



FISH TALES

MARCH 2023 | A SAMUELS SEAFOOD MAGAZINE

ATLANTICA IMPORTS

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Around the Globe!

SHANA'S CARIBBEAN CAFE

Jamaican Comfort
Food in Philly

RECIPES FOR LENT!

Cuttlefish Prepared
Two Ways

MONTHLY SPECIALS

Welcome Spring
with March Specials

Samuels Spotlight

Shana's Caribbean Café - Jamaican Comfort Food in Philadelphia

By Kate Emick



Interested in exceptional Jamaican cuisine? Look no further than Shana's Caribbean Café in Northeast Philadelphia!

Owner and Executive Chef, Shana Davis, migrated to Philadelphia from Jamaica nearly twenty-two years ago to fulfill her dream of becoming a successful business woman and entrepreneur.

Early in her career, Davis graduated from Community College in Philadelphia and received a scholarship to attend the Fox School of Business at Temple University. In the summer of 2014, Davis opened her first restaurant in North Philadelphia. As her business grew, she decided to expand her café and moved to a larger location in Northeast Philadelphia in 2020 where you can find Shana's Caribbean Café today.

Prepared daily with fresh ingredients, Shana's Caribbean Café offers flavorful Jamaican cuisine perfect for any meal of the day. For breakfast, customers can find Jamaica's national dish, ackee and Saltfish, as well as other popular dishes like callaloo and Saltfish, salt Mackerel, and Saltfish and butterbeans. All breakfast platters are served with fried plantains and your choice of either boiled

dumplings, yam and bananas, or fried dumplings. Customers can also find an assortment of porridge on the menu, choosing from flavors such as banana, peanut, cornmeal, and plantain.

For lunch and dinner, the café serves specials like jerk chicken, oxtail, curry goat, jerk pork, and everyone's favorite, fried chicken! Each special is served with a choice of two sides which includes white rice, rice and peas, cabbage, yam, or mac and cheese.

Looking for seafood options? Shana's Caribbean Café has that too! A few must-try seafood dishes when visiting the café are the escovitch Red Snapper and jerk Salmon. The fried Whiting, curry Shrimp, and brown stew Red Snapper are other delicious options.



Shana's Caribbean Café is proud to offer guests a unique blend of flavorful and healthy food that is available at affordable prices. Customers have the option to dine in, order take out, or order through mobile apps like Uber Eats, DoorDash, and Grubhub for convenience.

From the moment you walk in, Davis describes the atmosphere as friendly and welcoming. "We want every customer that walks in to be treated the same way," she added.

Pastries at the café are another must-have menu item. From Jamaican beef patties to spinach patties and even carrot cake and coco bread, customers are sure to be impressed.

In addition to pastries, the café also offers an assortment of beverages such as juices, water, and different varieties of supligen, known in Jamaica for its nutritional benefits and delicious, rich, and creamy taste. Pair your meal with cranberry water, natural coconut water, or even true juice guava pineapple!

Shana's Caribbean Café is located at 6615 Martins Mill Road in Philadelphia. Be sure to stop on by and also visit them on Instagram @shanascaribbeancafe.

Cuttlefish Two Ways!

Cuttlefish Salad

Ingredients:

- 2 lbs Cuttlefish
- 1/2 cup olive oil
- 1/4 cup lemon juice
- Lemon zest of 1 lemon
- 5 stalks of celery
- 1/4 teaspoon Chile flake
- 1/4 cup parsley
- Segments from 2 oranges
- 1 head of fennel
- Salt and pepper to taste



Directions:

1. Thinly slice the Cuttlefish
2. Add Cuttlefish, shaved fennel, cut celery, chopped parsley, olive oil, lemon juice, lemon zest, crushed red pepper, and orange segments to a large bowl.
3. Mix well and serve.

Teriyaki Glazed Cuttlefish

Ingredients:

- Cuttlefish
- 1/4 cup soy sauce
- 1 tablespoon ginger
- Garlic cloves
- 1/4 teaspoon of Chili
- 1 tablespoon sesame
- Juice of 1 orange



Directions:

1. Combine ingredients to create a glaze.
2. Glaze whole Cuttlefish.
3. Cook Cuttlefish on the grill, 2-3 minutes per side.
4. Place Cuttlefish on plate and serve.

EMPLOYEES OF THE MONTH



Lisa Tiscavitch

Lisa Tiscavitch has been a valued member of the Samuels Seafood family for almost 25 years! From Inside Sales Support, to handling accounts of her own, to her latest title of Senior Sales Administrator, "Lisa T" has seen and done it all within the sales office at Samuels Seafood. In fact, almost every new hire gets their best training and introduction to the way we do things from Lisa T. And if she ever has to stay late, come in early, or fly down south to help train our Florida staff, Lisa T gets the job done right with a smile on her face. We congratulate Lisa T for another EOM selection!



Shane Dougherty

Since 2008, Shane Dougherty has been a true asset to Samuels Seafood. Throughout his 15 years with the company, Shane has been in a handful of roles. From being a dock worker and truck loader to working in the freezer, a staff accountant, and now his newest role of Inventory Control Manager, Shane has done a tremendous job. As Inventory Control Manager, he conducts daily adjustments, analyzes counts, and verifies, as well as, counts inventory. Time and time again, Shane has proven to everyone that no matter what is thrown his way, he will go above and beyond to get the job done. Thank you for your commitment to Samuels Seafood and congratulations on your EOM win!



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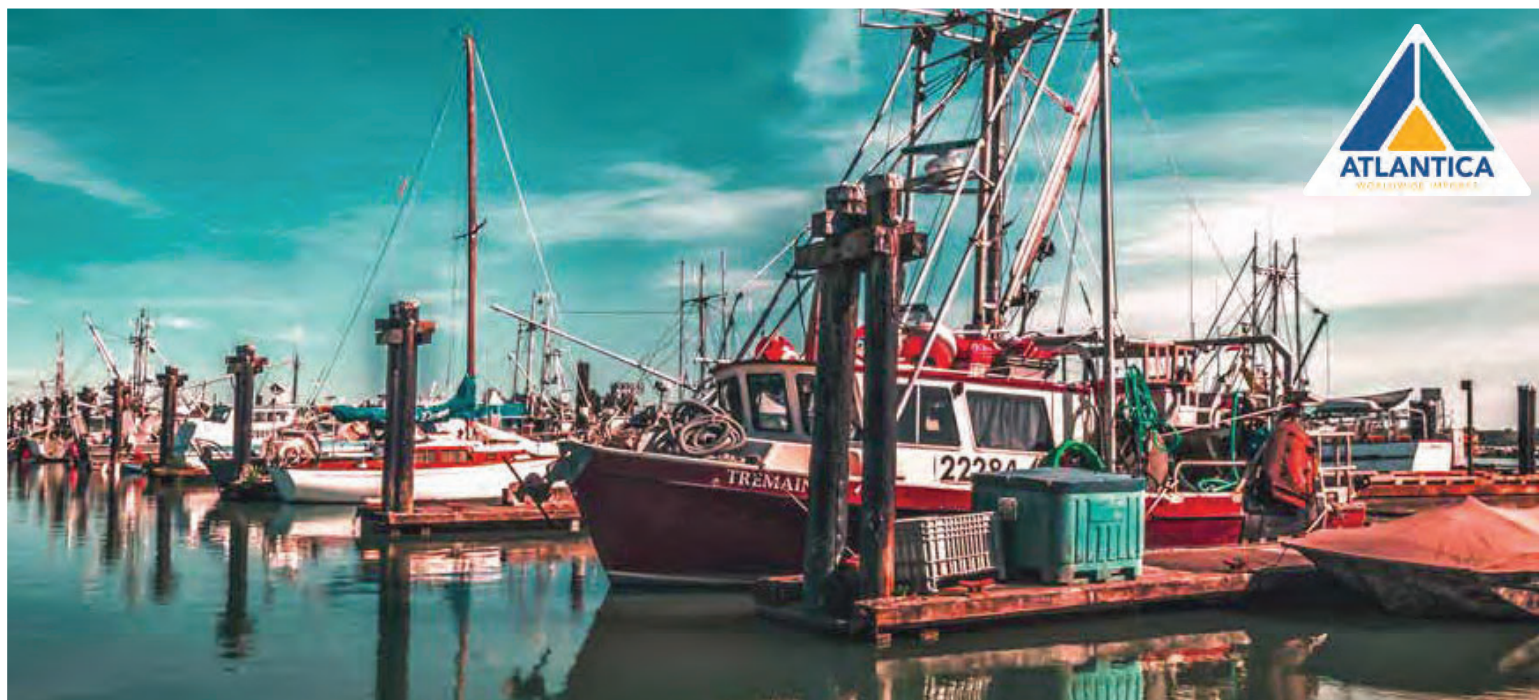
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ATLANTICA IMPORTS

SEAFOOD SOURCED FROM AROUND THE GLOBE



Sourcing the highest quality products from around the globe, Atlantica has grown into a major food importer. From Australia to China, Japan, South Africa, and South America, Atlantica specializes in Crab, Mahi Mahi, Red Snapper, Swordfish, and Tuna, just to name a few, along with additional sustainable farm-raised species. Atlantica's high standards and focus bring in the best premium and unique top-of-the-line products!

Atlantica's strongest asset is having skilled knowledge of global sourcing with a team of industry experts. Scouring the world for pristine products, Atlantica always keeps sustainability in mind and every item is processed with the highest standards in the industry. Atlantica's exclusive sourcing service brings the world's top quality seafood products to your door.

Continue reading to learn about the fresh and frozen offerings from Atlantica:

Arctic Char – The crystal clear waters of Iceland provide the world's most natural breeding grounds for the Arctic Char. Apart from the delicious taste, similar to that of Salmon and Trout, this fish is high in protein, vitamins, minerals, and Omega-3 fatty acids.

Norwegian Halibut – Farmed in the clearest waters of Norway, Norwegian white Halibut will delight many of the senses. It's juicy, meaty consistency will please your palate, whether it is served as a thick fillet, a cutlet, broiled whole, or bite-size chunks. Also excellent when served raw in a white Halibut carpaccio or as sushi. This product features a delicious tasting high quality protein that is sustainable and rich in Omega-3 fatty acids.

Swordfish – Found around the world, Atlantica sources fresh product from Ecuador, Chile, Brazil, South Africa, Maldives, Thailand, Indonesia, the Philippines and Tahiti. The fish are caught by longline fishing vessels and not captured by nets, decreasing the numbers of incidental catch. Longline caught fish have less stress during capture and are graded higher with fewer chemical changes. At Atlantica, each fish is graded before shipping.

Red Drum – Farmed in the clearest waters of one of the largest coral reef islands in the world, this great tasting, high quality fish is rich in vitamins, minerals, and Omega-3 fatty acids. With a delicate taste and exquisite texture, Red Drum is suitable for all types of cooking methods including sashimi, grilling, frying, baking, and boiling. Its head and tail lend themselves well for tasty soups and stews.

Spanish Crawfish – Crayfish are eaten all around the world. They have an abundant amount of protein and fat. These wild, freshwater Crayfish are caught near the city of Seville. Additionally, they are sustainably fished using traditional crafts in the lakes and rice paddles of Southern Spain.

Octopus – Stella Mari Octopus are sourced in the Makassar Strait between Borneo and Celebes Island. The clean environment of these remote waters produces a superlative Octopus. Once cleaned, the Octopus is simple frozen whole and turned inside out in “flower” presentation.

Dorade – The Sea Bream is found in the Mediterranean Sea and the eastern coastal regions of the North Atlantic Ocean. It is very tasty and also rich in omega-3 fatty acids. Produced in the clearest of waters, only the highest quality feed is used to achieve the utmost quality and taste.

Bronzino - Farmed in the clear Mediterranean waters, this Bronzino gets its delicious taste from the high salt content and ideal water temperatures. Bronzino is also known as Mediterranean Sea Bass and is rich in Omega-3 fatty acids. Perfect grilled, whole or filleted.

Be sure to visit atlanticaimports.com/contact to inquire with any questions.





MONTHLY SPECIALS

Call your Sales Agent to place an order today!

Sale Dates: March 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.*

SamuelsSeafood.com

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800-580-5810

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Mid West

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Happy Saint Patrick's Day!



IRISH POINT

From Rustico Bay, PEI
100 Count Bags

\$1.00 Each



CLEAN SQUID TUBES

Lauren Bay
25 lb Case

\$5.00 lb



LOBSTER TAILS

10/12 oz
Product of UAE

\$25.00 lb



KING CRAB LEGS

12/14 oz Wild Caught
20 lb Case

\$30.00 lb



SHAD ROE SETS

Wild Caught
2 Sets per Tray
\$15.50 ea
Per Set



NORWEGIAN SKREI COD

Dayboat Caught
Skin Off Fillets, Pins In
\$15.50 lb
House-Cut



FRESH BARRAMUNDI FILLETS

Skin-On
Pins Out
\$15.50 lb
House-Cut



WILD BLACK COD

Skin-On, Pins In
USA Caught
\$15.50 lb
Alaskan Sable



LITTLENECK CLAMS

18/27 Count
10 lb Case Frozen at Farm
\$3.50 lb
Vietnam



WHOLE TURBOT

Wild
Frozen at Sea
\$7.50 lb
North Sea



BIG GLORY BAY SALMON

Pins In Fillets
Frozen at Sea
\$9.50 lb
Price Stable



SNOW CRAB CLAW COCKTAIL

21/24 count
18 lb Case
\$44.50 lb
Banquet Item



"SEPIA GRANDE" WILD CUTTLEFISH

Cleaned & Ready to Cook
Individually Quick Frozen
Perfect for Salads

\$7.95 lb
22 lb Case



**FROZEN BARRAMUNDI
PORTIONS**
4 oz Skin On
10 lb Case Frozen at Farm
\$5.50 lb



**CLEANED WILD
WHITE CONCH**
Sweetest of all Conch
5 lb Frozen Block
\$12.50 lb



**WILD CAUGHT
LANGOSTINOS**
13.2 lb Case
12/15 Count
\$25.50 lb



**SHRIMP
TEMPURA**
16/20 Count
120 per Case
\$60.50 Case



**GULF GOLD
SHRIMP**
61/70 Count
50 lb Case, 5 lb Box
\$4.89 lb



**DEEP SEA
WILD WHITE SHRIMP**
21/25 Count
5 lb Case
\$7.39 lb



**WILD MEXICAN
GOLD SHRIMP**
16/20 Count
30 lb Case
\$8.59 lb



**PRIMES
SOFT SHELL CRABS**
Flash Frozen
14 Dozen per Case
\$29.89 doz



**IMPORTED PORTUGUESE
STUFFED SQUID**
Tinned in Red Sauce
12 per Case
\$15.00 Case



**JAPANESE SHORT
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"Haenuki" Yamagata
5 KG
\$30.00 Bag



**SEAFOOD
SUPREME SALAD**
Aunt Connie's Famous
5 lb Unit
\$35.00 Each



**CANTERBURY CURE
ITALIAN OSETRA**
Buttery & Luscious
1 oz Units
\$45.00 Each

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