

Shellfish

Scallops: It has a mild, briny taste and a lean, firm texture. It is the largest commercial scallop.

Preparation: Sautéed, poached, grilled on skewers, broiled, baked, added to soups and stews.

Origins: Sea scallops are harvested all year in the Atlantic, from Northeast Atlantic from Canada to Virginia

Gulf White Prawns: sweet, firm meat that are spectacular without added seasoning but also do well with assertive seasonings. What is called the vein of the shrimp is really its intestinal tract and poses not known health risk, so whether or not you remove it is an aesthetic choice.

Preparation: Sautéed, broiled, grilled, steamed, boiled.

Origins: Gulf of Mexico: our gulf white prawns are farmed shrimp spawned, grown and processed under the highest standards of sustainable agriculture. From the waters off the Sea of Cortez, off Mexico's west coast, Gulf White Prawns are grown with strict environmentally responsible controls, and is never exposed to chemicals, antibiotics or additives.

Dungeness Crabmeat: It's meat is sweet, delicate, and flaky.

Preparation: Used in soups, sautés, creamed dishes, pastas, salads, and of course crab cakes.

Origins: U.S. West Coast, British Columbia and Alaska.