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# FISH & SHELLFISH



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Carabineros 9

Langostino  
de Sanlúcar

Puntillitas

Camarones

Carabineros  
30/33

Salt Cod  
Cheeks

Salt Cod  
Thick Loins

Arbequina  
Olives

Boquerones

Monkfish

Mojama



Carabineros  
18/22

Wild  
Atlantic  
Prawn

Cooked  
Octopus

Gamba  
Blanca de  
Huelva

Smoked  
Sardines

White Tuna belly  
(Ventresca)

Salt Cod  
Belly

Anchovies

Mussels  
in hot  
sauce

Yellow Fin  
Tuna



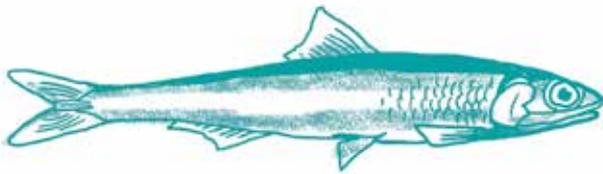
# OUR SEA FOOD

The Spanish eat more seafood per person than anybody else in the world, apart from the Japanese. Fish, octopus and shellfish are the heart of heated discussions about what is best or freshest.

We bring our fish directly from the Atlantic ports of Vigo, Gijón, Sanlúcar de Barrameda (Cádiz) and Huelva, where fishing stocks are under less pressure than in the Mediterranean.

We talk with and visit our suppliers regularly to ensure good practices are followed, and to learn when the different species are at their best.

They can be used not only to recreate Spanish recipes but to enhance British, European, Japanese, South American or other Asian recipes.



**MOST OF OUR FISH  
HAS BEEN FROZEN ON BOARD  
TO ENSURE MAXIMUM  
FRESHNESS AND YIELD**



Large Octopus.



Smoked Sardines.



Boquerones.

# BOQUERONES ANCHOVIES & SARDINES

## RETAIL BOQUERONES 100G (PICKLED WHITE ANCHOVIES)

FPB10010

Small fish whose fillets, once cleaned by hand one by one are marinated in vinegar, water and salt. Its flesh is white and bright and its skin is plump and succulent. With a fine and smooth taste of vinegar, they can be consumed directly from the pack, or seasoned with olive oil, garlic and parsley.

## BOQUERONES IN VINEGAR 950G (PICKLED WHITE ANCHOVIES)

FPB10050

Large. Our boquerones are large, and we bring them very often. Therefore their texture is firmer and they are well balanced and not over vinegary.

## MARINATED SARDINES 700G

FP10220

Sardine loins with shiny skin, meaty and juicy texture, a delicate and slight vinegar flavour, dressed with the best olive oil, garlic and parsley.

## SMOKED SARDINES 800G

FP10230

Sardine loins with shiny skin, meaty and juicy texture, a delicate and slight natural smoke flavouring. Great addition to salads or toasts.

## ANCHOVIES "O" 800G IN EXTRA VIRGIN OLIVE OIL

FPB10110

Large size. These have an elegant and delicious taste with a nice intense salty and savoury touch. Massively versatile kitchen staple. Many of our customers have complimented its quality.

# MOJAMA & MUSSELS

## MOJAMA 450G A/W (AIR DRIED TUNA SUPERIOR QUALITY)

FP10020

Salt-cured and air-dried tuna loin fillet, also called "Sea Cured Ham". It is fished using traditional methods, and is an exquisite and unique delicacy from the South Coast of Spain. Traditionally served in thin slices with tomatoes, olive oil, almonds or grated egg, or even use grated to add rich fish flavours to finished dishes.

## MUSSELS IN HOT PICKLING SAUCE 110G (MEJILLONES EN ESCABECE PICANTE)

FP10010

These mussels make a simple, flavourful tapa straight from the tin that pairs well with a dry Spanish cava.

**WITH**  
**BOQUERONES & ANCHOVIES**  
**SIZE MATTERS !**

# TUNA

Ventresca (tuna belly) and tuna fillets in oil are a fine addition to many salads and toasts.

The tuna has been confitted (cooked at low temperatures) before preserving it in oil.

## YELLOW FIN TUNA IN OLIVE OIL 220G

FP10130

Salads

## YELLOW FIN TUNA FILETS 900G IN SUNFLOWER OIL TIN

FP10140

Salads.

## YELLOW FIN TUNA BELLY 111G (VENTRESCA DE ATÚN) IN OLIVE OIL

FP10250

Salads. The most delicious and sought after part of the tuna, from some of the best tuna on the market

## WHITE TUNA BELLY 111G (VENTRESCA DE BONITO) IN OLIVE OIL

FP10240

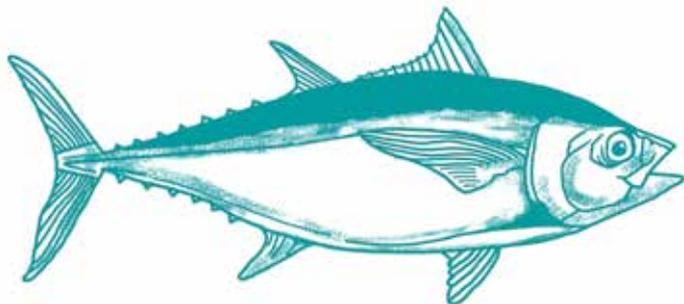
On its own!

The most delicious and sought after part of the tuna, from some of the best tuna on the market

## SKIP JACK TUNA 1KG IN SUNFLOWER OIL (POUCH)

FP10070

Baguettes and fillings.



# SALT COD

Why use salt cod? Because of the increased complexity of flavour and texture that occurs during the salting process. It has a chewier texture and milder, almost sweet, yet still umami fishy taste compared to fresh cod.

This is one of the reasons that this incredible and versatile ingredient has maintained its popularity across Southern Europe even as the salt preservation of food became less important with refrigeration.

Simply put it is an extremely versatile and rewarding ingredient, and in our opinion is a must have for all types of restaurants.

Before it can be eaten, the salt cod must be rehydrated and desalinated by soaking in cold water for one to three days, depending on thickness of the cuts, changing the water two to three times a day. Our belly cuts can be ready to use in 12 hours. As salt cod increases volume when it rehydrates and because of its extra flavour it is as well very cost effective.

## SALT COD BELLY 2KG (BACALAO)

FP10090

Large juicy pieces, skin and bones free. Key ingredient of brandada, bacalao a bras, bacalao Dorado, bacalao with chickpeas and spinach stew, tortilla de bacalao, and literally hundreds more!

## SALT COD THICK LOINS 2KG (BACALAO)

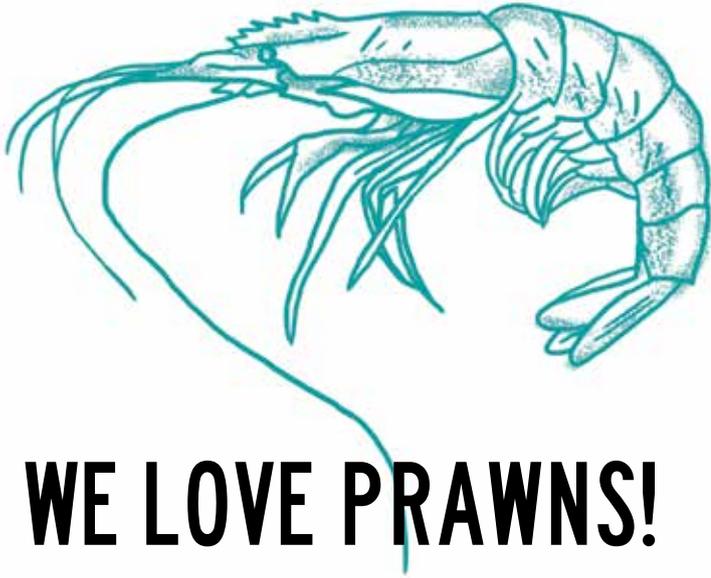
FP10200

It has 5 large loins that will swell during the desalting process, allowing 10 large main dishes. With clams this is a key ingredient of many traditional Spanish and Basque recipes, such as bacalao a la vizcaina, bacalao al ajo arriero...

## COD CHEEKS 1KG (KOKOTXAS)

FP10050

Are a little gem, a quite tasty delicacy. They are ideal-bite-sized, boneless muscles that are very meaty, with incredible texture and are simply delicious to eat. They add a gel texture to any sauce, as the famous pil-pil or salsa verde.



# WE LOVE PRAWNS!

All our prawns are wild, free of the antibiotics widespread in the fish and shellfish farming industry. The flavour is incomparable.



Wild Atlantic Prawns and Carabineros.

## CAMARONES 1KG (TINY SHRIMPS)

FROFISH 1110

From Cádiz bay, these little shrimps are famous as the main ingredient of "Tortillitas de Camarones", shrimp fritter from the province of Cádiz in Andalucía.

## ATLANTIC WILD PRAWNS 2KG/BOX

Available with shell on in three sizes, and peeled in two sizes.

These prawns combine good flavour and firm texture. Pink colour, dense texture with a sweet buttery lobster like flavour. When cooked they are bright white. They are extremely good value.

SIZES AVAILABLE: 30/40, 20/30 and 10/20 prawns per kg SHELLS ON.

PEELED: Either 10-20 **500G** or 30-40 **5KG**

## CASABLANCA PRAWNS 1KG/BOX "ALISTADO"

FROFISH 1120

From Casablanca area. Intense flavour, perfect for soups, stews, carpaccios, boiled, grilled, fried or sautéed. 75/80 prawns per kg.

## WHITE PRAWNS 1KG/BOX (GAMBA BLANCA DE HUELVA)

FROFISH 1220

Caught off the Atlantic coast of Andalucía, from the area of Isla Cristina. It has a delicate texture and aroma, but is fully flavoured. Usually boiled for seconds to retain its juiciness and paired with manzanilla sherry. Try them as well char-grilled sprinkled with "flor de sal"- coarse sea salt. 80/ 84 prawns per Kg.

## LANGOSTINO DE SANLÚCAR 1KG/BOX

FROFISH 1224

In Andalucía they usually say that this is the best prawn in the world... Caught off the mouth of the Guadalquivir River, by Doñana Natural Park, by family owned boats, using traditional "Trasmayo" fishing method. Superb delicate flavour. 35/ 40 prawns per Kg.

## CARABINEROS 1KG/BOX

One of the most coveted prawns worldwide. Distinct red colour, firm meat similar to lobster, the flavour of their head is to cry for. They can be used simply grilled or to prepare rice or salad dishes. SIZES AVAILABLE: 30/33, 18/22 and 9 prawns per kg.

# OTHER SEA PRODUCTS

Our Octopus is caught in an artisanal way in the Dakhla area of Morocco, and it is considered the best in the world (probably after the small amounts caught in the shores of Galicia).

Octopus: the best octopus is caught in winter. This octopus tends to lose a 30% of their weight when cooked. We only work now with octopus frozen on board, as the one which comes in trays usually has been injected with water and loses up to 60% when cooked.

Please bear in mind this info when comparing prices, and of course always compare net weights.

## WHOLE OCTOPUS CLEAN IN A TRAY

FROFISH1010

Weighting around 2.1 kg

## WHOLE OCTOPUS FROZEN ON BOARD

FROFISH1002

Our favourite. We offer them in two sizes, 2/3 kg and 3/4 kg.

The larger the octopus, the less water it tends to lose through the cooking process.

## COOKED OCTOPUS LEGS 300G/LEG

FROFISH1022

This tender and juicy legs are perfect for adding to rice, pasta, salads, salpicón or try "gallega" style. We have them in two sizes, from 1 to 2 kg octopus and from 2 to 3 kg ones.

We include here a few of our favourite products. Other than the ones included in this section, we import as well Baby Octopus, Chipirones, Hake, Atlantic Bonito and other cod cuts (frozen on board) depending on the season, with different presentations. Please check availability and prices with our sales team.



## PLANKTON MARINO VETA LA PALMA©

FROFISH1060

250G/BOX

Plankton brings the pure essence of the Sea to the Cooking, in a natural way. A vegan food, no seafood allergens, high nutritious composition and highly antioxidant. It is produced mimicking the conditions of the natural resource Veta La Palma, a unique bio sustainable site located in the Natural Park of Doñana, the perfect spot for microalgae development.

## CAZÓN (DOG FISH) 6KG/BOX

FROFISH1100

Clean and skinless slices. Firm flesh, abalone-white, mild to sweet tasting. Marinate and deep-fry or pan-fry, delicious. Due to its high fat content it can be cooked in a variety of ways while still keeping moist.

## SQUID INK JAR 500G

FROFISH1071

Dilute, add to stews, pasta or rice dishes (paella), sauces and dressings, or cook together with other ingredients. 1g of ink can colour 100g of other ingredients.

## CANTABRIC MONKFISH 1KG

FROFISH1240

CLEAN TAILS

Firm flesh and robust flavour. Perfect for stir-frying, barbecuing and pan-frying

## PUNTILLITA 1KG/PACK

FROFISH1030

(BABY SQUID 3-5 CM)

Fresh and nutty flavour. Best deep-fried. Very user friendly for chefs with minimal preparation.