



GOLD LABEL BRAND
CALAMARI SQUID
PREMIUM
LOLIGO



Gold Label Calamari

Premium Loligo Squid

Fisherman's Pride® Gold Label Brand Calamari, caught in the pure waters of the Gulf of Siam and the South China Sea, is the perfect Chef's ingredient for any seafood dish. Sought after for its tenderness, it's deliciously mild with a sweet natural flavor.

Manually processed at our HACCP approved plants, Fisherman's Pride® Gold Label Brand exceeds the highest standards of quality and is supervised under the strictest of quality control guidelines for consistency, excellence and value with every pound purchased.

Gold Label Calamari

Premium Loligo Squid

TRY OUR SERVING SUGGESTIONS

Gold Label Brand

Calamari Fettuccine with Roast Tomato Sauce

- 5-6 ripe tomatoes halved
- 1/2 red onion
- 1 large red pepper quartered
- 1/3 cup basil torn
- 3 cups baby spinach
- 2 cloves garlic (unpeeled)
- rosemary twigs
- 1/4 cup white wine
- 1/3 cup seafood stock or vegetable stock
- 2.5 lbs. defrosted calamari (squid)
- 1 lb. Fettuccine pasta
- Olive oil
- Sea salt and pepper
- Lemon wedges

1. Pre-heat oven to 400° F. In a large roasting tray lay down a bed of rosemary and place the tomatoes, red pepper, garlic cloves, and onion on top. Drizzle with olive oil, sea salt and pepper, roast for 45 minutes.
2. Allow to cool enough to remove the skins from the tomatoes and red pepper. Pop the soft garlic cloves out of their skins, and discard the rosemary. Slice the red pepper and onion into thin strips. In a large pan add a little olive oil and the skinned tomatoes, red pepper and garlic. Over a medium heat allow to heat through using the back of a spoon to squash the tomatoes into a sauce like consistency. Add the wine and allow the alcohol to cook off before adding the stock.

Nutrition Facts		Calories: 2,000 2,500	
Serving Size: 1/2 Cup (110 g) Servings Per Container About 10			
Amount Per Serving			
Calories 100	Calories from Fat 15		
	% Daily Value*		
Total Fat 1.5g	2%	Total Fat	Less than 65g 80g
Saturated Fat 0g	0%	Sat Fat	Less than 20g 25g
Trans Fat 0g	0%	Cholesterol	Less than 300mg 300mg
Cholesterol 244mg	85%	Sodium	Less than 2,400mg 2,400mg
Sodium 50mg	2%	Total Carbohydrate	300g 375g
Total Carbohydrate 3g	1%	Dietary Fiber	0g 0%
Dietary Fiber 0g	0%	Sugars -g	
Sugars -g		Protein 17g	
Protein 17g		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

3. In a large pot of salted boiling water cook the pasta according to package directions. Don't overcook as you'll toss it through the hot sauce. Drain cooked pasta.
4. Drizzle a little olive oil over the calamari and season well. In a grill pan, skillet or barbeque cook in small batches for about two minutes on each side. Be careful not to overcook, Calamari should be moist and tender.
5. Add the baby spinach to the sauce and as soon as the spinach has wilted, reduce the heat. Toss through the pasta and when warmed through and coated well with sauce, take off the heat. Stir through the basil leaves and place small piles in serving bowls. Top with calamari and finish with a good squeeze of lemon.

Code	Product Description	Country of Origin	Species	Packed	Net. Wt.	Gross Wt.	UPC Code	Case Size	Case Cube	Ti x Hi
376-50	5-8" Tubes & Tentacles	Product of Thailand	Loligo Formosana	20/2.5 lbs.	50 lbs.	54 lbs.		19" x 13.5" x 12"	1.78	5 x 7 = 35
377-50	5-8" Tubes Only	Product of Thailand	Loligo Formosana	20/2.5 lbs.	50 lbs.	54 lbs.		19" x 13.5" x 12"	1.78	5 x 7 = 35
374-44	20/40 Tubes & Tentacles	Product of Thailand	Loligo Formosana	10/4.4 lbs.	44 lbs.	48 lbs.		24" x 12.5" x 8"	1.39	7 x 7 = 49
375-44	20/40 Tubes Only	Product of Thailand	Loligo Formosana	10/4.4 lbs.	44 lbs.	48 lbs.		24" x 12.5" x 8"	1.39	7 x 7 = 49
376-44	10/20 Tubes & Tentacles	Product of Thailand	Loligo Formosana	10/4.4 lbs.	44 lbs.	48 lbs.		24" x 12.5" x 8"	1.39	7 x 7 = 49
377-44	10/20 Tubes Only	Product of Thailand	Loligo Formosana	10/4.4 lbs.	44 lbs.	48 lbs.		24" x 12.5" x 8"	1.39	7 x 7 = 49
378-44	U/10 Tubes & Tentacles	Product of Thailand	Loligo Formosana	10/4.4 lbs.	44 lbs.	48 lbs.		24" x 12.5" x 8"	1.39	7 x 7 = 49
379-44	U/10 Tubes Only	Product of Thailand	Loligo Formosana	10/4.4 lbs.	44 lbs.	48 lbs.		24" x 12.5" x 8"	1.39	7 x 7 = 49
374	20/40 Tubes & Tentacles	Product of Thailand	Loligo Vulgaris	10/4.4 lbs.	44 lbs.	48 lbs.		24" x 12.5" x 8"	1.39	7 x 7 = 49
375	20/40 Tubes Only	Product of Thailand	Loligo Vulgaris	10/4.4 lbs.	44 lbs.	48 lbs.		24" x 12.5" x 8"	1.39	7 x 7 = 49
376	10/20 Tubes & Tentacles	Product of Thailand	Loligo Vulgaris	10/4.4 lbs.	44 lbs.	48 lbs.		24" x 12.5" x 8"	1.39	7 x 7 = 49
377	10/20 Tubes Only	Product of Thailand	Loligo Vulgaris	10/4.4 lbs.	44 lbs.	48 lbs.		24" x 12.5" x 8"	1.39	7 x 7 = 49
378	U/10 Tubes & Tentacles	Product of Thailand	Loligo Vulgaris	10/4.4 lbs.	44 lbs.	48 lbs.		24" x 12.5" x 8"	1.39	7 x 7 = 49
379	U/10 Tubes Only	Product of Thailand	Loligo Vulgaris	10/4.4 lbs.	44 lbs.	48 lbs.		24" x 12.5" x 8"	1.39	7 x 7 = 49

" The pride of the industry "



FISHERMAN'S PRIDE - Ruggiero Seafood, Inc.

P.O. Box 5369 - Newark, NJ 07105 - PH: 800-543-2110

www.ruggieroseafood.com

For more information, pricing, or to place an order, Contact us at 866-CALAMARI (225-2627) or e-mail us at info@ruggieroseafood.com