

Cooking the “PERFECT” Scallop:

Pat the scallops dry and then season with a little salt. Heat your pan-nonstick will work fine– on high. Add a little oil, Canola is best. Do not use butter. Let your oil heat to the point where you actually see a little bit of smoke, then place your scallops in the pan. Do not crowd the pan. Once you place the scallops in the pan, wait at least two minutes before flipping them, maybe three. You will see the edges starting to brown, that’s when you want to flip them. Three minutes on each side, but every scallop is different.



Marinade Grilled Shrimp:

- 1/3 cup Olive oil
- 1/4 cup Fresh Lime Juice
- 2 tsp Minced Garlic
- 2 Tbs. Chopped Fresh Parsley
- 2 Tbs. Worcestershire Sauce
- 1 Tbs. Honey
- 1/4 tsp. Salt
- Pinch of Pepper

Mix all items in a zip lock bag. Place shrimp in bag and marinate for 20 min and place on grill. Cook for 4-6 min.

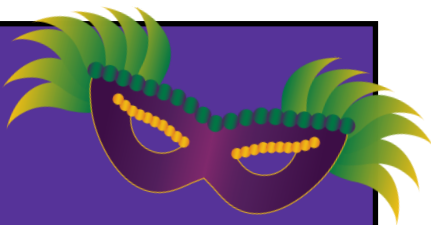
Thai Mango & Papaya Fish Sandwich:

- Grilled Halibut Fillets
- 2 small Shallots, peeled and chopped
- 1 Red Chilli, chopped
- 3 Tbs. Rice Vinegar
- 1/4 cup Lime Juice
- 1/3 cup Palm Sugar
- 2 Tbs. Fish Sauce
- 2 med. Papaya, julienned
- 1-2 Mangos, julienned
- 2 Bunches Basil Leaves, torn
- Half bunch of Coriander
- 1/3 cup Peanuts, roasted/chopped



FAT TUESDAY: MARDI GRAS!

- #14516 Alligator Tail 12/1 lb.
- #15629 Cld. Crawfish Tail Meat 24 lb.
- #05490 Shrimp and Roasted Corn Soup 4/4 lb.



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The market for condiments and sauces reached \$24 billion in 2016 and is projected to grow 1.5% annually through 2021.

NOT just tartar sauce anymore!

We all love a fish sandwich and tartar sauce, but a fish sandwich with an aioli or a fresh slaw. The world of condiments reaches far beyond tartar sauce, and even much further than your mustards and relishes. It’s a vast and varied terrain of flavor-boosters, from fiery hot sauce to cooling yogurt.

What defines a condiment is simply that it imparts flavor onto another food—it could be a dip, sauce or in some cases even a spread. It is all kind of subjective, however. We count jam, but we do not count peanut butter, which is definitely more of a spread. We count salsa, but we do not count guacamole, which we think of more as a stand-alone dish. There’s a fine and elusive line— so subjective that even the dictionary won’t commit to calling a condiment anything more than just **“something”** that is added to food to give it more flavor.

Whatever it is, a condiment isn’t eaten by itself, which makes it hard to compare as a stand-alone food. Aioli on a fish sandwich might be better than jam on a fish sandwich. With no universal food to fit all condiments, we’re left to rank condiments purely un-scientific scale, based on our guts. The best we can do is consider respective condiments when they truly shine-hot sauce on a taco, Dijon mustard on a sandwich— and compare how well they do their job. Some, we believe, do a lot better job than others

Here are some of our favorite condiments and slaws: Lemon Aioli, Sriracha mayo, fresh cole slaw, green mango and papaya salad, cream cheese dip, Chipotle yogurt, Beet root relish, lemon dill sauce, tangy herb aioli, Cilantro Lime sauce, Lime crema, salsa verde, yellow pepper cilantro pesto, remoulade, avocado sour cream, and Harissa.



- #01245 IQF 5oz. Cod Loin 10 lb.
- #05155 IQF S/B Haddock Fillet 12-16 oz. 10 lb.
- #07688 4 oz. Corona Battered Cod 10 lb.
- #12369 Raw P&D White Shrimp 21/25 ct. 5/2 lb.
- #02590 Claw Crabmeat 12/16 oz.
- #02562 Farm raised Catfish Fillet USA 10 lb. avg.
- #15154 5-7 oz. IQF Tilapia Fillet 10 lb.
- #02586 3-4 lb. Salmon Fillet CHILE 10 lb. avg.

MENU SPECIALS

More restaurants are looking for unique and trendy ideas for LENT— here’s why. (PLEASE ASK YOUR FSC)

“**W**hat new dishes can we put on special for the Lenten Season if people do not eat seafood? This is the question we have are always being asked. Restaurant owners want to see and hear about the new trends. What can they do to keep people interested and coming into their restaurants. That is where we come in and help you! What if people do not eat seafood?



- PIZZA:** It may seem boring to go with this option, but one does not have to settle for just a plain cheese pizza. Mix it up a little bit. There are many meatless toppings for pizza. For example, green olives taste fantastic on pizza.
- GRILLED CHEESE:** Again, this does not have to be a boring choice. There many different types of cheese. Try using pepper jack cheese, gouda or muenster. It will blow your mind.
- PASTA:** There are a variety of meatless sauces out there. Pair that with your favorite noodles and some garlic bread, and you have got a fantastic meal on your hands.
- BRINNER:** Brinner is when breakfast foods are consumed for the evening meal. When the door to brinner is opened the possibilities increase dramatically: cereal, pancakes, French toast, eggs (Yes, you can eat eggs, even though they are “almost chickens.”
- SOUP:** Soup is one of the more underrated foods available, and the internet has plenty of meatless and fish-free soup recipes. It is also worth noting that meat-based broths are not technically forbidden. Some examples of great meatless soups: vegetarian chili, French onion, beer cheese, and tomato.
- SALAD:** Oh, come on! It is not that bad. You might even grow to like it.
- MEXICAN:** Many of Mexico’s most delicious dishes are just as delicious without meat. Also, quesadillas have to be one of the easiest foods to make.
- CHEESE STICKS:** Fried cheese? OK, you have talked me into it.

Seafood options DO NOT need to be fried!

For some people, the idea of Lent conjures images of elderly churchgoers gathered around a common table at the Friday fish fry. For others, it’s an annual spiritual reminder of the Christian story of sacrifice. For the foodservice industry, Lent is a time when demand for seafood sees a big boost from diners who choose to abstain from meat for the six weeks before Easter. Some people are looking for seafood, and some still want an indulgent meal.”

Try a Teriyaki glazed Alaskan Salmon, Fish Poppers or Fish Strips, Shrimp pasta, Grilled fish tacos, Szechuan Fish over rice, lobster, Linguini and white clam sauce, or even a grilled fish sandwich with a wonderful aioli sauce. All of these options are easy and people with LOVE the change!