODUCT FEATURES



Better flavour and packaging designed with the professional foodservice operator in mind are two reasons our TunaSooner™ PouchPak™ makes our tuna a better choice!

- Not packed in tin, so it never tastes like tin
- Improved efficiency and minimized labour with its no-drain format
- 100% yield means you pay for the tuna, not the water
- OU Kosher certified

IN THE PANTRY

Add a little holiday flair to an everyday item...



TUNA PINWHEEL WRAP (25 PORTIONS)

Ingredients:

2.75 LBS TunaSooner™, flaked (50g per portion)
1.25 cups Greek yogurt
1/2 cup mayonnaise
1/2 cup lemon juice
1/2 cup green onion, chopped finely
1.5 cups celery, diced
2 tbsp black pepper
1/4 cup salt-free and sugar-free BBQ seasoning
6 avocados, sliced
3 cups iceberg lettuce, shredded
75 Roma tomatoes, sliced
25 wraps

Directions:

1. In a large bowl combine tuna, yogurt, mayonnaise, lemon juice, green onion, celery, black pepper and BBQ seasoning.
2. Slice lettuce, tomatoes and avocado.
3. To assemble wraps, add tuna mixture on one end of wrap. Top with lettuce, tomato and avocado. Roll the wrap tightly, using toothpicks to hold in place if needed. (Ensure that you do not serve toothpicks to your guests.)
4. Slice wraps into pinwheels and arrange on plate to serve.
5. Serve with garden salad, veggies and dip.



TUNA FRITTER (25 PORTIONS)

Ingredients:

4.95 lbs TunaSooner™, flaked (90g per portion; 2 fritters per guest)
2 cups white onion, diced
6 eggs
1 cup green onion, chopped finely
1.5 cups bread crumbs
2 tbsp black pepper
1/4 cup salt-free and sugar-free sweet basil and tarragon mix
1/4 cup salt-free and sugar-free onion and garlic mix

Directions:

1. Preheat oven to 400°F.
2. In a large bowl combine tuna, white onion, eggs, bread crumbs and spices.
3. Using a scoop, portion out 45-gram tuna fritter portions onto parchment lined baking sheets. Form into patties.
4. Cook in oven for 12-14 minutes. Ensure internal temperature of 165°F (74°C) is reached.
5. Serve warm fritters with Tartar or Cocktail sauce, steamed vegetables and a starch.



ENTRÉES

Six seafood ideas for an elegant holiday dining experience.

Rainbow Trout 4-5 oz fillet - 1 x 10 lb (SF04376)

Farm-raised under strict quality control standards, Ocean Jewel™ Skin-on Rainbow Trout Fillets are BAP certified, individually vacuum packed, and available year round so you are assured of consistent supply and top quality.

Mahi Mahi 6oz portion - 1 x 10 lb (SF00427)

Mahi Mahi is a wild-caught, warm water fish that adapts to many different flavour profiles. It has a firm flesh that holds up well through grilling, baking and pan-frying. Portions are skin-on.

Atlantic Salmon Portion 6 oz RWA - 1 x 10 lb (SF04641)

Atlantic Salmon is a very healthy fish protein which contains omega-3s, vitamin D and B12, iodine and selenium. This is a farmed salmon product, raised without antibiotics, and individually vacuum packaged with the skin removed.



Arctic Char 5-6 oz portion - 1 x 10 lb (SF03626)

A source of Omega-3 polyunsaturated fatty acids, Arctic Char has a firm texture and delicate, sweet buttery flavour. Aquanor branded Arctic Char are sustainably grown in superb conditions mirroring that of their natural environment and are packed as individual skin-on portions.

Lobster Tails 4-5 oz - 1 x 10 lb (SF02573)

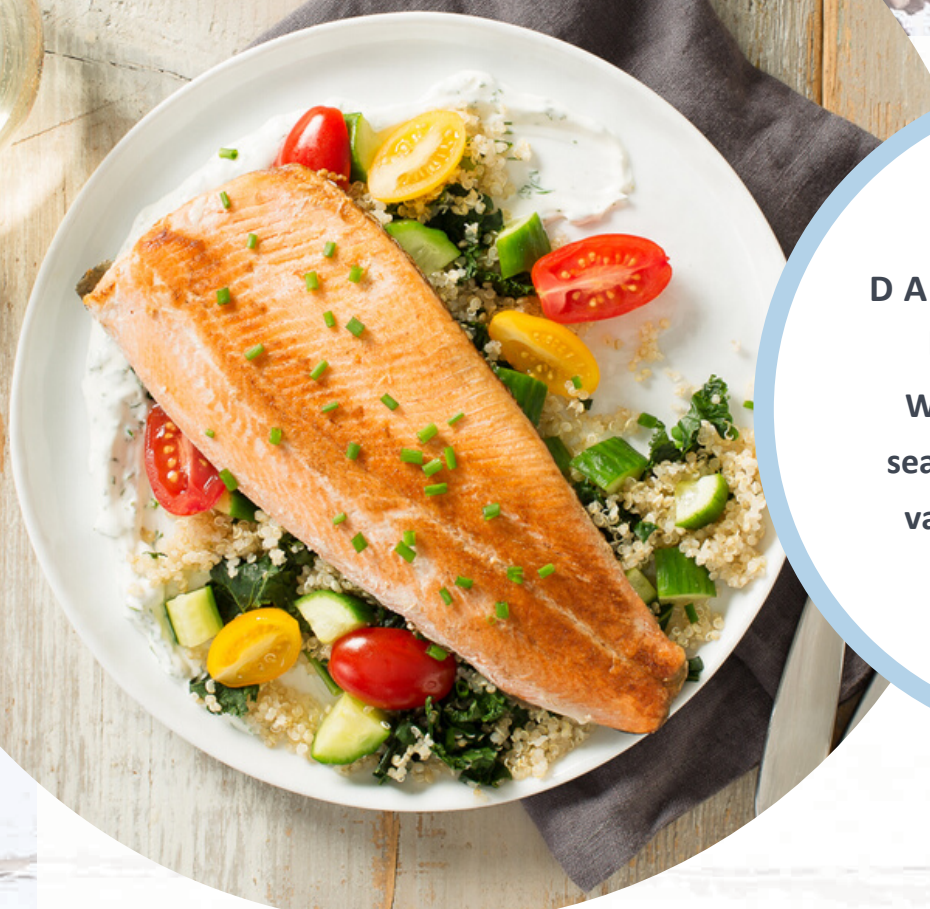
Lobster tails are a crowd-pleasing treat, perfect for special holiday catering events. Frozen in stacked rows, making it easy to remove individual tails as needed.

Halibut Portion 2-3 oz - 1 x 10 lb (SF02716)

With a reputation for high quality, Halibut is sure to please. Our 2-3 oz skin-off, bias-cut portions are perfect for making your holiday meal memorable!



EXPORT PACKERS™
Inspirations!



DAZZLING ENTRÉE FISH OPTIONS

Want to shine this festive season? Offer more species variety to create a special occasion feeling!

RECIPES



BAKED RAINBOW TROUT IN TOMATO LEMON BUTTER (25 PORTIONS)

Ingredients:

- 7 lbs Rainbow Trout Fillets
- 1/4 cup canola oil
- 1/4 cup margarine, melted
- 5 cups tomatoes, diced
- 1/2 cup lemon juice
- 1/2 cup parsley, chopped
- 1 tbsp salt
- 2 tsp pepper

Directions:

1. Preheat oven to 425°F.
2. Season defrosted rainbow trout fillets with salt and pepper and drizzle canola oil over top.
3. Place seasoned fillets on parchment lined baking sheet, skin side down.

4. Combine tomatoes, margarine, parsley and lemon juice in a bowl. Spoon evenly over fillets.
5. Bake 8-10 minutes or until internal temperature of 165°F (74°C) is reached.
6. Serve with tomato lemon butter over a bed of rice with a vegetable side.

MAHI MAHI IN CITRUS SAUCE APPLICATION

1. To make citrus sauce, use lemon, orange lime or grapefruit. Peel and segment fruit. Keep fruit in its own juice, add olive oil, honey, salt and pepper.
2. Pan-sear the mahi mahi and bake in the oven. Spoon citrus sauce on top and garnish with fresh parsley.

PREPARATION TIPS



- Serve Lobster Tails as butterfly or piggyback for Surf n' Turf
- Use fish stock, sauce or garnish to hold in moisture while holding
- Keep sauce thinner than normal as it will thicken while holding
- Fish with higher fat content will hold better

BUFFET & FAMILY STYLE

*Create a celebration-worthy feast
with buffet & family style offerings.*



Seafood Medley - 8 x 2.5 lb (SF00712)

A classic combination of 5 seafood items; cooked baby clam meat, cooked mussel meat, blanched Pacific White shrimp, and blanched Loligo squid rings and tentacles. Use in antipasto plates, seafood chowders or paella!

Cooked Canadian Blue Mussels - 10 x 1 lb (SF01865)

Blue Mussels in Shell are easy to cook; simply boil in the bag, boil in broth, steam, sauté or bake. With their short cook time, low labour, high perceived value, and frozen shelf life, mussels are a great addition to any menu.

Cold Shrimp Platter - 5 x 2 lb (SH01598)

Select our cooked Black Tiger 13-15 count shrimp for an impressive cold platter with sauce for dipping or use any of our Ocean Jewel shrimp in alternate sizes to adjust for count and cost to meet your budgetary needs.

Breaded Crab Cakes 3 oz - 2 x 5 lb (SF04151)

These ready-to-cook from frozen, breaded crab cakes are handmade using high quality Blue Swimming Crab. Can be served on a bun, as an appetizer, or eaten as a meal.

6 oz Atlantic Salmon Portions - 1 x 10 lb (SF04641)

(Divide 6 oz portion into 3 x 2 oz portions)

Salmon is the most commonly consumed fish for Canadians! Easy to incorporate on a buffet when baked off in smaller portions and incorporating a light sauce to add extra flavour and moisture while holding.

Salt & Pepper Calamari 16 x 9 oz (SF03069)

A combination of Loligo cut rings and tentacles that are lightly dusted with a salt and pepper breading to save time in the kitchen! Can be deep fried from frozen.

Lightly Dusted Calamari 4 x 2.5 lb (SF03839)

Made from premium quality Loligo squid, these calamari rings and tentacles come lightly dusted with flour and have a “made in-house” appearance and neutral flavour.

Raw “Bistro” Shrimp

51/60 count 10 x 2 lb (SH00307) or 90/130 count 5 x 2 lb (SH00465)

These smaller sized, raw, tail-off Pacific White shrimp are farmed under Best Aquaculture Practices standards and are extremely versatile in their application.



SEAFOOD TO SHARE



CALAMARI



SALT & PEPPER CALAMARI

- Easy to fry from frozen
- More cost-effective than preparing from scratch
- Comes in convenient 9 oz portion packs



LIGHTLY DUSTED CALAMARI

- Made from premium quality Loligo squid
- Individually quick frozen (IQF) pieces allow you to use only what you need
- Quick and easy to prepare - they go from freezer to plate in two minutes!



CALAMARI APPLICATIONS

- Mix celery, peppers and red onion in an oil and herb dressing to coat. Serve on lettuce leaves or in a bowl with a chopped lettuce base. Place calamari on top. Finish off by garnishing with a lemon wedge.
- Serve calamari on a bed of julienne vegetables and mango with lemon aioli.

SEAFOOD MEDLEY



- Pre-blanching and cleaned format saves time and labour
- Individually quick frozen (IQF) pieces allow you to use only what you need
- 100% Net weight guaranteed.



SEAFOOD FLATBREAD PIZZA: Brush flatbread with oil and garlic. Top with Mozzarella cheese, Seafood Medley, peppers, mushrooms, green onions or other vegetables. Finish with another layer of cheese and bake in 450°F oven for 5-8 minutes.

BLUE MUSSELS



- Certified organic, farm raised and all natural with no chemicals or additives
- Each package delivers 100% yield
- Easy to use and saves you time



CHEF HERMAN'S FAVOURITE MUSSELS MEUNIERE (25 PORTIONS)

Ingredients:

4 lbs Cooked Blue Mussels
3/4 cup white wine
3 tbsp shallots, finely chopped
3 tbsp garlic, minced
1/4 cup melted butter
1/3 oz herbs, finely chopped
3/4 cup tomatoes, finely diced
1/2 cup bacon, chopped
2/3 cup 35% whipping cream
Pepper to taste

Directions:

1. Heat medium pot over medium/high. Add butter, tomato, bacon, shallots and garlic. Sauté for about 1 minute then add frozen mussels and white wine to the pan. Cover and cook for 2-3 minutes.
2. Check that ice is gone and mussels are opened. Remove from heat and add chopped herbs and pepper to taste.
3. Serve in a bowl with a crusty French stick. Garnish with a lemon wedge.



CROWD PLEASING RECIPES



TUNA STEAK SALAD NICOISE

Cook tuna steaks on high heat, searing approx. 1 minute per side. Serve over salad of green beans, potatoes, capers, cherry tomatoes, Nicoise olives and vinaigrette dressing. Garnish with hardboiled egg and a lemon wedge.



BISTRO SHRIMP

Dress up any soup or salad by adding Bistro Shrimp for an extra bite of excitement.



LEMON DILL SALMON SKEWERS (25 PORTIONS)

Ingredients:

5 lbs Salmon, 4 oz raw fillets cut into cubes
25 wooden skewers (pre-soaked in water)
1.5 fl oz lemon juice
2 fl oz dill, chopped
2 lbs tomatoes, diced
2 lbs cucumbers, diced
1 lb red onion, diced
4 fl oz canola oil
3 tbsp white vinegar
3 fl oz parsley, finely chopped
1 tsp salt
1 tsp pepper

Directions:

1. Preheat oven to 350°F.
2. To make salad, combine tomatoes, cucumbers, onion, parsley, oil, vinegar, salt and pepper in a large bowl. Set aside.
3. Cut salmon fillets into cubes. Place salmon onto pre-soaked skewers. Combine lemon juice and dill and brush onto fish.
4. Bake salmon skewers until cooked.
5. Plate 1 salmon skewer over steamed rice or home fries. Serve with salad and Tzatziki sauce. Garnish with a lemon wedge.



WHITE BEAN & SHRIMP SOUP (25 PORTIONS)

Ingredients:

2.2 lbs White Shrimp (40 g per person)
8 cups diced canned tomatoes
2 cups white onion, diced
3 cup carrots, diced
3 cups canned white beans
1/4 cup salt-free and sugar-free sweet basil and tarragon mix
1/4 cup salt-free and sugar-free onion and garlic mix
2 tbsp dried thyme
10 1/2 cups chicken broth
3 tbsp canola oil

Directions:

1. Bring a large pot or steam kettle to medium/high heat.
2. Add canola oil, onion, peppers and carrots. Sauté 10-15 minutes, stirring occasionally.
3. Add white beans, tomatoes and chicken broth. Simmer for 20 minutes then add onion and garlic mix, basil and tarragon mix, and thyme. Simmer for another 5 minutes.
4. Add defrosted shrimp 15 minutes before service. Bring to a boil and take out of pot or steam kettle. Ensure soup reaches temperature of 165°F (74°C).
5. Garnish with sour cream and fresh chives, yogurt or finely chopped parsley.

COMMITTED TO SUSTAINABILITY

At Export Packers, sustainability is a simple commitment: We will only procure and sell fish and seafood caught using methods that protect the long-term health of our oceans and their inhabitants, or farmed in a way that does not have a negative impact on our environment. Sustainability is doing what's possible – and doing what's right.

To view our sustainability policy, please visit:
www.oceanjewelseafood.com/sustainability

RESOURCES AVAILABLE



Menu Builder Tool

- Seafood Solutions



Educational Material

- What is Aquaculture?
- 7 Reasons Why You Should Eat More Seafood



Contact your local distributor
or your nearest Export Packers
office for more information:

West 604-591-1603
Ontario 905-792-9700
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