

# LOBSTER(American)

*Homarus americanus*

Origin : Canada  
U.S

FAO21



**Available Forms : Live / Fresh Frozen Raw Tails / Frozen Whole Cooked, Claws & Arms, Claws, Meat**

**Live Lobster Grading :**

mixed (450-650g)  
chix (450-550g)  
quarters or 1 1/4 lbs. (550-650g)  
halves or 1 1/2 lbs. (650-775g)  
1 3/4 - 2 lbs. (775-900g)  
2 - 2 1/2 lbs. (900-1000g)  
2 1/2 - 3 lbs. (1000-1360g)  
3-4 lbs. lobsters - SM JUMBO (1360-1820g)  
4-6 lbs. lobsters - MD JUMBO (1820-2730g)  
6-10 lbs. lobsters - LG JUMBO (4540g)

**Fresh Frozen Raw Tails :**

Only hard shell lobsters  
brine-frozen, CO<sub>2</sub>  
Master Carton 10lbs available year round

**Frozen Packing:**

Natural Texture & Fresh Taste by Quick brine frozen, CO<sub>2</sub>  
Various Sizes & Packing according to Raw or Cooked

 GoodLife Group

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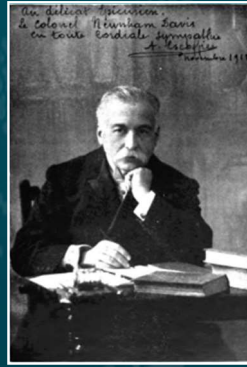


# Lobster Thermidor

(French dish created in 1891)



Lobster Thermidor Classic



A.Escoffier



Comédie-Française, late 18th century

## Our ready-to-cook Thermidor

Whole Half cut ; White sauce, Tomato cream, Sea urchin, Parsley butter



Tail Half cut ; Paprika lemon, Parsley butter, Sea urchin, Happy heart



Applications ; Casserole, Pie crust tail, Galette Rissoto



Canadian lobster  
French origin sauce and recipe  
Packed in Japan  
Individual pack or Micro wave resist pack

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# Lobster meat products

## Our ready-to-eat Thermidor



Micro wave resist pack



## Our ready-to-eat Meat & Soup



### Meat & Soup dishes



Corn & Lobster French Onion Chowder



Lemon Risotto with Butter Poached Lobster



New England Lobster Roll



Lobster Nac'n Cheese



Lobster meat pasta



Lobster Salad with Green Onions



Lobster Risotto

Frozen packing  
Custom pack available ; retail / bulk  
Canada /USA Origin



# SNOW CRAB

*Chionoecetes opilio*

Origin : Canada

FAO 21



**Available Forms : Live / Frozen Whole Round, Cluster, Arms, Claws, Meat**

## **Live Packing**

10-13 live snow crab pieces, Net weight: AVG 22lb

Banded claws

Ocean Run (all sizes identified below)

1lb - 2lb ; 6-9" claw / 4.5-5" head / 24-28" tip to tip

2lb -2.5lb ; 9-10" claw / 5.5-6" head / 28-30" tip to tip

2.5lb - 3.5lb ; 12-14" claw / 6(+)" head / 30-36" tip to tip

Custom Packs with specific sizing available.

## **Frozen Packing**

Quick brine frozen, CO2

Sections

4 oz+ / 5-8 oz / 8-10 oz / 10 oz+

Claws

S, M, L, XL

Combo meat

5lb / 1lb / 400g / 200g / 7oz

All leg meat

5lb

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# Wild Pacific Salmon

*Oncorhynchus* genus

Origin : Canada  
Alaska U.S



**Available Forms : Fresh / Frozen Headed-Gutted / Roe / Caviar /  
Fillet Packed / Smoked / Jerky**

**Available Species**

Sockey(Red), King(Chinook), Coho, Pink, Chum(Keta)  
caught in Northwest Pacific Ocean

**Seasons**

Sockey(Jun-Aug), King(Jun-Sep), Coho(Jun-Oct),  
Pink(Jul-Sep), Chum(Jun-Nov)

Packing (Carton in Kgs) : 10, 15, 20 or random weight

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# Greenland Halibut (Turbot)

*Reinhardtius  
hippoglossoides*

Origin : Canada  
Norway

FAO 21/27



## **Available Forms : Fresh Frozen headed-Gutted Tail off / Head on-Gutted**

It is sold as 'turbot' in U.S so as not to confuse it with Pacific or Atlantic Halibut. Truly not the turbot(*Psetta maxima*), more closely resemble to halibut.

It lives at the bottom of the ocean in depth of 250-2000meters, where the temperature is ice-cold.

Very popular for Sushi, Sashimi and Smoking.

### **Seasons runs April thru October**

Wild caught by Seiner, Bottom trawl, Long line

Quality Control  
Freezing Method

HACCP & CFIA approved  
Blocks, IQF frozen

Sizes (in Grams)  
Packing (Cartons in Kgs)

400-800g, 800-1,200g, >1,200g  
10, 15, 20 or random weight

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# PACIFIC HAKE

*Meluccius productus*

Origin : Canada  
U.S



**Available Forms : Frozen Whole Round / H&G / HGT**

Also known as "Pacific Whiting", 50cm long and less than two pounds

**Seasons runs June thru November**

Quality Control

HACCP & CFIA or USDA approved

**Available Packing**

HG and HGT  
Whole Round

shatter packed in 10kg or 15kg cartons  
block frozen (IQF available) , 10kg or 15kg cartons

Sizes (in Grams) :

150-300, 300-500, >500

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# MONKFISH

*Lophius americanus*

Origin : Canada  
U.S

FAO 21



**Available Forms : Frozen Whole Round (gutted)/ Tails (skin off)/  
Fillets (boneless, skin off)**

**Quick Blast Frozen, IQF, IPW, Block**

Quality Control

HACCP & CFIA or USDA approved

**Packing & Size**

Whole round(or gutted)      block frozen , watchable exporting standard for Korea  
1x13kg(28.7lbs), 1x6kg(13.23lbs) or random weight

Frozen Tails:                      10kg carton box, <450g, 450-900g, >900g

Frozen Fillets :                    5kg or 10kg, IPW or IQF carton box,  
100-200g, 200-400g, 400-800g, > 800g

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# SKATE WING

*Leucoraja Ocellata*  
(winter skate)

Origin : Canada  
U.S

FAO 21/27



## Available Forms : Frozen Skin On Wing / Skinless Wing

A species in the ray family  
Wild caught by Seiner, Trawler

### Seasons runs March thru October

Freezing Method  
Quality Control

Quick Blast Frozen, IQF, IPW  
HACCP & CFIA or USDA approved

Sizes (in Grams)

<400g, 400-900g, >900g

Packing (Cartons in Kgs)

5, 10 or random weight

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# COLD SHRIMP

*Pandalus borealis*

Origin : Canada  
Denmark

FAO 21/27



**Available Forms : HOSO, HLSO, PUD,,CPTO, Cooked and Raw**

**Quick Blast Frozen, IQF, Semi-IQF, Block**

**Quality Control**

**HACCP & CFIA or USDA approved**

**Packing & Size**

Common Sizes

50/70, 70/90, 90/120, 120/150

Less than an hour after being caught, the shrimp are cooked, cooled and frozen on the ship and then stored at a very low temperature to keep the right freshly-frozen taste.

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# CAPELIN

*Mallotus villosus*

Origin : Canada  
Northern Europe

FAO 21/27



## Available Forms : Fresh Frozen Whole Round

Seasons runs May thru July

Wild caught by Seiner, Trawler

Quality Control  
Freezing Method  
Grading

Sizes Female (Count per Kg)

Sizes Male (Count per kg)

HACCP & CFIA approved

Quick Blast Frozen, Block

Females, Males (separated or mixed)

40-45, 46-50, 51-55, 56-60, 61-65, 66-70, >70

30-40, 35-45, 40-50

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# SCALLOP

*Argopecten purpuratus*

Origin : Peru

FAO 87



**Available Forms : Farmed Scallops IQF Roe-off or Roe-on  
Round (gutted)/ Tails (skin off)/  
Fillets (boneless, skin off)**

**Quick Blast Frozen, IQF, IPW, Block**

Quality Control HACCP UE FDA approved, Moisture 78.2% +/- 2%

**Packing & Size** 10-20, 20-30, 30-40, 40-50, 50-60, 60-80/lb  
9,10 or 12kg in bulk, bags on request

GMO free and non-ionized product,  
Absence of sand and intestines

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# AMERICAN EELS

*Anguilla rostrata*

Origin : Canada  
U.S



## Available Forms : Live / Frozen Whole Round

### Live Eels

Various captures from different regions from Canada and U.S  
Eels in various packing facilities throughout U.S and Canada  
Steady temperature and fresh water to stabilize eels from stress of transporting by Air  
5 tons available per week in hot season and extendable season up to next February by running from U.S to Canada  
Allowable mortality on arrival rate is 5%, after 5% is shared 50 : 50

### Frozen Eels

Quick Blast Freezing or Contact Plate freezing  
All processed under watchful eyes of CFIA or US FDA  
10 kgs packed in Carton box

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