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FISHTALES

A Samuels Seafood Magazine



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Spotlight

Gracie's 21st Century Café

Pine Forge, PA

by: Kate Emick



The Art of Cooking!

Gracie's 21st Century Café dates back to 1985 when Chef Gracie Skiadas returned from living in Greece to the community where she grew up and purchased the building where the established café stands today in Pine Forge, PA. After coming back to where it all started, Gracie had hopes of giving the community something different, and that's exactly what she did. With many years of success, Gracie's 21st Century Café celebrated their 32nd year anniversary this past November.

Gracie describes herself as a frustrated artist and puts her inspiration from her art into the different food she creates. She loves a good presentation and appreciates the immediate feedback she receives from the customers when they see their dishes arrive at their tables. Gracie says, "The food industry has been changing since the '80s, and I wanted to make a contribution." Gracie's passion for cooking and art are showcased all in one.

Gracie's 21st Century Café serves an extensive selection of dishes that features seafood, chicken and beef, vegetarian options, and even duck in the colder months. A popular dish that keeps customers coming back is the pan-roasted Wild Striped Bass, served with butternut squash and wild mushroom risotto and finished with sautéed Chanterelle mushrooms. A second popular dish, called "Fusion," is a combination of Mussels, Clams, Shrimp, and Andouille sausage, giving it a little spice, and without a doubt is a must-try.

Some other dishes that are customer favorites at Gracie's 21st Century Café are Filet Mignon, Charcoal-grilled to your preference, and served with a béarnaise sauce. Grilled Bacon Wrapped Shrimp is another delicious appetizer Gracie is known for. The Shrimp is wrapped in Applewood Smoked Bacon, Charcoal-grilled, and served with a Horseradish Cream.

Samuels has had the pleasure of working with Gracie's 21st Century Café for over 20 years. "I trust Samuels. Everything I order is unbelievably fresh. I really like the wild-caught selection they have," says Gracie. In particular, the customers love the freshly shucked Oysters that are on the menu daily.

This year has been challenging for everyone, especially the restaurant industry, but Gracie emphasizes the best thing to do is keep a positive focus. In 2021, Gracie says she is looking forward to "A healthier environment, leadership, and people coming out to enjoy dining again." Gracie continues to stay optimistic by focusing on her customers and her employees.

In an effort to keep the community safe during the COVID-19 pandemic, Gracie's 21st Century Café menu is available online for takeout options along with curbside pick-up options. Gracie's 21st Century Café wants to keep pushing forward and serving all their customers with the food they know and love; to keep everyone healthy during these unprecedented times.

Gracie's Café is a restaurant like no other. What makes them stand apart from other restaurants is that Gracie and her Sous Chef, Andy, spend their time at the café overseeing even the finest of details. Gracie says, "It's not fast-food, and that's what sets us apart." Not only does Gracie want customers to enjoy the food they are eating, but also the moments they spend with family and friends.

Gracie is honored by her guests, and with one unique experience, she now has a slogan she goes by at the café. "It's fresh, natural, gourmet dining with a hint of decadence," was created by a guest, which is a line that she is very proud to share.

Be sure to check out everything Gracie's 21st Century Café has to offer at gracies21stcentury.com

Employee's of the Month



Steve Guinan and Laureano Vasquez
Steve Guinan - Freezer Associate, is a five year employee and helps maintain the ever-revolving freezer inventory. Every day is a cold day for Steve, but that does not slow him down, he keeps warm in his triple layered protective gear moving product in-and-out all year long.

Laureano Vazquez-Driver joined Samuels a few years ago and makes his deliveries in an efficient and prompt manner. Laureano understands our customers and strives to deliver the best quality, service, and attention they deserve. Laureano is also very agile, and always ready to be of service.

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Hudson Valley Fisheries, a Biosecure Land-based Recirculating Aquaculture System in Upstate, NY, Provides Year-Round Sustainably Raised Steelhead Trout

By: Heidi Raker

Locality and Freshness Combine with Mild Flavor and Beautiful Orange Flesh



Steelhead trout (*Oncorhynchus mykiss*) from Hudson Valley Fisheries is raised at a biosecure land-based Recirculating Aquaculture System (RAS) in Hudson, New York. At the forefront of U.S. RAS farming, Hudson Valley Fisheries (HVF) is strategically located to serve Northeastern customers year-round with impeccably fresh, healthy, fully-traceable and 100% USA-grown and processed steelhead, branded as New York Steelhead.

A bit leaner than its Pacific salmonid cousins, New York Steelhead offers 1.3 grams of omega-3 fatty acids and 19.3 grams of protein per 4-ounce portion, making it as nutritious as it is delicious. Earning a coveted spot on Oprah's first-ever Food OLlist in the September edition of O Magazine, New York Steelhead has also been featured in The New York Times twice.

New York Steelhead is sashimi-grade and ideally suited to raw, cured and cooked preparations. Round whole fish weigh four to six pounds on average and the company frequently has fish in smaller sizes and larger ones up to 10 pounds. Cold and hot-smoked steelhead are also available in 4 ounce packages (starting at 10 to a case pack).

This responsibly raised steelhead has an outstanding fresh, clean taste, brilliant orange color and medium flake. Available head-on gutted and fillets, HVF now offers Individual Quick Frozen (IQF) sides and portions for foodservice and retail operations that rely on inventory.

Inspired by a commitment to food security and environmental stewardship, HVF was founded in 2014 with a goal to protect wild populations and the environment through its RAS model. Pairing

expert husbandry with groundbreaking technology, every aspect of HVF's business model is designed to keep its carbon footprint small, from the short distance its trucks drive to deliveries to using fish waste streams for nourishing plant growth on the farm. Having a central location eliminates the environmental costs of trans-Atlantic transportation and means fresher fish reaching customers faster, often within 48-hours of harvest.

HVF runs its land-based bio-secure operations entirely from



hatching through harvesting exclusively on its Upstate New York premises. There's no need for antibiotics, vaccinations or hormones during the entire lifespan of the fish in the farm, meaning no contamination of the fish by chemical feed nor other harmful material like heavy metals or microplastics.

New York Steelhead are fed a responsibly-sourced,

BAP-certified and a balanced diet composed of natural antioxidants, organic proteins and lipids that are free of soy, corn, feather meal or GMOs.

HVF is recognized by Monterey Bay Aquarium Seafood Watch, Best Aquaculture Practices, FishChoice, Ocean Wise Sustainability and New York State Grown & Certified.

Several New York City area restaurants emphasizing locality and sustainability have replaced all salmon offerings with New York Steelhead. As retail, restaurant and foodservice seafood buyers, along with consumers, rally around traceable, local and sustainable sourcing, strategically located farms like HVF will be ideally positioned to provide fresh, healthful, delicious eco-friendly seafood.

To find out more, visit www.HudsonValleyFisheries.com.

In The News...

"Seven Fish Spectacular" at Samuels' Giuseppe's Market



Left to Right: Sammy, Lauren, Sam and Anthony D'Angelo with vintage Ippolito's sign

The holidays looked much different in 2020, but Giuseppe's Market at Samuels and Son Seafood continued the tradition of our "Seven Fish Spectacular!" The inside and outside of Samuels Seafood was open to the public and gave customers the opportunity to look around and purchase from a pop-up shop, decorated with dazzling lights and other inviting holiday décor to celebrate the festive time of year.

The Giuseppe's Market team created a safe shopping experience for our customers looking for the freshest seafood in town. Curbside pick-up was available for customers who ordered in advance. Customers who came in to shop were individually guided through our pop-up fish market by one of our experienced fishmongers for a first-hand look at our hand-picked selection

of fresh fish before heading into Giuseppe's Market where an assortment of prepared foods could be found. It was a truly unique shopping experience.

Customers could still shop for all of their favorite seasonal specialties like Baccala, Smelts, Octopus, and Live Eels. Longtime customers of Ippolito's Seafood on 13th and Dickinson could find some of their favorite prepared foods that included Seafood Lasagna, Jumbo Lump Crab Cakes, Fish Cakes, and holiday classics like Clams Casino, Scungilli Salad, and Fried Oysters.

It was an excellent time for our customers and chefs to come see their favorite fishmongers, smell all the delicious prepared foods, and grab the fresh quality seafood they love.

Canterbury Cure Caviar - Perfect for Every Holiday and Special Dish!

When it comes to making your dish stand out, we can't help but fantasize about the fizzy bubbles in a glass of champagne and the glistening, onyx pearls of Canterbury Cure Caviar. The latter of the delicacies is a staple in the gastromic world today, but most people don't realize that Caviar's been a part of the European and Middle Eastern diet since prehistoric times. Dating back to almost 250 million years ago, Caviar, and the Sturgeon that produces the eggs, have never lost their appeal. We love Caviar now on everything from sushi and the classic blini, to deviled eggs and pizza, but the early Russians and Europeans often enjoyed this treat alone or on top of a baked potato.

Caviar, prized for its rarity, was found in parts of the Pacific Northwest and South Atlantic in America, however, Sturgeon was mainly found in the Caspian Sea, between Russia and Iran, and the Black Sea, between Russia and Turkey. Russian Tsars and British Kings dubbed the Sturgeon the "Royal Fish," and reserved it for themselves, but eventually Persia set claim. The Persians were the first to widely enjoy the eggs, and even named them "K h a v - y a r" ("cake-of-strength,") because of their supposed healing properties.

From there, the tradition spread to China where they were salted and cured for the first time. Eventually, this method was popularized throughout Europe, but Russia still remained king of Caviar. And one jar of Caviar equaled one hundred sheep in the second century B.C., making it exclusive to the upper echelon of society.

On the opposite end of the spectrum, if we flash forward to the early nineteenth century in the United States, Caviar was sold regularly in bars for just a nickel. This was an excellent way to entice customers to spend a bit more to wet their whistles and at that time, America's waters were so rich with Sturgeon that we were actually exporting Caviar to Russia. But by the middle of the twentieth century that all changed due to overfishing.

Today, we gather Caviar from multiple countries and multiple species of Sturgeon. We also tend to rely on roe from other fish like Trout and Salmon. But no matter the variety, Canterbury Cure is the best choice. This premium brand features products that are artisan made in small batches to preserve the best quality and flavor.

California White Sturgeon Royale: The large, glistening, salt and pepper colored pearls offer a flavor that is rich and buttery with a clean finish and smooth texture.
Available in 1 oz tins

Bulgarian Osetra: Once reserved for royalty, it's prized for its golden color and smooth texture. The flavor is abundant, boasting with

traditional Caspian character and notes of nut and fruit.
Available in 1.05 oz tins

Wild American Bowfin: Similar in size and appearance to Sturgeon Caviar, this black velvet to dark brown Caviar's claim to fame is the alluring and mildly tangy flavor.
Available in 8 oz tins.

Kaluga Hybrid: Due to the ban on Beluga Caviar, this innovative delicacy is harvested from a hybrid between two Species of Sturgeon. The dark amber pearls are a true delight with a smooth nutty flavor.
Available in 1 oz tins.

Paddlefish: a truly luxurious experience, this caviar is extremely rich and creamy with notes of earthy, briny goodness. The soft greyish-brown pearls have a natural glistening shine that is sure to impress.
Available in 1.05 oz and 7.05 oz tins.

Premium Sturgeon: Harvested from 100% pure wild American Hackleback Sturgeon, this Caviar has the utmost quality and flavor. This black glistening Caviar has a rich nutty taste that is unparalleled.
Available in 1 oz and 8.75 oz tins.

Poland Siberian Sturgeon: Siberian Ostera provides a medium dark pearl that is creamy in texture and follows through with a crisp and nutty taste and a mild, fresh finish.
Available in 1 oz tins.

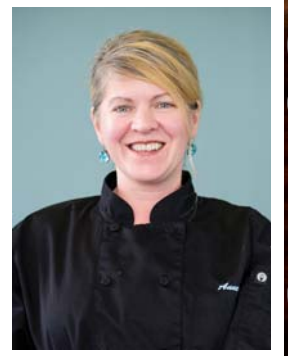
Italian Osetra: Only 30% of the White Sturgeon we grade classifies for our "Royale" distinction. Made from the creamiest, smoothest pearls, the flavor is phenomenal – rich, nutty, buttery, and luscious.
Available in 1.05 oz tins.

Wild Salmon Roe: The select roe of the Keta Salmon has very bright red/orange large eggs. It's very mild yet rich and succulent with a firm texture and a crisp, buttery Salmon flavor with a sea salt finish.
Available in 2 oz jar and 8.75 oz tin.

Smoked Trout Roe: From the highest grade of Trout pearls, and smoked with combination of Oak and Hickory, this Roe bursts with freshness and clean ocean brine highlighted by a perfect smokiness.
Available in 2 oz jar.

French Trout Roe: These medium-large jewels have a bright translucent pink color and a tiny orange "eye" in the center. The firm texture and bold flavor make for a wonderful popping sensation.
Available in 2 oz jar and 8.75 oz tins.





Questions or Comments?
Chef Anne will be happy to assist.
800-580-5810 x6555
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Ring in the New Year with Hudson Valley, NY Steelhead Trout

We are finally finished with the year 2020! We are all hoping and praying for a better 2021.

I can't think of a better and healthier way to start the new year than with Hudson Valley Steelhead Trout. This fish is perfect for that center of the plate celebration dinner, and it is very versatile and can be served as an appetizer. Hudson Valley Steelhead Trout is excellent smoked, in a crudo, cured, served as sashimi, and in sushi. The clean taste of the Steelhead Trout makes it perfect for raw applications and is wonderful paired with champagne and Caviar if one is feeling indulgent.

Hudson Valley Steelhead Trout is a great fish due to the pristine and clean waters that the fish is raised in. This innovative farm raises their fish from egg to plate, and the traceability is very impressive. The feed utilized is organic and clean, helping to develop the fish's delicate and wonderful flavor. Not only is this fish delicious and a good substitute for Salmon, but it is nutritious as well. Hudson Valley Steelhead Trout is very high in omega-3 fatty acids.

Raw applications are some of my favorite ways to eat Hudson Valley Steelhead Trout. It is also great in a poke bowl with your favorite choice of vegetables, seaweed, and pickles or kimchi. Another great

way to prepare Hudson Valley Steelhead Trout is to cure it with salt, sugar, dill, beets, and a little horseradish. Wrap the Steelhead in cheesecloth and plastic wrap, and in 24-48 hours, the fish is cured and ready to be sliced and enjoyed with blinis or toast points and a touch of crème Fraiche.

Hudson Valley Steelhead Trout is a great center of the plate protein for any dinner or celebration. It's delicious grilled or roasted whole with just a little olive oil, lemon, and fresh herbs such as thyme stuffed in its cavity. This fish goes with many different flavor profiles and types of cuisines.

Steelhead Trout pairs nicely with an array of cultivated and foraged mushrooms. The earthiness of the mushrooms and the fattiness of the fish work beautifully together. Brussel sprouts or any hardy green are great to pair with the Steelhead Trout as well. A simple pomegranate gastrique brightens the deep flavors, adds some acidity and brightness to the dish, and makes for a mahogany glaze.

Let us say goodbye to 2020 and ring in the New Year with delicious Hudson Valley Steelhead Trout. The perfect protein for any meal. It's diverse, complex in flavor, versatile, and fully traceable. It is a wonderful fish for one's home or restaurant for any occasion.



MONTHLY SPECIALS

Call your Sales Agent to place an order today!

Sale Dates: January 1st - 31st

*Special Pricing is Reserved for Current Samuels Account Holders and Giuseppe's 7 Fish Club Members Only.

*Price and Availability Subject to Change.

*Additional Freight and Delivery Charges may Apply – Please Consult with Your Samuels Agent for More Information.

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