



February 2018

FISHTALES™

A Samuels and Son Seafood Magazine



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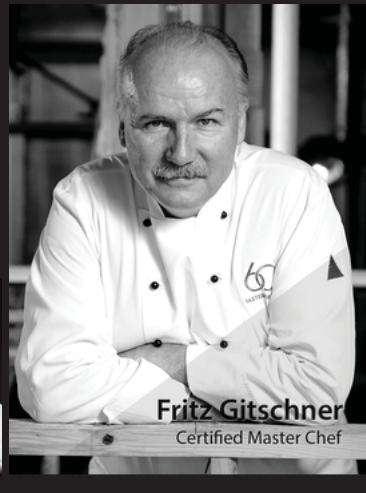
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Spotlight

Chef Fritz Gitschner Gladwyne, PA Philadelphia Country Club

by: Catherine Dempsey



There are only about 70 Certified Master Chefs who call the United States home. One of the most renowned is Master Chef Fritz Gitschner, the Austrian-born chef who cooked around the globe before finding himself in Philadelphia as the executive chef of the Philadelphia Country Club.

In 2005, Chef Fritz was in the highly-acclaimed International Bocuse d'Or competition in Lyon, France, representing the USA, widely thought to be the true test of culinary skill in the industry. After 17 great years, Chef Fritz moved on from the Houston Country Club and opened his restaurant 60 Degrees Mastercrafted in Houston in November 2013, pioneering ranch-to-table cuisine while working with local ranchers and farmers to create dishes encompassing his vast knowledge of global cuisine and seasonal products. Chef Fritz has helped train hundreds of chefs, and today he stands as the executive chef at the prestigious Philadelphia Country Club which dates back to the 1890s.

"What got me into the culinary industry was my upbringing back in Austria, I remember when I was 10 years old watching my grandmother in the kitchen preparing food," says Chef Fritz. He remembers growing vegetables in the family garden, making his own jams, and slaughtering pigs – just a few of the things that Master Chef Fritz was exposed to as he grew up. "That stuck with me throughout my career and I remember those flavors, smells and the taste of freshly cooked food. I made the decision to become a chef and to see the world."

Chef Fritz traveled for 24 years, all over Europe, the Middle East, the Caribbean and the United States. He developed a strong palate and understanding of various cuisines, techniques and cultures during his travels. While working in the Middle East he had the opportunity to have as many as 18 nationalities working in his kitchen. "It's pretty amazing to work with cooks from all over the world, experience their food, the ingredients, and understating their culture."

Chef Fritz followed his calling to take the 10-day Certified Master Chef exam. "It was a lifelong preparation and you don't realize it until you take the test," says Chef Fritz. "I studied, practiced, read and prepared myself for about two years and questioned everything and anything I ever did." Chef Fritz was

working in Aruba during his prep time for the test and just about to take a job in Houston. "A lot of preparation went into that test, not just skill set, but also physical and mental preparation. I remember telling myself 'I'm going to take it and pass it and then I'm going to Houston,'" he says. "Failing was never really an option."

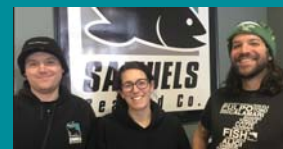
At the Philadelphia Country Club, Chef Fritz can be found updating the menu weekly, planning themed dining, and finding new ways to feature the freshest local food. Master Chef Fritz has also hosted farmers' markets on the property of the club, exposing members to fresh local produce, meats, and seafood, while also showcasing their fresh flavor by running a special for the week with dishes created from ingredients from the market.

Chef Fritz has one firm belief about his ingredients: you cannot cook a great dish without having a great product. "A lot of people ask me about seafood and they wonder what I'm doing to the fish – what I'm doing is cooking it properly and letting the product speak for itself," he says. "If it's fresh, you can't get anything better than that." One of his best is the Blackened Chilean Sea Bass, including ragout of cannellini beans, barley, mushroom, red bell peppers, and shaved parmesan cheese. Are you in the mood for a tasty cold appetizer? His Gulf Shrimp and Lump Crabmeat Cocktail includes grilled melon, fresh mint, and zesty marinade, perfectly bright and fresh with all the right flavorings. What about trying something warm? Try Chef Fritz's Mini Crab Cakes with Tampico sauce, black bean relish and cilantro sour cream.

At the end of the day, Chef Fritz believes that what counts is your skill and your knowledge. "Everyone wants to be the next TV chef and that's not reality. Reality is hard work, long hours, persistence and repetition," he says. Chef Fritz says he's lucky to work with people who are inspired by food and enjoy keeping things interesting for the club members. "Our goal is to serve seasonal, fresh products and have the memberships look forward to dining at the club," he says. "We have accomplished this when the member walks into the club and the first thing they say is, 'What has Chef created today?'"

For more information, visit www.philadelphiacc.net.

Employees of the Month



Congratulations to Marikate Cook, Nick Anastasi, and Eric Venable for achieving December Employees of the Month!

Marikate Cook made everything run smoothly this December due to her ability to stay so powerfully organized and on top of her tasks.

Nick Anastasi's positive attitude makes him so important to the way Samuels operates and he's a great example of the friendly, knowledgeable service we provide to our family of customers.

Eric Venable has proved himself to be a hard worker, a highly dedicated individual, and a levelheaded team player in the purchasing department.

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Welcome to the Future of Frozen Shrimp with Gulf Princess

By: Catherine Dempsey



Shrimp has been the most popular seafood in the United States for as long as we can remember (of course, along with all the Oysters, Lobsters, and Clams we love so much). Americans can't get enough of them. Shrimp in general represents more than 25% of the seafood eaten in the nation – that's a lot. It's also one of those sea critters with a ton of variations: You can find a vast array of different species of Shrimp, each bragging about many names and cooking preparations. You can buy them with the head on or off, the shell on or off, the vein removed or intact, tail-on or tail-off – you name it, it's there. Some are available pre-cooked; others are frozen, fresh, or previously frozen.

What's really different about all these kinds of Shrimp? And how does one wrap their head around the idea of picking just one to prepare and serve to their guests? There is one pristine, highly versatile farm-raised Shrimp that will truly knock your socks off: Gulf Princess Shrimp. A truly great tasting Pacific White Shrimp, it's farm frozen delicious – don't believe us? It needs to be tasted to be believed. With a clean, sweet taste and crisp, firm snap, Gulf Princess Shrimp are ideal for boiling, broiling, grilling, poaching, sautéing, and steaming. Think big with these delicious little guys because the possibilities are endless. They're astounding in a ceviche too!

White Pacific Shrimp are warm water Shrimp, typically found

between California and Peru, and they're among the most widely cultivated of their kind in the world. What's special about the particular species is that they are extraordinary in a huge variety of cooking preparations because they soak up every flavor of the dish while keeping that crisp bite we love so much.

Gulf Princess uses the latest IQF (individually quick frozen) and rapid freezing technology with their Shrimp, providing morsels that taste like they were plucked directly from the water, just for you. Freezing technology advances over the years have essentially eliminated the negative effects of freezing seafood in general, so don't be afraid of the fresh vs. frozen argument here. Modern techniques have evolved to the point where the skin and the interior meat will freeze at almost exactly the same time.

Through this method, there is almost no damage to the Shrimp on a cellular level by ice crystals that form through the freezing process. It was this ice crystal damage that caused taste and color loss in the past. This is what separates Gulf Princess from the rest of the pack – in fact, the damage caused by ice crystals has been mitigated to where freshness is preserved with virtually zero noticeable difference in taste.

Gulf Princess draws inspiration from the passion and dedication of the legendary fishing community they reside in and by combining the values of their ancestors with innovative ideas and state-of-the-art technology, they have adopted a safer and healthier Shrimp farming method through an environmentally friendly farming approach. Even while bringing truly farm fresh quality to chefs and restaurateurs, they live up to their constant vision of revitalizing the environment and have ensured this by implementing a purely eco-friendly farming method. Their efforts have led them to be a 4 Star Best Aquaculture Practices (BAP) certified.



In The News...

By: Catherine Dempsey

In Memoriam: Chef Davis Denick



It is with heavy hearts that we announce the passing of Chef Davis Denick. Chef Davis was a beloved former member of our Samuels family and a constant source of clever and amazing dishes. We will miss him dearly and our minds are focused on his family, friends, and all the colleagues he worked with at this time.

Chef Davis was a creative thinker, a big-idea philosopher, and an impressively astounding chef. He had an approach to cooking that was completely unique to him and he joined the Samuels Seafood family in January 2012, eventually moving to New York City and working at a restaurant in Midtown this past September. Chef Davis had a love for seafood and his passion came through with each creative dish.

Some of our fondest memories with Chef Davis include his passion for the culinary arts, his quick wit, and his ability to transform any seafood into a masterful dish. We always looked forward to tasting what Chef Davis was cooking up. He had a determined work ethic, he was a constant contributor to this publication, and he created specialty meals for our Samuels team, creating recipes for our weekly sales meeting, and planning big, imaginative ideas for the annual Boston Seafood Show and other special events.

Prior to joining Samuels, Chef Davis also worked in Key West, FL and for the Garces Group, Chifa Restaurant here in Philadelphia.



Photo by ASMI

With a coastline of 6,640 miles, Alaska fishermen provide our country with 60 percent of our domestic wild caught seafood. Among seafood staples such as Wild Salmon, King Crabs, and Halibut, Pacific Cod is one of the most popular fish to be pulled from icy Alaska waters.

In fact, Alaska alone accounts for 16 percent of the world's Cod. From families picking up Cod at the supermarket to white tablecloth restaurants looking for a delicious, lean white meat, Cod means a lot to us all. It's very easy to see how this groundfish is so treasured by the people of Alaska who depend on it for their livelihood. That is why Alaska fishermen are working with the North Pacific Fishery Management Council to proactively keep Pacific Cod stocks healthy by decreasing 2018's quota by 80 percent.

This proactive measure is being taken as a precautionary means to preserve the current population and promote the growth of the species. The announcement was made after a survey by National Oceanic and Atmospheric Administration (NOAA) found younger Cod stock populations to be diminishing. With Alaska sustainability initiatives already in place (and part of the state's constitution), overfishing is not the believed cause of the decline. Research points to a large mass of relatively warm water referred to as "the blob" that had a negative impact in the North Pacific for the past several years. This blob effected nutrients in the water, increased the metabolism of Cod and reduced available food. All of these factors add up to increased fish mortality along with poor egg production and larval survival.

While we're all responsible for the changes in the ecosystem, Alaska is doing a great job by sharply decreasing catch in order to promote growth of the species and overall Cod stocks. This science-based, precautionary approach has and will continue to ensure the ongoing sustainability of Alaska's great fisheries. For generations, commercial fishing has been the backbone of Alaska's economy. At the same time, no species of commercially caught Alaska seafood has ever been listed as threatened or endangered under the Endangered Species Act. The Alaska Cod fishery is dual certified under both the Marine Stewardship Council (MSC) and Alaska Responsible Fisheries Management (RFM); two heavy hitters in the responsible seafood movement.

The quota reductions are just the latest chapter in a long book of

Wild Alaska, State of Resources

sustainability for Alaska. For example, commercial Salmon fishing has been occurring for over 100 years. It wasn't until after becoming a state in 1959 when Alaska instituted its program of "limited entry" which limited the number of harvesters in each fishery. After this initiative, Salmon harvests increased well beyond historical levels.

Alaska serves as a source of many resources and another industry has also made headlines lately with The Pebble Mine Project. For over a decade, the Pebble Mine Partnership has been working toward mining for natural resources such as copper, molybdenum and gold in Southwest Alaska. The project may have been a bit smoother if it wasn't located near the Bristol Bay, the world's largest Salmon fishery. Environmentalists, fishermen and natives alike are concerned over pollution spilling into this wildlife-abundant body of water. For three consecutive US presidents now, extensive permitting precautions have been enforced to ensure all proper measures are taken. Remember, this project could benefit another multibillion dollar industry in Alaska: the mining industry.

Just like Pacific Cod itself, the Alaska seafood industry is a fast growing one that bounces back quickly. After all, there's a lot at stake. It's clear the state of Alaska has both a sincere care for the livelihood of the people and deep respect for it's beautiful resources. So let's look forward to many years of fish sandwiches, fish n' chips and more with Wild Alaska Cod.

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*Photo by:
Josiah Andrews*

Gulf Princess Shrimp Delivers on Valentine's Day Sweetness

by Chef Anne Coll

The days are getting longer and we are starting to sense that Spring is right around the corner... The trees are budding and the birds are chirping and the Valentine's Day season is just beginning. This is the time that people are scrambling for that last minute Valentine's Day reservation to impress that special person in their life. Not only is it Valentine's Day in the month of February, it is also Mardi Gras. The last hurrah before the season of Lent begins.

Nothing says Valentine's Day and Mardi Gras like a great Gulf Princess Shrimp dish. The texture and the sweet clean flavor of these Shrimp elevates any menu item to the next level. Gulf Princess Shrimp are a warm water farm raised Shrimp from the pristine waters from California all the way down to Peru. These special crustaceans are a treat to cook due to their crisp and firm texture which lends to many different cooking methods. Whether you are grilling, steaming, sautéing, or broiling, the end result is going to wow your guests.

With Spring around the corner, I love lighter preparations of the Gulf Princess Shrimp. One of my favorite combinations with Shrimp is passion fruit (perfect for the Valentine's Day theme). The tartness of the passion fruit blends so well with the sweetness of the Shrimp. I love sautéing the Shrimp with a little thyme, Meyer lemon and a touch of herb de Provence. These soft luscious flavors blend so well together. I like to serve these Shrimp with lightly dressed local

greens, blood orange segments, pomegranate, shaved fennel and avocado. The colors are vivid and bright and perfect for the start to a romantic meal. If passion fruit isn't your favorite flavor profile, you can always substitute mango or papaya which are readily available this time of year. To make the vinaigrette, I place the passion fruit puree or fresh pulp in a blender, and a little honey, fresh thyme, and puree with extra virgin olive oil. If using mango or papaya, you might want to add a little lime zest and juice to brighten the vinaigrette.

As the Valentine's Day season dies down, its time for Mardi Gras season. Le Bon Temps Rouler! A favorite place of mine to visit for the music, cuisine, and culture is New Orleans. New Orleans is a hub of fun festivities and food during Mardi Gras. It's a time to overindulge before that season of Lent begins. Nothing says New Orleans like BBQ Shrimp and grits and the Gulf Princess are the perfect succulent Shrimp to use for this dish. Cheesy grits and sweet Gulf Princess Shrimp – who can refuse? These Shrimp are lightly sautéed in a compound butter with Worcestershire, tabasco, lemon and garlic and served on a bed of cheesy grits studded with local smoked cheddar cheese. It's definitely a decadent treat! Whether you are celebrating Valentine's Day with your special someone or getting frisky during Mardi Gras, Gulf Princess Shrimp make a great menu item for either celebration.





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