



September 2018

# FISH TALES<sup>TM</sup>

A Samuels and Son Seafood Magazine



DYER AQUA

PREMIUM FRESH SEAFOOD

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# Spotlight

## Standard Tap and Johnny Brenda's

Philadelphia, PA

by: Jessica Jewel Tyler



Paul Kimport and William Reed, masterminds behind, Standard Tap, Johnny Brenda's, and now The International, have built more than three bars, but three communities. The former brewing buddies are highly accredited with the "beer-naissance" of overlooked areas in Philadelphia. In fact, Standard Tap is widely exalted as Philadelphia's first gastropub. Johnny Brenda's has quite a bit of acclaim as well. This Fishtown landmark, bar, restaurant, and music venue is a Philadelphia mainstay and was featured in "Creed." Paul and William met while learning to brew beer, but their endeavors became more about enriching the community through local and sustainable food and creating community hangouts.

When Standard Tap opened, New Year's eve, 1999, Northern Liberties was ushered into a new dawn. This once overlooked area is now a district full of art, food, and a lively community. The beautifully renovated building stays true to its original charm - it's clear that it's a neighborhood bar. There are no televisions or knick-knacks on the walls, instead gas lanterns and chalkboards "decorate" the pub. Far from the corporate chain of gastropubs with "flair" added just for the sake of "flair," Standard Tap, delivers extra "omph" in the food and in the spontaneity of ordering from a chalkboard.

The food is what Paul Kimport refers to as "casual but special." Chef Joel Mazigian crafts up daily surprises. This is fitting to the original English style gastropub. The selection is based on timeless American food with fun inspiration from other cultures such as Indian and Japanese. Some favorites include Mussels in a spicy curry sauce topped with sausage, and tempura fried Softshell Crab sandwiches.

Chef Joel studied cuisine in Rhode Island, and cooked in Germany and New Zealand before refining his skills with, Iron Chef, Jose Garces. Paul Kimport says Joel Mazigian has a lot of skills including charchuterie and butchering. The butchering skill is important to Kimport because they often buy whole fish and use every part. According to Kimport, what doesn't get used, get composted for the herb garden on Standard Tap's roof.

Johnny Brenda's is an entirely different beast. Kimport refers to this as a couple different businesses in one. Walking into Johnny Brenda's your immediate attention goes to the raw bar full of colorful shells, oyster shucking, and an open kitchen with chefs grilling Octopus. Then a bit further is your normal bar and upstairs, a bustling music venue. The chef here, Paul Lyons, is essential to creating the exciting menus using the original "casual but special" style. The menu is also based on American fare but with more rustic and simple sides of German and French cooking.

Kimport and Lyons especially highlight aspects of "Farmhouse" - or even "Seahouse." "Philly is a great town for high quality seafood - largely due to Samuels," says Kimport. Currently Chef Paul Lyons is working on a Seafood Tower consisting of Lobster, Tuna Tartare, and a Shrimp and Clam ceviche, topped with an Oyster variety. This is just the kind of "special" food the owners look forward to serving.

Located in the heart of the area Kimport and Reed helped create, The International, now in its infancy, has hopes to tie the different styles of cuisine together. Kimport is fascinated with how different cultures enjoy food practically and socially. He gives examples of how Middle Eastern and Mediterranean cultures make interesting food that doesn't require forks and everyone shares with friends and neighbors. Kimport wants the International to be that experience. The downstairs will stay true to the casual dining they built a foundation on, while the upstairs will feature a more "cocktail" style menu.

The atmosphere of Standard Tap, Johnny Brenda's, and now The International, is telling of the atmosphere the owners want to create in the community - and it goes beyond the three bars. The owners work in the community as well. They have helped create parks, farmer's markets, and most importantly education of local, sustainable food. In addition to taking staff to learn about local famers, Kimport works with the Philadelphia Food Policy Advisory Council to help initiatives involving urban farms, composting, and recycling for Philadelphia restaurants.

## Employees of the Month



Congratulations to... Robert Dicristino, affectionately known as Bobby Z, has been a driver with Samuels for 25 years. Because of his great time management and customer service, he is trusted to handle one of our biggest routes and he always shows up on time for our customers. Thanks Bobby Z!

Raymond Hennessey has been a Dock Worker for 13 years. He is always ready to jump in wherever needed. A Jack - of - all - trades, Ray can pull orders, load trucks, and carry out almost any task in the plant. We are lucky to have you Ray!

## FISH TALES Magazine

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# Pompano: "... as delicious as the lesser forms of sin." – Mark Twain

By Joe Dempsey



Few, if any other fish, have garnered the praise heaped on Pompano by the legendary Mark Twain. Many others have weighed in on the superior taste of Pompano, including David Starr Jordan and Barton W. Edleman. Jordan was founding president of Stanford University and the most respected ichthyologist in the U.S. Edleman was director of the California Academy of Sciences. They agreed that, "As a food fish there is none better than the Pompano, either in the fresh waters or the seas. This is practically the unanimous verdict of epicures and all others who have had the pleasure of eating the Pompano, fresh from the water. The flesh is firm and rich – and possesses a delicacy of flavor peculiarly pleasing to the palate."

The fish to which they are referring is the *Trachinotus carolinus*, popularly known as Florida Pompano, regardless of where it grows. With such lofty accolades, one wonders why Florida Pompano is not highly placed on menus in leading restaurants - but this was not always the case. Until the mid-nineties, Pompano was frequently found and featured in many fine dining restaurants. Then, in 1994, the state of Florida passed a law banning commercial fishing with gill nets in oceanic waters overseen by the state. Since the majority of Pompano commercially harvested originated in these waters, the supply was functionally eliminated. Today, wild Florida Pompano are harvested with hook and line from August to October.

Early attempts at commercially raising Pompano met with failure. Not so with Dyer Aqua, a Samuels and Son supplier. Dyer very successfully raises Florida Pompano in the pristine Caribbean waters of Laguna de Chiriquí, Panama, eight miles off-shore.

Dyer harvests 3/4 to 2-pound fish weekly from its Panama open sea pens. These fish are under the watchful eyes of the Dyer crew from conception in their on-site company hatchery through harvest, sorting, and packing for shipping.

Dyer Aqua holds a 20-year commercial lease on 501 hectares with a current production rate of 250 tons/year and has plans to double production. Facility manager, Alcibiades Arauz oversees the entire operation from egg through harvest and shipping. This includes testing the waters. "We are required to test these waters every four months," Arauz says. "But we go beyond that and do weekly water tests on our own."

Dyer brings more than 22 years of aquaculture research and management to the table. "Our goal (and we are reaching it with every harvest) is to provide a consistent quality fish in average sizes with availability year round. We believe that's what it takes to return this fine fish to fine menus," Arauz said.



## In The News...

by: Jessica Jewel Tyler

## Jeff Stauffer Tours Samuels One Last Time.



Jeff Stauffer center, holding an American Red Snapper.

Jeff Stauffer, Seafood Buyer and COO of Stauffer's Market, stopped by on the 22nd for a tour. After 36 years of working together, this will be his last tour of the Samuels facility before he retires next year. Stauffer's market is held close to our hearts. We are both family businesses - Stauffer's started 85 years ago with Stauffer's grandfather in a roadside stand, very similar to our seafood beginnings with Ippolito's pushcart a little over 90 years ago.

Jeff personally has been a customer of Samuels since Samuels was still a single market stall in 1989. Together we have grown a lot. Jeff states that he has enjoyed watching Samuels grow and that Stauffer's Market is a "better company because of working with Samuels." Jeff is really going to miss the market, seafood buying, and (the "Icing on the cake,") the great relationships

he has built with his partners. "Seafood buying is challenging and fun. It's always changing so it keeps you on your toes and you need good partners, like Samuels, to navigate through it all," he says.

Jeff Stauffer has helped build Stauffer's Market's long standing reputation for quality and freshness. Whether it's a tour of the Samuels facility, a local organic farm, or an orange grove in California, Jeff takes pride in finding the best product, learning where it's coming from, and educating others in his community. On his farewell tour, here at Samuels, Jeff had a taste of our Hidden Palms Barramundi and Skye Steelhead Trout before finishing out the day with a celebratory cake. We wish him all the luck in his travels and continued efforts in his community.



# Summer Grilling in September

By Jessica Jewel Tyler and Josiah Andrews



Grilled Pompano

Around this time of year, we start to pack up our summer salads and ceviches, and brace ourselves with soups and chowders as we start to think, “Winter is coming.” But don’t put away that grill – technically summer isn’t over until September 23rd. It’s not too late to soak up those summer rays and experiment with grilling new types of seafood. We all know Salmon, Shrimp, Bronzino, and Swordfish are great grilling options, but here are a few other delicious seafood options that will really light up the barbeque!

Clams and Oysters are surprisingly easy to grill. It’s important that you have grates small enough to prevent the shellfish from falling through. For Clams, we suggest Top Necks or Cherry Stones. The best way to cook them is to shuck the Clams on the half shell and top with fully rendered sausage or infused butter. They will be done 30 seconds after the juices begin to bubble. If you don’t have the time to shuck, grill them whole, but keep an eye on them. Once they open, they’re done. Oysters are in the same boat. Shuck beforehand, and let them cook. A simple addition of butter, lemon, and toasted breadcrumb makes this a staple that will “wow” your guests.

Remarkably enough, you can grill Crabs too! From Soft Shells to King Crab – the possibilities are endless. For the Soft Shells, we suggest getting some grill marks with direct heat, then either finishing in the oven, or cooking on the top tier of the grill. For pre-cooked Crabs like Dungeness, Snow, or King, you’re simply reheating them, so you can use direct or indirect heat. We love doing this with a curry sauce. It is important that the Crab thaws completely before grilling, otherwise you’ll burn the shells but still have cold meat.

Swordfish Fillets and “Shrimp-on-the-Barbie” are mainstays for grilling. However, we love using bone-in Sword Chops and head-on Shrimp. Just like their land equivalents, fish and shellfish tend to keep more flavor and moisture with the bone in or shell on. Swordfish works great with an easy marinade of zesty Italian dressing and soy sauce. This simple preparation brings out the steak-y flavor with hints of smoke. For Shrimp, the head helps maintain a high level of moisture and flavor, while creating a great presentation piece. You can marinate ahead of time, or grill and serve with a simple sauce or herb garnish.

As mentioned, Bronzino is a great grilling fish, in the same vein,

most oily fish work too. The strong, “full bodied” flavor that comes from the high oil contrasts the smoky Maillard reaction you get from grilling. Ranging from Mackerel, to Salmon, to Rouget, one of the best preparations is simply scoring and seasoning the fish. One of our favorites is Sardines paired with a mustard herb sauce. To experiment with high fat/oil grilling, try the belly of your favorite fish. The belly is often trimmed off, but we suggest using them for skewers! The high fat content will ensure that the skewer is moist and delicious. Salmon, Cobia, Tuna, Grouper, Stone Bass, and Barramundi are all great options.

Grilling underutilized fish cuts often results in a tasty treat. Fish Collars, known as “chicken wings of the sea,” are often discarded, but are some of the most flavorful cuts. Located right behind the head, this area gets a lot of exercise, allowing the flavor to develop. One of the most popular ways to prepare this is with miso or soy marinade and grill skin side down until the skin is crisp. Serve with an acidic sauce on the side, or with bitter greens to cut through the fat. Fish Cheeks are quite delicious as well. We highly suggest Tilefish, Grouper, Halibut, Bluefish, and Skate. Just like the collars, these get a lot of movement. The little nuggets range in size from the diameter of a quarter to a U-10 Scallop. That being said, if you’re cooking cheeks for the first time – use a grilled Scallop recipe. A quick marinade or simple sauce will work quite nicely.



Grilled Bronzino

If there is something you want to try, your Samuels Agent is here to give you more information or even a sample if it’s available!



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# Chefs Corner



**Chef Anne Coll**

Questions or Comments?  
 Chef Anne will be happy to assist.  
 800-580-5810 x6555  
[AnneC@SamuelsandSonSeafood.com](mailto:AnneC@SamuelsandSonSeafood.com)



*Photo by: Josiah Andrews*



## Celebrating the End of the Harvest Season with Dyer Aqua Pompano

*by Chef Anne Coll*

September is one of my favorite months of the year. Summer is coming to a close and the Fall equinox is upon us. It is also one of the best months to celebrate the bounty that summer and fall both have to offer. It's a cornucopia of great local vegetables, foraged mushrooms, and fruit to bring to the table and enjoy with family and friends. The days are getting shorter but you can still enjoy the warmth of the great outdoors. One of the best ways to celebrate the end of summer is to get outside, fire up the grill, and enjoy the sweet possibilities of September.

Dyer Aqua Pompano is a versatile fish that is great grilled whole. Its tender, moist flesh really holds up to a gas or charcoal grill. Dyer Aqua Pompano has a delicate flavor that lends itself to many different flavor profiles making it a great fish to pair with all the local produce that is available this time of year. In addition to whole Pompano, we offer Dyer Aqua Pompano Fillets - another delicious grilling option with tons of versatility.

To prepare whole Dyer Aqua Pompano for the grill, first scale and gut the fish, remove the gills, and rinse under very cold water. Then pat the Pompano dry and diagonally score the fish on each side two or three times depending on the size of the fish. I like to use a simple marinade of Santa Ines Extra Virgin Olive Oil, lemon zest, lemon juice, and a nice amount of chopped thyme. I also reserve the thyme stems to stuff in the cavity with a few lemon slices to help

perfume the fish. Then I season with sea salt, fresh ground pepper, and a generous pinch of za'atar spice. The za'atar adds another depth of earthy and lemony flavor to the Pompano. I like to let the Pompano marinate for about a half hour before grilling to let it soak in all of the flavors.

The most important part of the grilling process is to make sure the grill is clean, oiled, and on medium high heat. One of the best parts of this application is that the skin tastes amazing when it gets a little crispy from the grill's char. It should take about seven to eight minutes on each side. A quarter turn, half way through cooking each side, will allow for nice grill marks. To make sure the Pompano is cooked through, insert a paring knife along the backbone perpendicular to the body of the fish. After 30 seconds, remove the knife and feel it. If it's hot the fish is done. Remove from the grill and serve with lemon wedges. Sliced heirloom tomatoes, grilled corn, roasted mushrooms, and a simple basil puree help to capture the magic of September in your dish.

Dyer Aqua Pompano is a great fish to enjoy not only in September, but all year round. The versatility of this fish is really fantastic. Dyer Aqua Pompano can be grilled, roasted, steamed, smoked, or sautéed - whether whole or filleted! It's a great addition to any menu, for any type of cuisine, and it has a flavor profile that everyone will enjoy.





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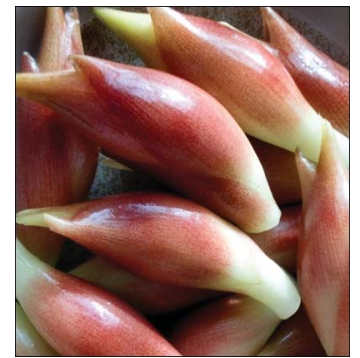
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FISH TALES Magazine  
September 2018



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