

# Ocean TIDES<sup>®</sup>



## CALAMARI (Todarodes Pacificus)

Ocean Tides<sup>®</sup> Label Calamari is caught in the Sea of Japan off the coast of Korea and Japan.

This species, *Todarodes Pacificus*; is a premium product that offers many benefits with an attractive price point. Ocean Tides<sup>®</sup> Label *Todarodes Pacificus* offers a very tender product, with a mild flavor, and great plate coverage. While this product is ideal for frying, it also has the ability to be showcased in all of your favorite Calamari recipes.

Ocean Tides<sup>®</sup> Label exceeds the highest standards of quality and is used by some of the most famous restaurants worldwide. Supervised under HACCP guidelines and the strictest of quality control for consistency, excellence and value with every pound purchased.

Chef's from around the globe use Ocean Tides<sup>®</sup> Label with confidence and so can you.

**"THE PRIDE OF THE INDUSTRY"**

**Ruggiero Seafood, Inc.**

*Distributors of Frozen Calamari and other Seafood Products*



# Ocean TIDES®

## TRY OUR SERVING SUGGESTION

### Thai Basil Calamari with Asian Noodles

2.5 lbs. Defrosted  
Ocean Tides® Calamari  
1 lb. dry Asian noodles  
2 cups fish or shrimp stock  
1 tbs sesame oil

2 fresh sliced Thai chili peppers  
4 cloves fresh minced garlic  
4 tbs fresh minced ginger  
1 bunch sliced scallions  
Salt & Pepper to taste

Defrost the 2.5 lb. frozen Ocean Tides® Calamari under cold running water. Once defrosted, cut calamari tubes into rings about ½ inch wide. Place defrosted cut calamari in refrigerator until ready to use. Heat sauce pot on medium high heat and add sesame oil, garlic, ginger, and chili peppers. Cook while stirring for about 1-2 minutes, add the sliced calamari and continue to cook for about 5 minutes. Add fish stock to the pot and simmer 2-3 minutes (Do not overcook, or calamari will become chewy) add salt and pepper to taste. Cook Asian noodles per package instructions and place portion size servings into bowls. Ladle cooked calamari and broth over noodles, garnish with scallions, and serve.

Nutrition Facts	
Serving Size: 4 oz. (113 grams)	
Servings Per Container About 10	
Amount Per Serving	
Calories 100 Calories from Fat 15	
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 255mg	85%
Sodium 50mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	
Vitamin A 0% • Vitamin C 8% • Calcium 4% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000      2,500
Total Fat Less than	65g      80g
Sat Fat Less than	20g      25g
Cholesterol Less than	300mg      300mg
Sodium Less than	2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein	

#### PACKING INFORMATION

##### Ocean Tides Calamari

Code	Product Description	Country of Origin	Species	Packed	Net. Wt.	Gross Wt.	UPC Code	Case Size	Case Cube	Ti x Hi
464-30	3-5" Tubes & Tentacles	Product of China	Todarodes Pacificus	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 87980 2	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
465-30	3-5" Tubes Only	Product of China	Todarodes Pacificus	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 87981 9	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
466-30	5-8" Tubes & Tentacles	Product of China	Todarodes Pacificus	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 87982 6	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
467-30	5-8" Tubes Only	Product of China	Todarodes Pacificus	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 87983 3	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
468-30	Cut Rings Only	Product of China	Todarodes Pacificus	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 87986 4	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
469-30	Cut Rings & Tentacles	Product of China	Todarodes Pacificus	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 87987 1	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
464-10	3-5" Tubes & Tentacles	Product of China	Todarodes Pacificus	4/2.5 lbs.	10 lbs.	12 lbs.	0 46994 87980 2	10" x 7.25" x 8.5"	0.36	23 x 6 = 138
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