



FROZEN PRODUCT

## THE CUTE AND COQUIN CRÉPIDULE SHELLFISH IN PARSLEY

Discover this newly elaborated product in « Les Pépites de la Mer » range. Coated in garlic butter, onions and spices, then directly and individually frozen to IQF standards, this is a **gourmet** product which is **practical**.

### *What is this Cute and Coquin Crépidule?*

It's **THE most abundant shellfish in France and in Europe**. Fished in Brittany, off the Emerald coast, it is a marine, iodine pastel, **ready-to-cook, ready-to-eat**. The Crépidule is feminine, sensual, and a gourmet traveller.

### *Why cook it in parsley?*

As part of the same universe as the cockle and the clam, traditional recipes are perfectly suited to the Crépidule. The Crépidule in Parsley is crépidules coated in a parsley sauce. It's easy to prepare and there is no thawing needed, you can prepare it in just 5 minutes, to eat on its own, to accompany pasta or a rice dish or to garnish a cassalette. This recipe will give you a sunny French Riviera atmosphere with that iodine explosion in your mouth that only the crépidule can offer.

Easy to divide into portions, this product allows for easy storage and cost management.



### *Did you know?*

The Cute and Coquin Crépidule Shellfish is available all year round. It is **the first marine resource in terms of volume in France** and in Europe. It is fished in category 'A' zones, the highest health categorisation ranking given by Ifremer. The Cute and Coquin Crépidule Shellfish is guaranteed of French origin and is exclusively dredge-fished off the Emerald coast (Cancale – Mont-Saint-Michel Bay). We plan to only fish the 10% of annual stock reproduction in the Cancale Bay with the aim of achieving a sustainable exploitation of the resource. This weak impact on the environment and the recognition of the virtues of the fishery in this domain have led to acclaim from the **Mister Goodfish** program which promotes responsible fishing practices.



For further information on the Mr. Goodfish program, please go to : [www.mrgoodfish.com](http://www.mrgoodfish.com)



Product of France

Distributed by Seacore Seafood Inc.

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## TECHNICAL INFORMATIONS

**Latin name :** *Crepidula fornicata*

**Origin :** Cancale Bay – Brittany – France

**Fishing technique :** Dredge fishing

**Hygiene quality :** 'A': the healthiest of the Ifremer rankings

**Availability :** All year round

**Package :** 1 kg Bag

Frozen to IQF standards

**Certification**  
**MISTER GOODFISH**  
[www.mrgoodfish.com](http://www.mrgoodfish.com)



Package	Description	Weight
1 kg	Plastic Bag	1kg

Conditioning	Sachet GEN code
5 bags / carton	

Dimensions palet (mm)	Layers / packet	Layers / pallet	Weight/ pallet
800x1200	10	9	450 kg

Best-before date	Frozen
24 months	-18°C

Health and safety certificate n°
FR 29.188.020 CE

### *Composition:*

#### **Nutritional values per 100g:**

Energetic values: 289 kJ (68.63 kcal)

Proteins: 6.5g

Carbohydrates: 6.2g

Lipids: 1.8g

Humidity: 82.2g

### *Cooking instructions:*

Pour half of the sachet into a large-sized and very hot anti-adhesive pan (in order to obtain maximum contact between the product and the pan). Cook at a high temperature for 4 min stirring regularly.

*For further information on the crépidule please go to:*

[www.seacore.ca](http://www.seacore.ca) or contact us today!

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