



FISH TALES™

JULY 2023 | A SAMUELS SEAFOOD MAGAZINE

GREENHEAD LOBSTER

Family Owned and
Operated Since 1997

LA CAMPAGNOLA

A Taste of Italy
in Shamong, NJ

LOBSTER ROLL RECIPE

Chef Anne's
Recipe Inside!

JULY MONTHLY SPECIALS

Items Perfect for
All Summer Menus!



Samuels Spotlight

La Campagnola



La Campagnola opened in the early 2000's in Shamong, New Jersey. This is a unique restaurant that has a lot to offer, with an Italian focused menu, influenced by surrounding European countries. Enjoy the casual yet elegant atmosphere and indulge in a variety of culinary delights; pasta, steak, seafood.

La Campagnola was not the first restaurant that founders and owners Tony and Pete Sparacio operated. Before La Campagnola, the brothers had operated a Pizzeria in Medford Lakes by the name of Riviera Pizza. This Pizzeria was originally established by their father Salvatore Sparacio, and they have both locations open to this day. Eventually, the brothers wanted to create another restaurant, one that would serve a wide variety of foods. In 2006, they brought over Chef Michael Nuciglio to be the executive chef of this new restaurant. He would develop the menu that would deliver on the ambition that the brothers had envisioned for their new project.

The menu reveals a myriad of appetizers, soups, salads, seafood, pasta dishes, steak, and more, all made with fresh delicious ingredients. Popular amongst the seafood selection is a dish dubbed the "Oceans Garden". This dish is a lavish extravaganza of jumbo shrimp, sea scallops, a vodka blush sauce, baby spinach, paired with a choice of pasta. Another popular seafood dish amongst their selection is their shrimp and salad risotto. As the name suggests, this dish is a delectable combination of jumbo shrimp and sea scallops in a parmesan risotto. Leaving the seafood section of the menu and venturing back onto land, La Campagnola offers a variety of juicy delicious steaks made from Braveheart Beef. This high-quality beef is among the best quality beef that one can get their hands on.

To complement the excellent food, La Campagnola provides a relaxing yet tasteful atmosphere. Seating one hundred fifty-four, La Campagnola contains a seventy-seat dining room, a

seventy-seat bar area, and a fourteen-seat mezzanine area. This provides the perfect setting to enjoy any number of their delicious dishes.

La Campagnola offers an ambitious menu. To have such an elaborate menu in a family business is not an easy task to pull off. Nonetheless, La Campagnola has managed to do so successfully. This success is a testament to the fact that big things can come from a small team, they have the drive to match the size of their dreams.

Follow the restaurant on Instagram at [@lacampagnola439](#) and on Facebook [@LaCampagnola!](#)



CHEF'S CORNER GREENHEAD LOBSTER

Summer is in full swing. Many people are taking their well-deserved vacations, entertaining with family and friends, and enjoying the longer days and delightful weather. Nothing says summer like a lobster roll.

Sweet succulent Greenhead Lobster meat from Stonington, Maine makes a lobster roll like no other.

Greenhead Lobster is being harvested from the cold clean waters of the Penobscot Bay. These fishermen and woman have been fishing for Lobsters here for generations. Penobscot Bay waters produce lobster meat like no other. The taste and texture are far superior to many other Lobsters and the fat content is great as well.

People love a Lobster roll whether its Maine style drenched in drawn butter or

Connecticut style which is made with mayonnaise. My version of a lobster is a combination of both. I like to toast a brioche hot dog bun with butter. The really nice part of the Greenhead Lobster meat is it cooked and out of the shell making less labor. I lightly warm the Lobster with a little clarified butter and toss with mayonnaise, celery, scallion, lemon, salt, pepper and chili. I like to top this off with a summer corn chutney for crunch. Greenhead Lobster meat will definitely be a crowd pleaser whether in restaurant or at home.



EMPLOYEES OF THE MONTH



Dee Gregorio

Dee Gregorio joined Samuels in October of 2001. During her 21+ years at Samuels, Dee manages our accounts payable, processing our vendor invoices, and oversees the vendor payment process. Through the years, Dee has developed relationships with both our external vendors and our internal purchasing department, working closely to resolve any issues that arise. Dee is an integral part of the accounting team, and we appreciate all that she contributes to our success here at Samuels!



Jack Rivas

Jack Rivas is a Union Dock Worker at Samuels. Jack is attentive to our customers' needs, is a valued team player, and is always willing to pitch in and assist the team! Jack is an asset to the staff. Congrats Jack!

Samuels Seafood Chef Anne Coll

Questions or Comments?

Chef Anne will be happy to assist!

800-500-5810 x6555



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Contact marketing@SamuelsSeafood.com to sponsor Fish Tales or for any other inquiries.

FISH TALES STAFF

DIRECTOR OF MARKETING
KRISTIN O'NEILL
kristino@samuelsseafood.com

SAMUELS SEAFOOD CHEF
ANNE COLL
anne@samuelsseafood.com

FISH TALES DESIGNER
BLAKE MONTALTO
blakem@samuelsseafood.com

CONTRIBUTING WRITER
ZACH BLUMBERG
zachb@samuelsseafood.com

CONTRIBUTING PHOTOGRAPHER
DOMINICK AMELOTTI
dominicka@samuelsseafood.com



GREENHEAD LOBSTER

THE WAY LOBSTER SHOULD BE



Since 1997, Greenhead Lobster has bought the daily catch off local boats in Stonington, Maine. Starting with just a few, Greenhead Lobster now buys from over one hundred independent lobsterselling individuals. This makes them the largest independently owned lobster buyer in the state.

The Penobscot Bay is widely recognized as the most premium habitat for producing sweet, tender lobsters. These tasty qualities are especially pronounced in the summer months, when lobsters shed their shells and become ‘new shell’ lobsters. This means the shell is softer than in other seasons, which allows more sea water to permeate, leading to a perfectly seasoned taste. Because the shells are so delicate, this makes shipping some ‘new shell’ lobsters difficult between June and September (no wonder so many flock to Maine to eat lobster in the Summer!).

Greenhead Lobster is unique in that they are a lobster buyer—buying directly from boats and the lobster processor. This means that quality handling measures are in place throughout the entire process. Unsurprisingly, that Samuels and Greenhead Lobster have been in business together for over 15 years—both are driven to provide premium products to their customers.

Fortunately, Greenhead Lobster opened their own state-of-the-art High-Pressure Processing (HPP) facility in 2018, making this tender, summer-only taste and texture more widely available.

Benefits of HPP:

1. Most humane entry into the processing line. This initial step is critical. It minimizes the production of stress hormones, which preserves the taste and texture of fresh lobster.
2. The pressure creates a separation between the meat and the shell, which allows meat to be extracted fully raw
3. Added food safety; extended shelf-life of fresh product.

To learn more about Greenhead Lobster, visit them online at greenheadlobster.com

Also, be sure to speak with your Samuels sales representative about Greenhead Lobster products.



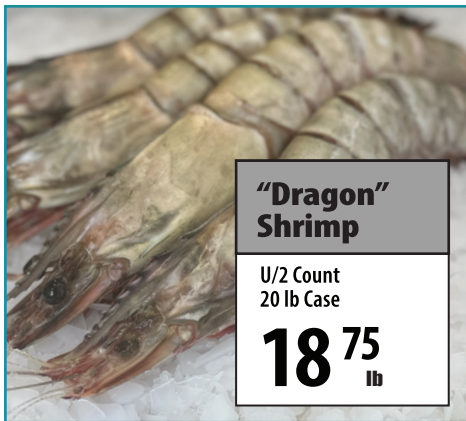
Fresh Greenhead Lobster Claws & Knuckles High Pressure Processing (HPP)

Claws & Knuckles are atmospherically steamed, ensuring even cooking. The fresh cooked meat is sealed in an OTR (oxygen permeable) bags which are re-run through the HPP machine. This second pressure processing step eliminates the presence of bacteria within the sealed bag and extends the shelf-life of this fresh product to 18 days. Time & Temperature Indicators (TTIs) are affixed to each 2lb bag to ensure temperature abuse has not occurred and the extended shelf-life can be trusted and fully utilized.

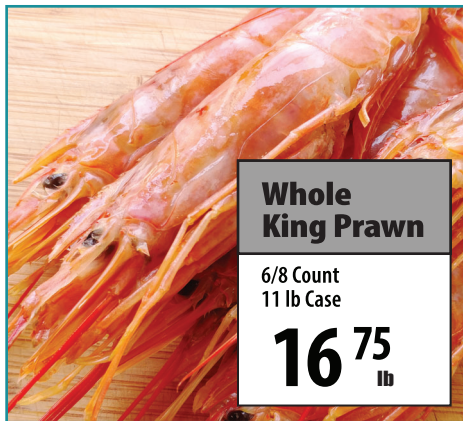
The extended shelf-life creates an opportunity for more chefs to use a fresh product, where before the use of HPP technology, frozen was the only option.



SUMMER SIZZLERS



"Dragon" Shrimp
U/2 Count
20 lb Case
18⁷⁵ lb



Whole King Prawn
6/8 Count
11 lb Case
16⁷⁵ lb



Wild Langostinos
12/14 Count
13.2 lb Case
22⁷⁵ lb



Dungeness Crabs Whole or Clusters
7⁹⁵ lb



Snow Crabs Clusters
30 lb Case
5⁹⁵ lb



King Crabs 16/20 Count
20 lb Case
19⁷⁵ lb



4⁹⁵ lb
Barramundi Portion
4 oz. IVP
10 lb Case



4⁹⁵ lb
White Shrimp
31/35 Count
40 lb Case



8⁹⁵ lb
Rock Shrimp
71/90 Count
5 lb Unit



24⁹⁵ oz
Soft Shell Crabs
Primes, Frozen
7 Dozen per Case, 10 Case Limit



6⁵⁰ lb
Mahi Portions
10 oz. Each
10 lb Case



6⁵⁰ lb
Cod Portions
10 oz. Each
10 lb Case



6⁵⁰ lb
Swordfish Portions
10 oz. Each
10 lb Case



6⁵⁰ lb
Striped Catfish Fillets
10 oz. Each
15 lb Case



6⁵⁰ lb
Ahi Tuna Steaks
10 oz. Each
10 lb Case



MONTHLY SPECIALS

Call your Sales Agent to place an order today!

Sale Dates: July 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.*

SamuelsSeafoodCompany.com

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

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



GREENHEAD LOBSTER



**BOAT RUN
LIVE MAINE
LOBSTERS**
8⁰⁰
lb

**COOKED MAINE
LOBSTER MEAT**
35⁰⁰
lb
**RAW FROZEN
LOBSTER MEAT**
25⁰⁰
lb

**SPRING PACK
4-5 OZ MAINE
LOBSTER TAILS**
25⁰⁰
lb



1⁰⁰
lb

Chowder Fish
Boneless White Meat
25 lb Minimum



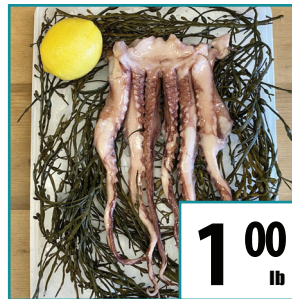
1⁰⁰
lb

California Squid
Baby Chipirones
Frozen 5 lb Units



1⁰⁰
lb

Lobster Bodies
Perfect for Stock
25 lb Case



1⁰⁰
lb

Giant Humboldt Squid
Tentacles, 24 lb Case
Frozen in Spain



1⁰⁰
ea

Salt Water Taffy Oyster
Barnegat Light, New Jersey
100 Count, Medium Cup



10⁰⁰
ea

Fresh Clam Juice
No Preservatives
1 Gallon Units



10⁰⁰
lb

Baby Octopus
Fresh From Spain
3/4 to 1 lb Each



10⁰⁰
lb

Easy Peel Shrimp
U/12 Count
20 lb Case



10⁰⁰
lb

Pasturized Crabmeat
All White Special Crabmeat
12 lb Case (10 case maximum)



5⁰⁰
dz

Jidori Eggs
Cage Free Vegetarian Hens
3 Dozen Units



30⁰⁰
ea

Herring in Wine
Olsen's Brand
1 Gallon Unit



50⁰⁰
ea

Royal Osetra Caviar
Canterbury Cure
1 oz. Unit



100⁰⁰
cs

Unsalted Butter
1 lb Units
36 lb Case

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