



# FISH TALES<sup>TM</sup>

A SAMUELS SEAFOOD MAGAZINE

JUNE 2022 ISSUE

## WILD ALASKAN SALMON

ALASKA SALMON SEASON  
IS FINALLY HERE!

## LARK

BRINGING NEW HEIGHTS  
TO THE MAIN LINE

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KNIVES & SCALERS!



## CHEFS CORNER:

FOLLOW CHEF BARRY AS HE MAKES  
FRESH WILD CAUGHT SALMON!



# Samuels Spotlight



*Established in 1852, Ironworks at Pencoyd Landing began as a specialty Iron Foundry and has since been fully re-imagined into a modern, industrial hospitality destination. This newest addition to the Main Line is home to the Residence Inn by Marriot and two new dining concepts by Chef Nick Elmi: Lark and The Landing Kitchen.*

## Bringing New Heights to Bala Cynwyd

By Kate Emick

**M**assachusetts native, Chef Elmi, has quite an accomplished background in the restaurant industry. After winning season 11 of Bravo's Top Chef in 2014, Chef Elmi ventured off to Philadelphia to open Laurel, a French-American restaurant that earned many accolades since its debut. Chef Elmi followed up this popular restaurant with a contemporary cocktail bar right next door called In the Valley. This name comes from the Lenape translation of "Passyunk," the street in which both restaurants reside. In September of 2019, Chef Elmi published his first cookbook, Laurel: Modern American Flavors in Philadelphia. In early 2021, Chef Elmi took time to focus on launching his next eateries, Lark and The Landing Kitchen.

Located on the seventh floor of the hotel, overlooking the Schuylkill River and Manayunk, Lark's innovative menu with stunning rooftop views is bringing a one-of-a-kind dining experience to the Main Line.

Start your evening in the intimate and inviting Lounge or choose a seat at the bar for one of Lark's signature cocktails. To name a few, the "Gotcha!" made with mezcal, green chartreuse, and maraschino is a delicious choice or the "Uh-huh Honey" with vodka, pineapple, honey, and ginger is another fun option. In addition to unique cocktails, Lark also offers a thoughtfully curated wine list and an assortment of beer, cider, and non-alcoholic beverages.



Lark's Mediterranean inspired menu highlights sustainable seafood, hand-made pastas, local vegetables, and heritage meats.

Tantalize your taste buds with Sea Urchin deviled eggs with dried tomato, caper, and olive or the Fluke tartare with buttermilk, apple, and sunchoke. Moving into the main course, try out the restaurant's roasted Dorade with braised fennel, caponata, Calabrian chili, and golden raisins. Another popular option is the Blue Crab and pink peppercorn strozzapreti with Chile, lemon, and old bay breadcrumb.

In addition to Lark's delectable seafood options, the restaurant also serves crescent Duck Breast with young broccoli, rhubarb, and black barley. The roasted 14 ounce strip steak with crispy potato's, balsamic glazed Cipollini, and a salmoriglio sauce is another fan-favorite.



Step outside to the rooftop terrace to cozy up by the fire or view a beautiful sunset this summer. Book your next visit at [larkpa.com](http://larkpa.com) or check them out on Instagram at [lark\\_pa](https://www.instagram.com/lark_pa).



# WILD ALASKAN SALMON

ARTICLE BY  
KATE EMICK

## Headed to you...

In early May, King Salmon from Kodiak, Alaska made its way to Samuels and by the end of the month we started to see beautiful Sockeye Salmon from the Copper River in Alaska. In July, we expect to see Coho Salmon head our way.



Every year, fishery regulators set commercial and recreational fishing seasons for Salmon and other species. These seasonal Salmon opening dates are put in place to give fishermen the opportunity to catch them, but also so that enough fish have a chance to make it upstream to spawn and replenish fish stocks. In order to do this, the regulators take into consideration input received from fishermen, scientists, industry associations, and other stakeholders, including forecasted ocean abundance and escapement goals. Escapement refers to the total number of Salmon that return to freshwater to spawn and finish their life cycle. After an extensive process, the projected seasons are submitted to federal regulators for approval. Each year from May through September, Copper River Salmon, home to the King, Sockeye, and Coho species, make an arduous 300 mile journey through the icy, turbulent waters to return to the region's massive Delta. The Copper River is very long and steep, therefore the fish must pack on ample fat reserves in order to fuel them for their journey, resulting in a rich, flavorful, desirable fish. On May 16th, Copper River's commercial fishing season began in Alaska. During this time, commercial fishermen were able to set their nets for a twelve hour period in order to harvest the highly sought after King and Sockeye Salmon. Continue reading for more information about the following species!

## SAMUELS SALMON SELECTION



### COHO

Coho Salmon has a shiny silver appearance, and as the fish swim upstream to breed, its hue changes to a light red. Coho Salmon has a very mild flavor and semi-firm flesh. This fall favorite fish is often the perfect pairing to seasonal root vegetables and mushrooms.



### KING

Being the largest species of Salmon, King Salmon is prized by many chefs for its large size (reaching up to five feet and over 100 pounds), high fat content, and pure flavor. King Salmon is a popular choice because of its buttery taste and delicate texture with large, soft flakes.



### SOCKEYE

Sockeye Salmon is known for its pronounced full flavor and for having the firmest flesh of Wild Salmon species. Also known as red or blueback Salmon, Sockeye's succulent, bright-orange meat is prized by many chefs and is often a summer barbecue favorite!





# JUMBO LUMP CRABMEAT

**25.00** Per lb

## SAMUELS CUTLERY



### STAINLESS STEEL SCALERS

**SMALL 7.50** Each

**LARGE 15.00** Each



### CLAM & OYSTER KNIVES

**CLAM 15.00** Each

**OYSTER 20.00** Each

## EMPLOYEES OF THE MONTH



**Albert LaMorgia** has been with Samuels' since July 2020 first as a Health Screener, now as part of our Security Team. Albert is always there at the Security Desk to greet everyone with a smile, and a kind word. Albert is truly a Team Player! Congratulations on your EOM WIN!

**Doris Suppa** has been with the Samuels as a Customer Service Representative since December 2002, and in that time she has proven herself to be a Jack of all Trades. Doris is like the "Energizer Bunny" she never stops!! Doris handles all aspects of our "Air Freight", she is invoicing /inputting orders, and even has taken on Sales Assistant duties. Doris, Thank you for your dedication and hard work! Congratulations on your EOM Win!

**Francesca Venti** joined Samuels' as a Sales Assistant back in July of 2020, and has recently become an Inside Sales Rep. Right from the start, Frankie showed she was a "Team Player". She dove in head first, and only has a "Can Do" attitude. Congratulations Frankie on your EOM Win!

**Jake Patterson** joined Samuels Pittsburgh Sales Team in March of 2021 and hit the ground running. With his extensive knowledge and accomplished background, he was immediately a tremendous help in all areas. Jake has been a great asset to our team. Congratulations on your EOM win!



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**@SAMUELSSEAFOOD**



## FISH TALES MAGAZINE

**LEAD WRITER  
KATE EMICK**

**DESIGN DIRECTOR  
TATIANA GAULT**

**SAMUELS CHEF  
BARRY SULLIVAN**





## PAN-SEARED WILD SALMON PERFECT FOR SUMMER!

Wild Salmon season is here! Welcome summer with a simple, yet elegant, pan-seared Wild Salmon. To start, I first seasoned the Salmon with salt and pepper. Next, I heated oil in a skillet over medium-high heat until hot and shimmering. Then, I cooked the Salmon, skin side up, until golden and crisp which took about four minutes. I carefully flipped the Salmon and reduced the heat to medium, cooking until done, for another four to five minutes. The Salmon is paired with fresh summertime produce. Check with your Sales Representative for availability on Wild Salmon.

Questions or Comments?  
Chef Barry will be happy to assist!  
800-500-5810 x6555  
BarryS@SamuelsSeafood.com



## FISH FACTS: PREVENT BRAIN AGING

**T**he Dietary Guidelines for Americans recommend American adults eat at least eight ounces (about two servings) of fish per week. According to an article in Brain and Life Magazine by Sari Harrar, only twenty percent of Americans meet this recommendation. Studies show that eating fish regularly helps protect blood vessels in the brain from damage that can cause stroke, dementia, or mild cognitive impairment. A study performed by French researchers showed that adults who ate fish at least twice a week were less likely to show signs of blood vessel damage in the brain than those who consumed fish less than once a week. The study was conducted on nearly 1,600 adults, over the age of 65, who have had no history of stroke, dementia, or cardiovascular disease. In order to obtain the results, researchers analyzed MRI's and food survey's, which determined that

participants between the ages of 65 through 69 benefited the most from eating multiple servings of fish per week, compared to those 75 and older. A computer algorithm analyzed the MRI scans to detect three different types of blood vessel problems. These include destruction of brain tissue due to lack of oxygen and blood flow, enlargement of fluid-filled spaces that surround blood vessels in the brain, and areas where nerve fibers that carry signals deep within the brain have degenerated. Research has shown that these signs create a higher risk for memory problems, Alzheimer's disease, and stroke. "These markers of blood vessel disease are commonly found in the brains of older people." She also said, "They can be detected with MRI before the manifestation of overt disease, including stroke and dementia." Although this study relied on self-reported diets and the volunteers

were not asked about the types of fish they were eating, it opens the door for understanding the relationship between food and healthy brain aging. Consuming more fish could be a simple, yet very effective way to prevent brain aging. Here are a few healthy fish facts to keep in mind to benefit your health: Use healthy cooking methods – Louise D. McCullough, chair of the department of neurology at the University of Texas McGovern Medical School in Houston says, "how you prepare fish matters." Rather than frying the fish, you can grill or broil it, which in turn will cut down on butter and oil, saving calories. Nutritionist and spokesperson for the American Academy of Nutrition and Dietetics, Melissa Majumdar, suggests baking fish in a foil packet with herbs and some vegetables as a healthy alternative. Choosing fish high in Omega-3's—These healthy fats are essential in providing benefits for the heart, lungs, brain, and immune system. Fish such as Salmon, Trout, Sardines, Anchovies, Whitefish, Herring, Mackerel, Black Cod, and Cobia are all great heart healthy options. More than just fresh fish – In addition to fresh fish, you can buy fish in cans or pouches. Items like canned Salmon, Sardines, and light Tuna are easy to store and are ideal for salads, sandwiches, and other dishes. Frozen fillets are another convenient way to keep fish on hand for quick and easy meals.





## MONTHLY SPECIALS

Call your Sales Agent to place an order today!

**Sale Dates: June 1st-30th**

\*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.

[SamuelsandSonSeafood.com](http://SamuelsandSonSeafood.com)

**East Coast**  
800-580-5810  
215-336-7810

**Mid West**  
888-512-3636  
412-567-7333

# SHELLFISH, SHELLFISH, & MORE SHELLFISH!

**13.95**  
Per lb

Dungeness Crab Clusters  
Pacific Northwest

**25 lb Case**



**11.95**  
Per lb

Whole Dungeness Crab  
2-2.5 lb Cooked Crab

**30 lb Case**

**19.95**  
Per doz

SOFT SHELL CRABS -  
Medium Size

**24 Doz/Case**



**PEACHTREE OYSTERS -**

Raised in Virginia,  
Small Cup Size.  
100 Count Box

**0.78 ea**

## BUY 10 CASES, GET 1 FREE



**MAJESTIC WHITE SHRIMP**

41/50 Count, Peeled &  
Deveined. 40 lb Case

**4.99 lb**



**LAUREN BAY CLAWMEAT**

Fresh Crabmeat  
12 lb Case Sales Only

**11.95 lb**



**JUMBO AUSTRALIAN**

**PRAWNS -** Beautiful  
Head-on Prawns. 6/8  
Count, 11 lb Box

**15.95 lb**



**OISHII SHRIMP - 21/25**  
Count Shell-on, Easy Peel  
Shrimp. 20 lb Case

**7.99 lb**



**WILD AMERICAN SHRIMP -**  
16/20 Count, Texas Gold  
White Shrimp. 50 lb Case

**9.75 lb**



**PEELED & DEVEINED WHITE**  
**SHRIMP - 26/30 Count,**  
Tail-on. 10 lb Case

**4.99 lb**



**BREADED SHRIMP- 21/25**  
Count. Gulf Shore Brand  
Frozen 10 lb Case

**3.99 lb | 39.99 cs**



# LIVE MAINE LOBSTERS

**8.95** Per lb (25 lb Unit)

**Boat Run**

**Mixed Sizes**

**1 - 2 lb Lobsters**



**NEW IRISH STYLE POTATO SALAD** - Great for Summer Barbecues! 5 lb Units

**15.00 ea**



**FAMOUS COLE SLAW** - Made Fresh Daily! 5 lb Units

**15.00 ea**



**HOMEMADE SALMON SALAD** - House-Cut Atlantic Salmon. 5 lb Units

**25.00 ea**



**FRESH CRAB SALAD** - Made with Blu Crab 5 lb Units

**25.00 ea**



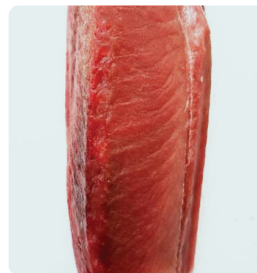
**UNCLE TONY'S FAMOUS TUNA MEATBALLS** - In Gravy 6 Meatballs per qt

**10.00 ea**



**STRAW SEARED SKIPJACK** - Ready To Thaw, Slice, and Serve. Ultra-Frozen 11 lb case

**10.00 lb**



**AHI TUNA LOINS** - 5-8 lb Loins Frozen 30 lb Case

**10.00 lb**



**AHI TUNA STEAKS** - 6 oz Steaks, AAA Grade Frozen 10 lb Case

**10.00 lb**



**SQUID INK** - Small Jars. 90 Grams Each Personal Size!

**10.00 ea**



**PORTUGUESE SARDINE FILLETS** - In Olive Oil Skinless/Boneless. 105 Gram Tins, 12 per Case

**25.00 cs**



**SUPER CRISPY TEMPURA MIX** - Perfect for Frying Vegetables! 25 lb Case

**65.00 cs**



**JAPANESE STYLE KEWPIE MAYONNAISE** - Made in the USA. 6 - 64 oz Units per Case

**85.00 cs**



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