



FISH TALES[®]

JULY 2025 | A SAMUELS SEAFOOD MAGAZINE

MID-ATLANTIC/MIDWEST EDITION

From the Cold
Waters of Maine
Mussels Reimagined
by Greenhead Lobster



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How Samuels Supports
Responsible Seafood Sourcing

Centrolina at 10

A Seafood-Driven Celebration
of Italian Cooking in Washington DC

Reel in the Flavor
This July
Catch the Savings
All Month Long

Samuels Spotlight

Centrolina at 10:

A Seafood-Driven Celebration of Italian Cooking in Washington D.C.

By Donna D'Angelo

Tucked into the heart of 'CityCenterDC', Centrolina Mercato e Osteria recently celebrated its 10th anniversary—an impressive milestone for the flagship restaurant of six-time James Beard Award semifinalist Chef Amy Brandwein. Known for modern interpretations of regional Italian cuisine, Centrolina is defined by its seasonality, simplicity, and devotion to premium Mid-Atlantic seafood.

Seafood plays a starring role across the Centrolina menu. Diners can begin with elegant crudos, explore pasta like squid ink chitarra at lunch, and return for dinner for rich dishes such as pappardelle with shiso, ricotta, scallop, and bottarga. The grilled fish of the day, prepared with seasonal sides and a delicate touch, is a longtime favorite. Each dish reflects Brandwein's ability to transform pristine ingredients into refined, approachable plates.

During the holidays, Centrolina's Feast of the Seven Fishes is a seasonal highlight, with an all-new seafood menu crafted each year to honor Italian American tradition through a chef-driven, contemporary lens.

The restaurant is also home to a robust Italian market, an essential part of Brandwein's original vision and a unique offering in the D.C. dining landscape. While she knew the ins and outs of running a restaurant, stepping into retail brought a new set of challenges—from managing inventory and pricing to scaling fish and sourcing specialty imports. But for Brandwein, it was worth it: the market became a way to extend her culinary ethos beyond the plate.

The space is stocked with the same high-quality fish featured on the menu, alongside pantry items that speak to the umami-rich flavors found in her cooking. Standout finds



Photos: Vina Sananikone

include Colatura di Alici, an anchovy-based Italian fish sauce aged in oak barrels, and Nonnata di Pesce, spicy marinated neonatal fish, which adds depth to her salmon tartare. Guests can also browse for Italian spicy soy sauce, imported peppers, and other hard-to-find regional specialties.

Centrolina continues to evolve. In addition to collaborative chef dinners, Brandwein hosts Stela, an intimate eight-course tasting menu in her private chef salon. Stela allows her to experiment beyond traditional Italian fare, often building menus around personal themes, ingredients, or memories. A recent example: homage to her Michigan childhood, featuring lake perch inspired by summers spent fishing with her stepmother. It is held most Fridays at 7 PM, the experience

includes limited seating and an optional wine pairing.

Now ten years in, Centrolina remains a cornerstone of the D.C. culinary scene—anchored by a thoughtful seafood program, a commitment to ingredient-driven cooking, and a chef who continues to push boundaries while honoring her Italian roots.



How Samuels Supports Responsible Seafood Sourcing

At Samuels Seafood, we are deeply committed to supporting a more sustainable and transparent seafood industry. That commitment includes maintaining active affiliations with organizations like the Marine Stewardship Council (MSC)—a global non-profit dedicated to protecting the health of our oceans and the future of seafood.

The MSC's mission is to recognize and reward responsible fishing practices through two certification programs:

- Fishery Certification, which ensures seafood is sourced from well-managed, sustainable fisheries.
- Chain of Custody Certification, which verifies that seafood remains traceable and segregated throughout every step of the supply chain.

Seafood bearing the MSC's blue fish label meets strict environmental and traceability standards, and is independently audited by third-party assessors. This helps reduce seafood fraud, strengthen



accountability, and build a more trustworthy supply chain.

At Samuels, we're proud that many of our featured monthly specials carry MSC certification—including customer favorites like lobster tails, Hawaiian tuna loins, and more. It's one more way we're honoring our commitment to sustainability and providing our customers with seafood they can feel good about.

To learn more about the MSC and its work, visit www.msc.org.

Employee of the Month

Jesse Weast



Please join us in celebrating Jesse Weast as our Employee of the Month!

As Philadelphia's Processing Room Manager, Jesse continues to set the standard for leadership, collaboration, and dedication. Since stepping into this role, he has been a tremendous asset to our operations—keeping communication flowing smoothly between upper management, sales, and the buying team, all while maintaining efficiency and quality on the cutting room floor.

Jesse leads by example. Whether he's coordinating production schedules or jumping in with a hook or a pair of pliers to get the job done, he brings a hands-on, can-do attitude that motivates the entire team. His commitment to ensuring the cutting room has what it needs to succeed—paired with his deep understanding of our products and processes—makes him an indispensable part of the Samuels family.

His proactive approach, attention to detail, and steady presence contribute every day to the strength and success of our operation.

Thank you, Jesse, for your exceptional work and for all you do to support the team!

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

From the Cold Waters of Maine:

Mussels Reimagined by Greenhead Lobster



Greenhead Lobster – The Way Lobster Should Be

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

HPP Processing

In an effort to diversify, Greenhead Lobster built a state-of-the-art High-Pressure Processing (HPP) facility in 2019, located just 40 min-

utes from their buying docks. Greenhead Lobster produces a full line of both raw and ready-to-eat products, fresh and frozen.

High Pressure Processing allows Greenhead Lobster to shuck raw meat from the shell, giving chefs total flexibility in cooking methods, while also avoiding double cooking. HPP processing helps to preserve

flavor and texture, in addition to extending shelf-life.

Keeping the Lights On

Although lobstering is a year-round fishery in Maine, most boats are considered 'day boats,' selling their landings daily. This means that most boats are too small for rough winter weather and Maine sees a decrease in landings in February through April. During these periods of slim lobster landings, Greenhead Lobster looks to other local species to keep the lights on in their Bucksport, Maine processing facility, including sea scallops, Jonah crab, and most recently:



mussels.

HPP Maine Blue & Gold Mussels

Greenhead Lobster has partnered with Blue Hill Bay Mussels & Marshall Cove Mussels, two mussel farms located on either side of Deer Isle (where Greenhead is headquartered). Greenhead Lobster is very excited to add a new species to their processed product line! Utilizing the High-Pressure Processor allows the raw mussels to be shucked from their shells. Mussels are then weighed into 2lb bags and are nitrogen frozen.

“Blue Mussels” are farmed from the wild-caught blue mussel spat that a mussel farmer collects each year. “Gold Mussels” are farmed from spat created at Downeast Institute from mussels selectively chosen by Evan Young, of Blue Hill Bay Mussels. This ‘selective breeding’ process led to the branding of “Gold Mussels” which originated from the same wild-caught blue mussel spat, but through years of selecting mussels with certain physical attributes (fast growth being the original target), “Gold Mussels”

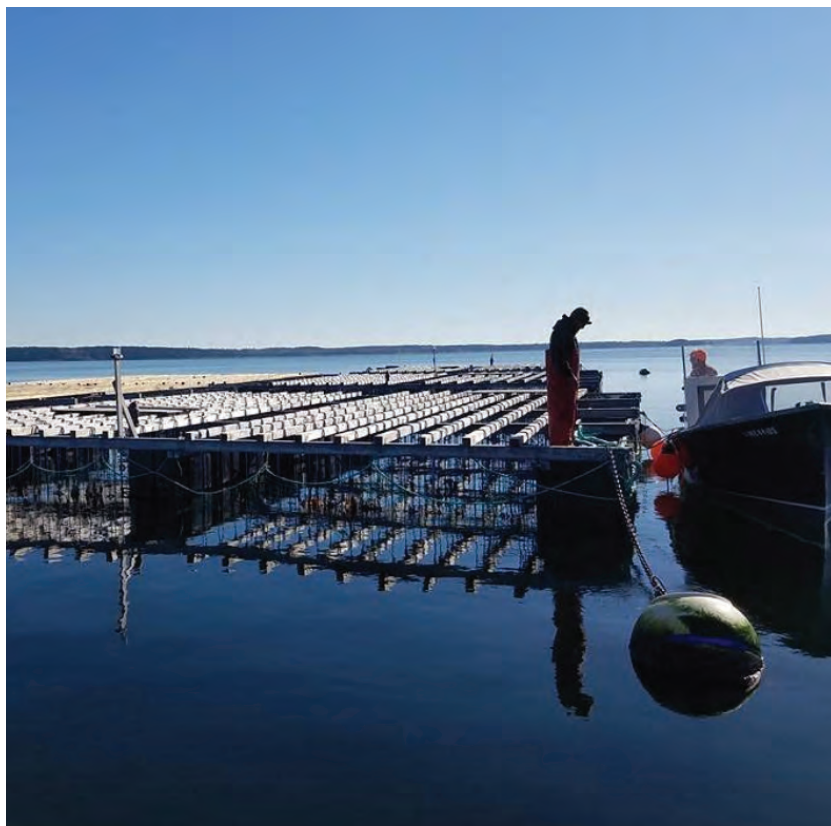
are another option, which have a very large yield. More information on “blue & gold” mussels can be read here: <https://greenheadlobster.com/hpp-raw-shucked-mussels/>

Processed at Peak Season

These raw, HPP shucked, mussels are very high in yield and the meat is consistent. This is due to harvesting/processing specifically at the end of winter/early spring, when the ocean is still very cold. Mussels store nutrients and grow to be very plump through winter, ahead of their spring spawn. By harvesting/processing at the end of winter, the mussels are all at their peak yield and flavor.

A New Mussel

Because raw, HPP shucked, frozen mussels are a new product, different cooking methods are available. Try fried, smoked, marinated, tossed in a seafood pasta, paella, or fritters. Being processed raw offers flexibility in cooking method, the convenience of being frozen, an economical price, and seasonal consistency.



★ ★ ★ July Specials ★ ★ ★


PF100

BLU® CRAB COCKTAIL FINGERS
 Pasteurized 12 oz Units
 12 Count Case Sales Only
\$10.00 ea


PB107

BLU® BACKFIN CRABMEAT
 Pasteurized
 12 lb Case Sales Only
\$13.00 lb


PCC900

COLOSSAL CLAW CRABMEAT
 Pasteurized
 12 lb Case Sales Only
\$20.00 lb


PC101

LAUREN BAY® CLAW CRABMEAT
 Pasteurized
 12 lb Case Sales Only
\$7.50 lb


KCM100

RED KING CRAB MEAT
 From Norway
 3 lb Case
\$19.75 lb


JSE

JONAH SNAP & EAT CRAB CLAWS
 Triple Scored
 20 lb Case
\$6.79 lb


PH24

FILIPINO OCTOPUS
 2/4 Count
 30 lb Case
\$3.95 lb


SEPIACL

CLEANED SEPIA
 Wild-Caught
 22 lb Case
\$7.50 lb


CONCHD

LOCAL CONCH MEAT
 Cooked Scungilli
 1 lb Unit
\$15.00 lb


ZBRILL

WILD BRILL FROM THE NETHERLANDS
 Whole, Headed & Gutted
 22 lb Case
\$5.00 lb


MEROF

FRESH MERO
 Skin-On Fillets
 Sashimi-Grade
\$19.50 lb


1012B

WARM WATER LOBSTER TAILS
 10-12 oz
 10 lb Case
\$17.50 lb

Call Your Sales Agent Today!

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

Midwest
 888-512-3636
 412-244-0136

Sale Dates: July 1 - 31, 2025

SamuelsSeafood.com

Special pricing is reserved for current Mid-Atlantic account holders and Giuseppe's 7 Fish Club members only. Price and availability are subject to change. Additional freight charges may apply. Please consult with your Samuels Sales Agent for more information.



LOBMT

FRESH LOBSTER MEAT

Claw & Knuckle
1 lb Unit

\$49.50 lb



SMKCAN

CANTERBURY CURE SMOKED SALMON

3-4 lb Sides
Hand-Sliced

\$18.95 lb



AC007

OCTOPUS SALAD

Aunt Connie's Famous
5 lb Unit

\$59.00 ea



ACS600

CORN & CRAB CHOWDER

Aunt Connie's Famous
1 Gallon Unit

\$39.50 ea



TAFFY

SALTWATER TAFFY OYSTERS

Barnegat Bay, NJ
100 Count

\$0.85 ea



SQUIRT

SEA SQUIRTS

Wild-Caught
From Japan

\$10.00 ea



MELON

JAPANESE CROWN MELON

Premium Muskmelons
Sold Individually

\$80.00 ea



CHICK202

LA BELLE FARMS AIR-CHILLED CHICKEN BREAST

10 lb Unit
40 lb Case

\$5.00 lb



DUCK200

LA BELLE FARMS DUCK BREAST

2.2 lb Pack
11 lb Case

\$15.00 lb



NEBE904

GRASS-FED BEEF BURGER PATTIES

8 oz Patties
12 lb Case

\$78.00 cs



NEBE905

GRASS-FED ALL-BEEF HOT DOGS

4 Links per Pack
10 lb Case

\$50.00 cs



NEBE200

PIEDMONTESE GRASS-FED BEEF STRIP LOIN

4 per Case
50 lb Case

\$16.50 lb



PIG500

BERKSHIRE PORK BABY BACK RIBS

2-4 lb Each
10 Racks per Case

\$7.99 lb

Sizzling Summer Shrimp Savings


1620DB2
**WILD MEXICAN
BLUE SHRIMP**

 16/20 Count
50 lb Case

\$6.95 lb

1620QP
**QUICK PEEL
SHRIMP**

 16/20 Count
20 lb Case

\$5.75 lb

2125NAT
**NATURAL SHRIMP
RAW & DEVEINED**

 21/25 Count
20 lb Case

\$6.95 lb

2630OIS
**OISHII ALL-
NATURAL SHRIMP**

 26/30 Count
20 lb Case

\$5.75 lb

LGBRK
**PEELED & DEVEINED
BROKEN SHRIMP**

 40/60 Count
20 lb Case

\$4.50 lb

U12PS1
**WILD MEXICAN
BLUE SHRIMP**

 U/12 Count
30 lb Case

\$14.50 lb

MTVQ15
**WILD MEXICAN
BLUE SHRIMP**

 U/15 Count
20 lb Case

\$7.50 lb

ROCK7190
**PEELED & DEVEINED
ROCK SHRIMP**

 71/90 Count
50 lb Case

\$11.50 lb

7190PUD
**PEELED
SHRIMP**

 71/90 Count
50 lb Case

\$4.50 lb

SPF
**SPOT PRAWNS
BOTAN EBI**

 15/19 per Box
1 kg Unit

\$55.00 ea

1315CK
**COOKED TAIL-ON
SHRIMP**

 13/15 Count
10 lb Case

\$10.75 lb

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SUSTAINABLE
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Sustainably Sourced. MSC-Certified.


J900
**COLD WATER
LOBSTER TAILS**

3.5-5 oz Each, 11 lb Case

\$40.00 lb

68AUS
**WILD HEAD-ON
KING PRAWNS**

6/8 Count, 11 lb Case

\$15.00 lb

ZBCODF
**WILD ALASKA
BLACK COD**

Skin-On Fillets

\$15.00 lb

67M
**COLD WATER
LOBSTER TAILS**

6-7 oz Each, 10 lb Case

\$25.00 lb

TL100
**FRESH HAWAIIAN
TUNA LOINS**

Skin-On

\$15.00 lb