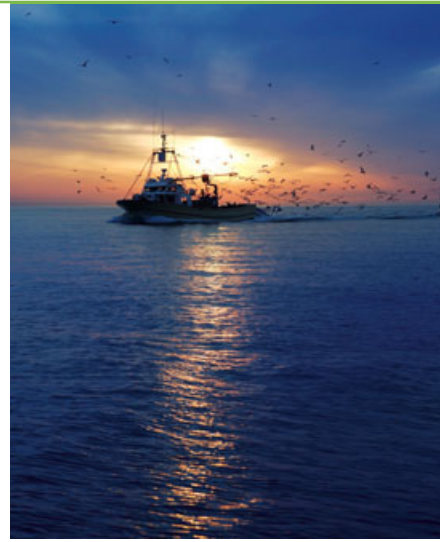


Good things
come from
Sysco[®]



> the **Sysco** Seafood
Product Catalog



**the most trusted
name in seafood.**

Sysco is the largest purveyor of seafood in North America. In fact, if Portico brand were an independent company, it would be the third largest seafood purveyor globally!

the portico pledge.

Our Portico Pledge states there will be no compromise in quality and every seafood product will be packed under the same superior quality specifications, no matter the plant or country they are packed in.



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A vibrant still life of fresh seafood. In the foreground, two bright red lobsters are the central focus, resting on a wooden cutting board. Surrounding them are several ears of yellow corn on the cob, red potatoes, and a variety of shellfish including clams and mussels. A small black bowl containing a white sauce is also visible. In the background, a large black pot sits on a stove, and a fishing net is draped over the left side of the frame. The overall scene is brightly lit, emphasizing the freshness and variety of the ingredients.

welcome.

Seafood has been a consistently growing category in recent years, and with more and more customers making seafood their first choice in dining, it's important to make sure you're getting the best product available. At Sysco, we know how important quality and integrity are to any operation, particularly with seafood sourcing. That's why we created this product catalog... we want to provide our operators with a seafood-specific guide to help you start up or build business in this expanding and highly profitable category. We'll help you understand the characteristics of different seafood products so you can be sure that you're serving only the best. You'll also see the many ways that Sysco is committed to making the necessary investments to ensure high quality, competitively priced, safe and sustainable seafood is being provided to our customers.

The Portico Story



As the largest purveyor of seafood in North America, Sysco has always been the leader in assuring economic integrity with our Portico lines of seafood products. And with the challenges of fraud within the seafood industry, we understand the hesitancy to change suppliers. But with the Sysco advantage, you're getting the experience of the market leader, and the trust of a brand committed to quality and integrity.

Portico brings foodservice operators the highest quality standards in the industry with delicious, healthy seafood selections that are adaptable to any menu. We offer a wide selection that can meet every foodservice operator's needs, including:

- everyday value with Portico Bounty
- best available value-added products with Portico Prime
- simple, purely natural products with Portico Simply

So, why Sysco, and our #1 selling seafood brand, Portico?

- > **Quality.** Our quality assurance (QA) standards and processes are unparalleled in the industry.
- > **Consistency.** Our product specifications ensure declared weight, sizing and uniformity of usable product.
- > **Traceability.** We require traceability all the way back to the source.
- > **Integrity.** Our commitment to and reputation for guaranteed quality.
- > **Competitiveness.** Our sourcing and scale enables delivery of superior products at value pricing.





The Portico Brand Structure

Three brands, one pledge: Every product will be packed under the same superior quality specifications... no compromises!

Portico Bounty

Portico Bounty products meet established industry standards for competitive "first" and "economy" value-added labels. The underlying quality of the raw material is similar to Portico Prime, with allowances for chemicals used in production and broader specification tolerances for breaching percentage, defects and portion control.



Portico Prime

The industry's best available value-added products are caught and processed in recognized prime regions and packed to exceedingly high specifications. Superior harvesting, production and/or packaging characterize this line of products. Portico Prime products are known for lower breaching and marinating percentages, better ingredients, limited use of chemicals and unique recipes.



Portico Simply

The brand name says it all – raw seafood products in their natural state of goodness. Our offerings within this brand are the best natural ingredients for use in all recipes. Products are single-frozen and can be portioned, skinned, boned, peeled or shucked. These raw products provide maximum versatility while delivering uncompromised quality and value. Simply superior!



> *It's Not Just About Fish!*

It's about people.

It's about sustainability.

It's about the future.

It's about commitment.

> [click here to learn more about the Portico story](#)



Risks and Rewards: Sysco Seafood Processing

While the seafood industry may be one of the most regulated sectors, these regulations are often not enforced. Unlike other proteins, there is little government oversight. In fact, while 85% to 89% of the seafood sold in the U.S. is imported, less than 4% is inspected by the FDA. Further, the minimal regulatory enforcements are primarily focused on food safety without considering economic integrity.

The global nature of seafood sourcing introduces a host of risks for any foodservice operator, and the continued presence of seafood fraud further complicates the industry. Fraud is perpetrated under many disguises, including:

- > Short weights and counts
- > Species substitution
- > Chemical adulteration
- > Improper labeling
- > Illegal transshipments



85% to 89% of the seafood sold in the U.S. is imported, LESS THAN 4% IS INSPECTED BY THE FDA.



Quality Assurance: The Portico Difference



When quality and integrity are expected but not enforced, experience and leadership are your best bets to hedge the risks. That's when the Portico difference matters.

Through the unsurpassed standards of Sysco Quality Assurance, you're guaranteed reliability and consistency. Here are a few of our safety and integrity measures that make Sysco and Portico the best choice in seafood:

- > Point Source Inspection Program (PSIP) conducted by domestic field specialists with physical plant audits performed by Sysco personnel at every source point
- > Traceability back to the point of origin for optimal accountability
- > Metal detection for hooks and other debris for additional assurance and safety at all plants
- > Product quality testing above and beyond hazard analysis and critical control points (HACCP)
- > Written specifications on file for all Portico products
- > Proper species, regulatory, ingredient and nutritional labeling, including the use of true

product names according to the FDA and U.S. Department of Commerce

- > Guaranteed net weight, count, grades and proper use of additives

With these additional, self-imposed measures, Portico provides oversight that is not typical in the industry. Our high standards allow for consistency and quality, which translates into value and more importantly, trust for our valued customers.





Sustainability: Today's Catch, Tomorrow's Supply

Sustainability has become a hot topic in the food industry in recent years, and it isn't limited to the farms and fields. "Sustainable seafood" refers to the process of fresh, high-quality seafood to our markets, restaurants and dinner tables in a manner that protects resources and maintains natural habitats. Sysco carefully monitors our fish and seafood suppliers on issues including species control, weight limits and harvesting and handling protocols.

We also partner with the World Wildlife Fund (WWF), the world's leading global conservation organization, on the complex issues related to seafood sustainability. It is our hope to steadfastly remain at the forefront of developing strategies for the responsible sourcing of wild seafood products through sustainable buying practices and standards.

As part of this collaboration, Sysco has made a multiple-stage commitment to ensure wild seafood supply sustainability. By 2015, 100% of the top ten Sysco brand wild-caught seafood species will be sourced from fisheries that are:

- > Certified by the Marine Stewardship Council (MSC)
- > In the MSC Full Assessment process
- > Involved in fishery improvement projects (FIPs) with the WWF

Sysco is also actively involved in various FIPs to move our supplier fisheries toward a stepwise approach to MSC certification.

This involves partnering with local stakeholders to develop and implement practices for performance levels consistent with MSC standards.

Additionally, in a tuna-specific commitment, Sysco will encourage suppliers to engage in the International Seafood Sustainability Foundation (ISSF) in order to move towards exclusive sourcing from sustainable, MSC-certified tuna suppliers. ISSF utilizes science-based initiatives for the long-term conservation and sustainable use of tuna stocks, reducing bycatch and promoting overall ecosystem health.

Our commitment to sustainability is evident through our membership in the National Fisheries Institute (NFI) as well as the Better Seafood Board.

Community Matters

Other examples of Sysco's dedication to the domestic fishing and seafood industry's well-being include partnerships with the *Louisiana Shrimp Task Force* and the *Alaskan Seafood Marketing Institute (ASMI)*.

Sysco strongly believes in supporting domestic sources that share our focus on sustainability and quality. We will continue to work with reputable organizations and initiatives that will help drive the success of the seafood industry while preserving natural resources and ecosystems for our future generations.





Bacon-Wrapped Shrimp with Honey-Mustard Glaze

Yield: 24 servings

- 3 cups honey
- ½ cup coarse ground mustard
- ½ cup Dijon mustard
- 1 tablespoon grated fresh ginger
- ½ teaspoon cayenne pepper
- 2½ pounds smoked bacon slices, each cut crosswise in half
- Nonstick cooking spray
- 5½ pounds raw 16-20 count tail-on, peeled and deveined **Portico** shrimp, thawed

1. Heat honey, mustards, ginger and cayenne to simmering; simmer 2 minutes. Remove from heat; hold.

2. Cook bacon on parchment-lined sheet trays at 450° until bacon is ¾ of the way cooked through; cool. Wrap 1 piece of bacon around center of each shrimp and place on sheet tray; cover and refrigerate.

3. To serve, on half sheet tray sprayed with nonstick cooking spray, cook 4 shrimp at 450° until shrimp turn opaque throughout and internal temperature reaches 145°, brushing shrimp with honey-mustard mixture during last 2 minutes of cooking. Serve with honey-mustard mixture.



“Sysco’s wide reaching distribution network provides an entirely new world of possibilities for people around the country looking to enjoy wild caught Louisiana shrimp, a great American product.”

Chef Tenney Flynn
Executive Chef,
GW Fins, New Orleans

Superior Shrimp

Shrimp has long been the most popular seafood on mainstream menus, and for good reason. Sustainable, stable and value-oriented, shrimp continues to increase in demand, particularly when commodity prices continue to escalate. When compared side-by-side, it's easy to see why Portico stands above our competition.

Shrimp's versatility makes it a favorite for any menu, whether as an appetizer, entrée, ingredient or topping. Portico brands have an extensive offering over a range of prices to cover any and all of your shrimp applications. We carry both domestic and international white and brown shrimp, as well as the popular Black Tiger shrimp from Southeast Asia. Our products include:

- > green headless
- > peeled and deveined
- > cooked, peeled and deveined

Portico brand shrimp come in a range of counts as well, from under 10 to over 300 per pound. We also offer multi-sized packs... a great option for those looking for value.

Quality measures for Portico brand shrimp include:

- > Shrimp should not appear dry or dehydrated and should be uniform in size and color appearance.



- > Black spots (melanosis) are a sign of age before freezing and will indicate a corresponding loss of moisture and flavor.
- > A yellow-green cast is caused by an excessive dose of sodium bisulfite, used to keep black spots from developing.
- > Shrimp that have been allowed to soak in melted ice too long, or suffer temperature abuse, will have a sour taste and unpleasant odor.
- > Shrimp that have been oversoaked in sodium triphosphate (STP) will appear translucent and feel slimy with a metallic taste.

Portico brands consistently deliver high-quality shrimp with a pleasant, salty odor similar to clean salt water with minimal tail breakage. Whatever your choice – Tigers, whites, browns, domestic, China, Vietnam, Indonesia, Thailand, Ecuador, cooked, breaded, raw, peeled – Portico has you covered!

> *chef tip!*

Use leftover shrimp shells to create a flavorful broth by boiling them with other ingredients of your choice.



“As a waterfront seafood establishment in Florida, it is of the utmost importance to have top quality fresh and frozen seafood. Portico Seafood enables our restaurant to provide the quality our guests demand, balanced with the profitability necessary for our business to succeed through the use of consistent product weights. Our use of multiple Portico Seafood items has contributed to our increased sales and profits despite an uncertain and fragile economy.”

Byron Bates
Sea Critters Café

Broiled Garlic Shrimp with Wasabi Cocktail Sauce

Yield: 24 servings

Wasabi Cocktail Sauce

- 3 cups ketchup
- 2½ tablespoons grated wasabi
- 5 teaspoons fresh lemon juice

Broiled Garlic Shrimp

- 4 pounds raw 36-40 count peeled and deveined **Portico** shrimp, thawed
- ½ cup olive oil
- 2½ tablespoons fresh lemon juice
- 2 tablespoons minced garlic cloves

- 2½ tablespoons chopped fresh parsley leaves
- 12 ounces spring mix salad greens
- Lemon wedges

- 1.** Prepare Wasabi Cocktail Sauce: In medium bowl, combine all ingredients. Cover and refrigerate.
- 2.** To serve Broiled Garlic Shrimp: Toss 6 shrimp with oil, lemon juice and garlic; broil until shrimp turn opaque throughout and internal temperature reaches 145°; sprinkle shrimp with parsley. Line martini glass or salad plate with greens; place shrimp over greens. Serve with Wasabi Cocktail Sauce and lemon wedges.

> chef tips!

Additional wasabi can be added for a spicier cocktail sauce.

Shrimp may be marinated with the olive oil, lemon juice and garlic up to 30 minutes before broiling.



Calamari Perfected

Squid has become increasingly popular within the past decade, in large part due to its fried form, calamari. Any form of this seafood rising star is now referred to by its “fried” name, rather than by species.

Fresh and natural, Portico Simply calamari comes in the following varieties to meet every operator’s needs:

- > Tube (trimmed and untrimmed)
- > Tube and tentacle (trimmed and untrimmed)
- > Ring
- > Ring and tentacle

We also offer Portico Bounty breaded strips that are fully cleaned and trimmed, ready to go from tray to fryer.

Through Portico’s strict PSIP evaluations, our product won’t have the lower quality defects that most other suppliers allow, including split tubes, viscera, beaks, discoloration and higher tentacle ratio with rings or tubes. And with our product evaluations, we’re continually refining our current squid specifications to ensure that we deliver what you’ve come to expect from Sysco – high quality, fresh products.



The Scoop on Scallops

Portico brand sea scallops are harvested from the North Atlantic Ocean, which is rich in nutrients, and has strong, cold currents that produce firm, desirable scallop meat. Our state-of-the-art processing equipment tightly controls moisture for premium taste and quality in the finished product. From searing and crusting to broiling and poaching, our sea scallops can take any plate from good... to great!

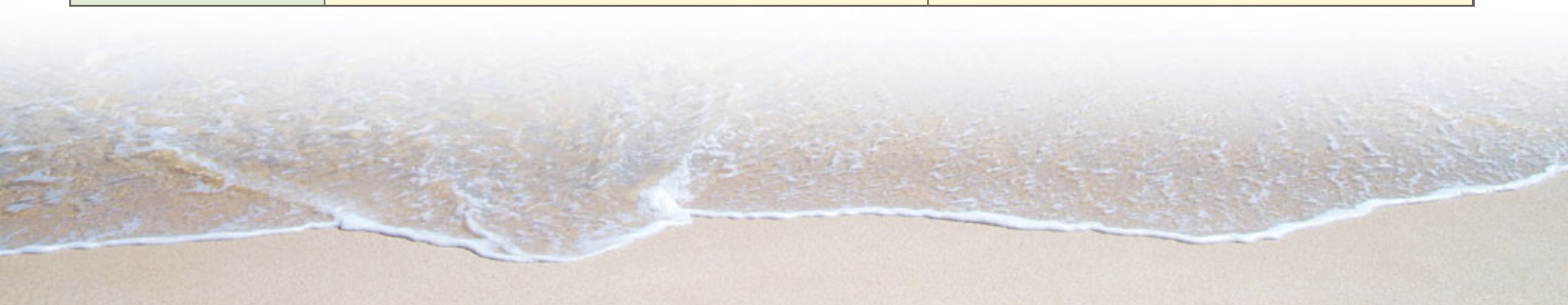
Portico Simply and Portico Bounty sea scallops are all-natural and are subject to Portico's strict quality processes, including:

- > On-site inspections, audits and quality reporting from receipt of raw material to finished product processing
- > Uniformity to specifications for consistent sizing and portion control
- > Tamper-proof shipping containers

Here is a side-by-side look at Portico sea scallops compared to our competition:



	Sysco Portico Sea Scallops	Competition
Full Weight	Portico packs 5.25 to 5.35 lbs gross weight per bag, allowing 5 to 7% glaze, and a net deglazed weight of 5 lbs.	Competition packs to the industry standard of 5.00 to 5.05 lbs gross weight.
Pieces	Portico pack is under 2% of pieces, with the majority being 0% pieces.	Competition packs to the industry standard of 5% pieces.
Country of Origin	Portico sea scallops are 100% wild-caught from the North Atlantic.	Competition packs various countries of origin and does not label them accordingly.
Over-Processing	Portico Bounty sea scallops are processed until they maintain a maximum of 25% water added.	Competition process upwards to 40% water added, to bring their costs down.





Seared Scallops with Black Bean Relish

Yield: 24 servings

Black Bean Relish

- 5½ pounds canned black beans, rinsed and drained
- 1 large red onion, diced
- 1½ quarts thawed frozen corn
- 1½ cups drained and chopped roasted red peppers
- ½ cup chopped fresh cilantro leaves
- ¼ cup finely chopped jalapeño peppers
- 2 tablespoons minced garlic cloves
- ¾ cup distilled white vinegar
- ¾ cup extra virgin olive oil
- ¾ cup fresh lime juice

- 6 medium avocados, peeled, pitted and diced
- Kosher salt and ground black pepper to taste

Seared Scallops

- 1¼ cups extra virgin olive oil
- 6 tablespoons fresh lime juice
- 2 tablespoons minced garlic cloves
- 72 fresh dry or frozen (thawed) large **Portico** sea scallops (u/10), patted dry
- Kosher salt and ground black pepper to taste
- Fresh chives

1. Prepare Black Bean Relish: In large bowl, combine beans, onion, corn, red peppers, cilantro, jalapeños and garlic. In medium bowl, combine

vinegar, oil and lime juice. Pour vinegar mixture over bean mixture and toss to combine; fold in avocado, salt and pepper. Cover and refrigerate.

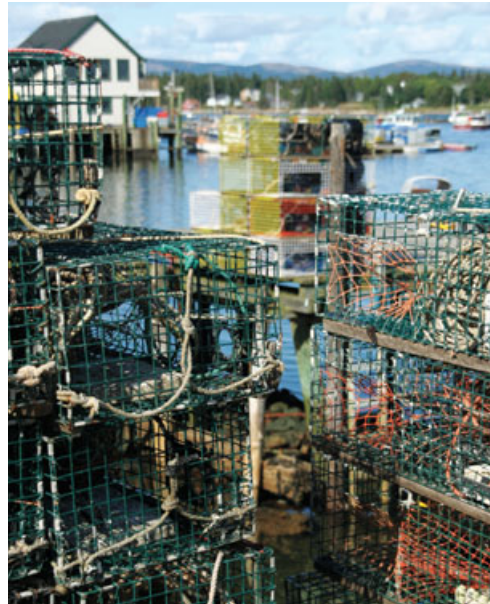
2. Prepare Seared Scallops: In large bowl, combine ¾ cup oil, lime juice and garlic. Place scallops in 2-inch, half hotel pan; pour lime juice mixture over scallops; cover and refrigerate 10 minutes. Transfer scallops to separate hotel pan, cover and refrigerate; discard marinade.

3. To serve, sprinkle 3 scallops with salt and pepper. Sauté scallops in some remaining oil 4 to 6 minutes or until golden brown, turning once. Serve over bean mixture garnished with chives.

A Lot of Lobster



Freshness of lobster tails is all about time and temperature. Due to the proximity of our fishing grounds to our processing plants, Portico lobster tails are by far the freshest in the marketplace. Portico suppliers are strategically located along coastlines to ensure that cold chain management is properly maintained. Tests have revealed that our lobster tails have lower bacteria counts than other brands. In many cases our competitor's brands have counts TEN times higher!



Lobster Newburg

Yield: 24 servings

- 24 frozen **Portico** lobster tails (4 ounces each), thawed
- 6 pounds white mushrooms, sliced
- 12 large shallots, finely chopped
- 12 ounces unsalted butter
- 1 quart dry sherry
- 2¼ quarts heavy cream
- 2 quarts frozen green peas
- 2 tablespoons salt
- ¾ teaspoon cayenne pepper

1. Boil, broil or bake lobster; cool. Pull lobster meat from shells and cut crosswise into ¼-inch-thick slices, reserving shells. Sauté mushrooms and shallots in butter until mushrooms are browned; hold.

2. To serve, boil sherry 1 minute. Add cream, peas, salt and cayenne; boil until sauce thickens. Stir in mushroom mixture and lobster meat and cook until heated through. Fill reserved shell with lobster mixture.

Our customers can be confident that Portico lobster tails are:

- > harvested in areas close to the processing plants where they are immediately processed
- > produced in plants inspected and approved by Sysco QA. All shipments from these facilities are reported to Sysco QA prior to vessel departure for periodic sampling

- > in compliance with Federal regulations regarding minimum tail size
- > packed 100% net weight with no glaze added and accurately graded

Portico lobster inventories are maintained in four regional locations: California, Massachusetts, New Jersey and Florida. We offer multiple sizes with no minimum quantities required giving you flexibility for a diverse menu.





Crab is a Classic!

As one of America's favorite shellfish, crab has long been among the top ten seafoods consumed. Crab maintains worldwide appeal and is considered a premium entrée option, with many varieties and forms. From lump crab meat for crab cakes to steamed Alaskan snow crab legs, Sysco has you covered.

Our fresh crab varieties include king, snow and Dungeness crab. Each of these comes in various forms. A few examples include:

King crab sourced from Russia, Norway and Alaska. *Available in boiler claw, window cut split legs, portions and whole cooks*

Snow crab sourced from Canada, Russia and Alaska. *Available in cocktail claws, snap & eat, sections and meat*

Dungeness crab sourced from Canada, Alaska and the Pacific Northwest (Washington, Oregon and California). *Available in snap & eat, sections, whole cooks and meat*

All of these items are soaked in brine instead of being blast-frozen, allowing the flaky, tender meat to release easily from the shell.

Sysco also offers a full range of pasteurized crab meat – jumbo lump, backfin, special and claw – as well as surimi (imitation crabmeat). We also offer several delicious crab cake products that are conveniently packaged ready to cook and serve.





Hot Crab, Spinach and Artichoke Dip

Yield: 24 servings

- 18 ounces cream cheese, softened
- 1½ cups heavy cream
- 1 tablespoon minced garlic cloves
- 42 ounces quartered artichoke hearts, drained and coarsely chopped
- 30 ounces frozen chopped spinach, thawed and squeezed dry
- 3 roasted red peppers, chopped
- ¾ cup grated Parmesan & Romano cheese blend

- 2 tablespoons fresh lemon juice
- 1½ teaspoons salt
- ½ teaspoon ground black pepper
- 2¼ pounds **Portico** surimi crabmeat
- Assorted crackers, toasted baguette slices, tortilla chips and/or vegetables

1. In large saucepot, cook cream cheese, cream and garlic over medium heat until mixture is smooth, whisking constantly. Remove from heat; stir in artichoke hearts, spinach, red peppers, grated cheese, lemon juice, salt and black pepper; fold in crabmeat. Transfer dip to small baking dishes; cover and refrigerate.

2. To serve, bake at 375° until top is lightly browned and internal temperature reaches 165°. Serve with assorted crackers, toasted baguette slices, tortilla chips and/or vegetables.





Tuna 101

Albacore. The only species that may be labeled white or white meat tuna by U. S. law. Albacore is a premium tuna species. The flesh generally is a light, creamy white. Rich in omega-3 fatty acids, it is firm in texture with a very mild flavor.

Skipjack. Skipjack is the most abundant species of the commercially canned tunas. Its flesh is darker than other tunas, with a strong taste. Due to its high oil content, it has a pronounced flavor and aroma, and a relatively tender texture. Its small size accounts for the smaller loins and chunks. This is the lowest cost tuna and the largest selling Sysco tuna.

Yellowfin. Yellowfin, or “ahi,” is somewhat similar to skipjack, but the yellowfin tuna has a characteristic long yellow-colored lateral fin. It is lighter in color than skipjack with a firmer texture and milder flavor. The color ranges from pale tan to pink, and is often used by the Japanese for sushi and sashimi.

Tongol. Tongol must be labeled as light tuna, but its color can be similar to that of albacore, and is often considered as a lower cost alternative. Its color is white to light-pink, with meat that is tender but not quite as dry as albacore. A highly seasonal fish and a localized catch accounts for Tongol’s varying costs.

> sustainability: pole and line fishing

Sysco supports tuna harvest by Pole and Line, which involves the use of a hook and line attached to the end of a pole, catching only one fish at a time. Recently, this method has increased in popularity because it is “eco-friendly,” reducing negative impacts on baitfish. Other commercial fishing methods are destroying tuna populations and other fish species in the process but Pole and Line fishing focuses on ocean sustainability instead of the bottom line.





Better than the Rest

Sysco tuna is continually inspected, has uniform color, taste and texture, and has a lower percentage of flake, giving you a better yield. In fact, Sysco standards for tuna are set higher than that of the U.S. government! We have a ZERO tolerance policy for:

- > Hard bones in tuna
- > Scorching (surface defect from exposure to metal cans)
- > Honeycombing (evidence of decomposition)
- > Poor cleaning
- > Bruising (dark red or brown blotches)

“We choose Portico seafood because it is always consistent in size and quality. In a business like ours, consistency is something that is a must. We also appreciate that all of the Portico brand seafood is sustainable because our customers look for that.”

Brian Johnston/Eric Paul
The Rusty Rudder
Cornelius, NC



Not All Tilapia are Created Equal

Inexpensive and versatile, tilapia has wide appeal, causing its global popularity to grow faster than any other fish. With this increased demand comes a need for an increase in supply. Unlike many of our competitors, Portico makes no compromise in quality or safety in order to keep up with the demand.



Portico Simply tilapia products are "All Natural," containing no additives, preservatives or antibiotics. Our tilapia is caged raised in controlled environments in clean, freshwater lakes and reservoirs to ensure consistent flavor. Our Portico Simply supplier owns the farms, hatcheries, and the fish, allowing for 100% traceability. We stamp a production date code on each individually packed fillet and also on the outside of our cartons. Many other processors treat tilapia fillets with carbon monoxide after they have been filleted. Portico Bounty tilapia is only treated while the fish is still alive and fresh, before being filleted, frozen or packaged, guaranteeing quality. Lastly, all Portico tilapia are 100% grain fed while others use algae, giving an off flavor to the fish.



"...We use a lot of Portico tilapia. It is by far the most popular fish dish on our menu."

Leo Pereira
General Manager,
La Fiesta





Cilantro-Lime Fish Tacos

Yield: 24 servings

- 6 medium jalapeño peppers, finely chopped
- Juice and zest of 12 limes
- $\frac{3}{4}$ cup sesame oil
- $\frac{1}{4}$ cup chopped fresh cilantro leaves plus additional whole leaves
- $\frac{1}{4}$ cup minced garlic cloves
- 2 tablespoons kosher salt
- 1 tablespoon ground black pepper
- 6 pounds **Portico** boneless, skinless tilapia fillets (8 ounces each), cut in half

- Extra virgin olive oil
- 48 (6-inch) flour tortillas
- 3 small red onions, thinly sliced
- 1 head red or green cabbage, thinly sliced
- $1\frac{1}{2}$ quarts pico de gallo salsa
- 3 cups sour cream
- $\frac{1}{2}$ cup sliced green onions

1. In large bowl, combine jalapeños, lime juice, lime zest, sesame oil, chopped cilantro, garlic, salt and pepper. Place tilapia in 2-inch hotel pan; pour lime juice mixture over tilapia; cover and refrigerate 1 hour. Transfer tilapia to separate hotel pan, cover and refrigerate; discard marinade.

2. Sauté 1 piece of tilapia in olive oil 3 to 4 minutes or until lightly browned, turning once; transfer to oven and bake until tilapia turns opaque throughout and internal temperature reaches 145°. Break tilapia into large chunks.

3. To serve, warm 2 tortillas and divide tilapia between tortillas; top with red onions, cabbage, pico de gallo, sour cream, green onions and cilantro leaves.

Aquaculture Finfish

Pangasius

Striped pangasius is an increasingly popular finfish, farmed in the Mekong River Delta in Vietnam. It can be featured in any recipe calling for cod, sole or tilapia but at a reduced plate cost. However, Sysco makes sure that reduced cost doesn't mean reduced quality. Portico Bounty pangasius has a fully integrated production process, beginning in the nursery and ending in our Sysco approved processing facilities.

Choosing Portico Bounty pangasius ensures that your fish is protected. Our "less costly" competitors bypass our high quality checks, like:

Water testing. All water is tested for chemicals, cleanliness and impurities.

Oversozaking. Portico Bounty Pangasius has written specifications as to how much moisture can be added to the product. Competitive products are often pumped with up to 15% more water than the 9% moisture limit Portico specifications allow.

Net Weight. Through our Point Source Inspection program, every shipment is checked and verified to be 100% net weight. Selling short weight products is illegal and not tolerated in the Portico program.



Catfish

Baked, broiled, stewed or fried, catfish is a versatile fish that offers a wholesome meal at a great value. All Portico catfish is farm-raised making it highly sustainable and 100% replenishable. Our catfish is also grain-fed, allowing it to maintain a mild, slightly sweet flavor. Add Portico catfish to your menu as a "heart-healthy" option. It's high in protein and low in cholesterol and saturated fat.

- > Portico Brand catfish and pangasius are processed in Sysco approved facilities and packed to Sysco's rigid quality standards.
- > Portico Bounty and Portico Simply meet or exceed USDC Grade A Specifications, and guarantee uniformity and net weight.

Portico	vs.	Competitor
Consistent color		Fillets are yellow
Consistent sizing		Inconsistent sizing
No over-soaking		Product over-treated
No product misleading		Muddy flavor



"As you can imagine, catfish is king at Aunt Catfish's. The Portico Catfish is the best ever. It has the cleanest taste and the most consistent quality. Our customers absolutely love it and can't stop raving about it."

Jamie Orellana
Executive Chef, Aunt Catfish's

Groundfish



Cod

Cod is considered the premium species in the whitefish category and has long been on the Top 10 Seafood list in the United States.

Harvested by wild catch only, our Portico Bounty cod is subject to stringent specifications for size, uniformity, color and more.

Adding cod to your menu is easy and very profitable. Portico Bounty cod includes a variety of traditional cuts from loins and tails to cellos. Loins make a great main dish entrée and tails are perfect for sandwiches or as salad-toppers. Cello is the ideal cut for fish and chips... always a menu favorite.



Haddock

Portico[®] Haddock fillets and loins are harvested from the cold, pristine Atlantic ocean, delivering a light, flaky and delicious seafood offering. Mild, sweet flavor profile is perfect for breading and battering in sandwich, fish & chip, entrée or basket applications.

Pollock

Mild, tender and firm, Alaska pollock is a popular choice for its versatility and adaptability, accounting for 30% of all U.S. seafood landings by weight. Annual harvests average 1.1 million metric tons, all on a sustainable basis at MSC-certified fisheries.

With its snow-white fillet that flakes beautifully, Alaska pollock is a go-to choice for many applications. It is best used in value-added breaded options such as fish sticks, sandwich fillets and fish and chips.



Seafood's Superstar: Salmon



All fish are not created equal, and salmon is a shining example of seafood superiority. With an array of varieties that cover a range of textures and flavors, and packed with heart-healthy omega-3s, it's no wonder that salmon is consistently a top performer. In fact, consumer surveys have shown salmon to be the third most-consumed seafood.



From fresh, wild-caught Alaskan King fillets to individual quick-frozen skin-on Norwegian portions, Portico has your salmon solution. Portico Simply offers both Norwegian and Alaskan salmon in a wide variety of skinless and skin-on portions. Some of our Alaskan offerings include:

- > King
- > Coho
- > Sockeye
- > Keta
- > Pink



Our wild Alaskan salmon is supplied through Marine Stewardship Council (MSC) certified fisheries, guaranteeing that our products come from responsible and sustainable sources.

Portico Prime Norwegian and Chilean Atlantic Salmon varieties, as with all Portico products, are also completely traceable, from table back to hatchery. The salmon is farmed along rugged coastlines and packed in its most natural state with no added sodium, water or tri-polyphosphates.

We proudly hold ourselves to the toughest quality standards in the industry, including:

- > Dimensional consistency in portions
- > Strict processing practices, including bone, skin and bloodline removal
- > Testing for color defects, dehydration viscera, cut/trim and other specifications

Firm texture, fresh flavor, superior salmon. No matter which product you choose, you're getting the best with Portico brand salmon.





Skillet Salmon with Mixed Vegetables

Yield: 24 servings

- 6 pounds asparagus, trimmed and cut into 2-inch pieces
- 3 medium onions, chopped
- 2 tablespoons olive oil
- 4 pounds red and/or yellow grape tomatoes, each cut in half
- 1 tablespoon salt
- 24 **Portico** boneless salmon fillets (about 6 ounces)
- $\frac{3}{4}$ teaspoon ground black pepper
- Lemon wedges

1. Sauté asparagus and onions in oil, covered, until asparagus is tender-crisp, stirring occasionally. Add tomatoes and salt; cover and cook until tomatoes release their juice; hold.

2. Heat oil in large skillet. Sprinkle 1 piece of salmon with salt and pepper; add to skillet, skin side up, and cook 5 minutes. Turn salmon, cover and cook until salmon turns almost opaque throughout and internal temperature reaches 145°, adding vegetables to skillet during last 2 minutes of cooking.

3. To serve, transfer salmon to plate; top with vegetables and serve with lemon wedges.

Farm-Raised vs. Wild-Caught Salmon

The debate between farm-raised or wild-caught seafood continues to rage on, and finding the right information to make the decision can be confusing or even misleading. Here are a few of the differences to help you make the right choice for your menu:

- > Farm-raised salmon has a higher fat content, lending to a rich, milder taste than that of meatier wild-caught salmon.
- > Wild-caught salmon has a higher concentration of the heart-healthy omega-3 fatty acids than farm-raised.
- > Wild or farmed, Portico employs responsible, sustainable methods to provide consistent quality and customer value.

The bottom line is that both choices have their benefits, the choice is yours!



Fresh Catch!

Emerging trends, including sustainability, healthy profiles and assertive flavors, have been converging in recent years, making seafood an ideal protein. In fact, restaurant analytics show a 29% likelihood that patrons at a sit-down restaurant will order a seafood entrée, making it the most likely ordered protein. The next closest choice, chicken, is significantly behind at 20%. Here are a few reasons that help explain the continuing growth of the seafood category.



Fresh is best. With an increased focus on food sources and sustainability, customers are looking for food sources that are responsible and eco-friendly. Knowing where their food is coming from is an important factor for many customers.

Health matters. Recent studies have heralded the many health benefits of even modest consumption of seafood, making seafood a healthier choice for many. This healthy reputation is helping the category grow significantly – particularly with fish high in omega-3 fatty acids, like salmon.

Value is still important. While consumer tastes and operator menus are evolving to include high-end offerings, the constant and stable value of shrimp, the category leader, is still unmatched. Shrimp has long been the most popular seafood item on mainstream menus, and is being used in more unconventional dishes. From tacos to sandwiches to salads, shrimp is here to stay.

> *Food Service Trends*

Seafood options are already so plentiful and varied, but when coupled with a bounty of preparations and applications, the opportunities for menu innovation are infinite. The following trends are based on restaurant consumer surveys, and are great ways to stay on the forefront of changing tastes for seafood:

Grilled seafood has been a hot menu item due to the healthful and upscale perception. Try using infused oils and butters brushed onto the seafood prior to grilling for added flavor.

Fusion is fashionable, and this popular trend is finding its way onto sushi menus. Think Latin with hot peppers and cilantro, or Mediterranean with olives and sun-dried tomatoes.

Surf and turf has long been a mainstay on upscale menus, but the dynamic duo is getting a facelift to fit a range of menus. Roasted lamb with seared scallops, sirloin steak with shrimp scampi... the possibilities are endless.

Classic southern seafood has enjoyed resurgence in recent years, including venerable favorites like shrimp and grits gracing a range of menus from diners to upscale establishments. Spicy Cajun and Creole fare from the Gulf area are also gaining in popularity.

Pairing fruit and seafood helps highlight the fresh taste of high-quality seafood with bright and vibrant fruit flavors. A few examples include citrus glazes on grilled fish or fresh fruit salsas aside lightly-fried shrimp or calamari.





Mahi Mahi

Portico Simply Mahi Mahi is a versatile, flavorful option for operators ranging from quick-serve restaurants to fine-dining establishments. The mild, white and flaky fish complements sweet and spicy flavors, which makes Mahi Mahi a great fish for lunch and dinner menu offerings. Its versatility and firm, steak-like texture provides chefs the opportunity to express their creativity. Portico Simply Mahi Mahi offers time-saving portions, labor reducing convenience and uniform sizing. Portico Mahi Mahi portions are vacuum packed to maintain freshness and quality. Wild-caught from premium fishing grounds in the tropical waters off the coasts of South America, it is line-caught which is recognized as an environmentally friendly fishing method. Portico Simply Mahi Mahi is one of Sysco's top 10 wild caught species. In 2015, Sysco is targeting 100% of the top 10 Portico brand wild-caught seafood species will be sourced from fisheries that are certified by the Marine Stewardship Council (MSC), in the MSC Full Assessment Process or involved in fishery improvement projects (FIPs) with WWF.

Clams

Portico Prime clams are farm raised by superior producers enabling you to have confidence that you will get a great experience every time. Portico Prime Clams can be steamed, boiled, baked or fried. Portico Prime clams are often used in chowders, pasta dishes or simply by themselves. You get consistency and value – guaranteed! Available vacuum-packed or IQF, our clams have 100% usable product with uniform sizing.

PEI Mussels

Portico Prime PEI (Prince Edward Island) mussels from Canada are the mussel of choice for most discerning chefs in the industry. Sweet plump Portico Prime mussels are steamed right in the seawater they came from to lock in freshness. As part of an entrée or served by themselves as a great appetizer, Portico Prime Mussels from PEI make a profitable dish for any menu. This is the ultimate mussel experience. Try some today!



Go Fish!

Our vast selection of seafood is farm-raised or wild caught and delivered to us from all over the world. Below is a sampling of Portico shellfish and finfish offerings. Ask your Marketing Associate for a list of seafood available in your region.



> Shellfish



Scallop, Sea



Shrimp, Black Tiger



Shrimp, Pacific White



Shrimp, Gulf



Squid



Lobster, American



Lobster, Spiny



Lobster, Coral



Crab, Dungeness



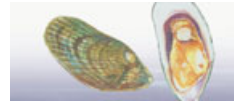
Crab, King



Crab, Snow



Crab, Blue



Mussel, Green



Mussel, Blue



Scallop, Bay



Clam, Hardshell



Clam, Softshell



Salmon, Sockeye



Rockfish



Salmon, Coho



Salmon, Atlantic



Salmon, Keta



Domestic Catfish



Swordfish



Cod, Pacific



Cod, Atlantic



Trout, Rainbow



Flounder



Yellow Perch



Victoria Lake Perch



Camouflage Grouper



Yellowfin Tuna



Zander



Haddock



Striped Pangasius



Walleye



Wahoo



Areolate Grouper



Whiting



Tilapia

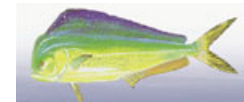


Pollock

> Finfish



Halibut



Mahimahi

The Portico Pledge

- > No compromise in quality.
- > Superb consistency.
- > Fresh, natural flavor.
- > Sustainability is key.

Sysco is the global leader in selling, marketing and distributing food products to restaurants, healthcare and educational facilities, lodging establishments and other customers who prepare meals away from home. Our family of products and services also include equipment and supplies for the food service and hospitality industries.

When the goodness of nature meets the quality of Sysco, the wonders never cease. From fresh finfish to superior shrimp and gourmet lobster, Sysco has all you'll need to continue the tradition of quality for all of your seafood needs.

