



FISH TALES™

JANUARY 2025 | A SAMUELS SEAFOOD MAGAZINE

MID-ATLANTIC EDITION



**HEALTHY, DELICIOUS,
SUSTAINABLE:**
Why Open Blue Cobia
Stands Out



TOSCA
A Northern Italian
Gem In The Heart Of D.C.

**JANUARY
SPECIALS**
New Year, New Savings

Samuels Spotlight

Tosca A Northern Italian Gem in the Heart of D.C.

By Lily Cope



(Pictured Clockwise: Capesante, Ricciola e Tonno, & Spaghetti alle Vongole)

Nestled in the vibrant Penn Quarter neighborhood of Washington, D.C., Ristorante Tosca has been a cornerstone of fine Northern Italian dining for over 20 years. Owned by Paolo Sacco and helmed by Executive Chef Fortunato Nicotra alongside Chef de Cuisine Alessandro Pirovino, Tosca seamlessly blends tradition, innovation, and hospitality. Its refined yet approachable ambiance has made it a go-to destination for D.C.'s renowned power lunch crowd, attracting politicians, business professionals, and devoted regulars time and again.

A Commitment to Freshness and Quality

Tosca's menu highlights a masterful mix of classic Italian dishes with modern touches, crafted from the freshest local produce, farm-raised proteins, and premium Italian ingredients. Seafood takes center stage, comprising nearly 60% of the offer-

ings. The restaurant sources exceptional products from Samuels, including Ricciola e Tutto Crudo (Hamachi Carpaccio and Bluefin Tuna Tartare) and, when in season, Hokkaido and U8 Scallops.

Chef Nicotra proudly refers to the Aquanaria Bronzino as the "best in the world." Grilled to perfection and served with zucchini, potato "Piripacchio," and salmoriglio, the dish reflects Tosca's philosophy: respect the product, keep preparations simple, and deliver consistent, high-quality flavors.

Special Holiday Menus

This past Christmas Eve, Tosca celebrated with an Italian-inspired Seven Fishes Dinner, featuring seafood-forward appetizers, house-made pastas like Lobster Lasagnetta, and the signature Aquanaria Bronzino Fillet.

To ring in the New Year, Chefs Nicotra and Pirovino curated an indulgent 4-course prix fixe menu. Elegant offerings included Lasagnetta with Shrimp

and Lobster and Aquanaria Bronzino Fillet with potato, leeks, Chardonnay-lemon sauce, and Kaluga caviar.

Reservations Recommended

With its longstanding reputation for excellence, reservations at Tosca are highly recommended. Whether you're planning a business lunch, a family celebration, or an unforgettable fine dining experience, Tosca continues to shine as one of Washington, D.C.'s premier destinations for Italian cuisine.

Buon Appetito!



Employees of the Month



Joseph Joyce

Joseph Joyce began his career at Samuels Seafood in June 2023. He has consistently demonstrated exceptional care for his fellow coworkers, showing an innate desire to help people. His dedication and proactive approach have made a significant impact on our team and operations. This recognition is awarded to Joe for his willingness to go above and beyond in his daily role, especially during multiple emergency situations at our Philadelphia facility where he has readily jumped into action. As we celebrate this festive season, let's take a moment to appreciate Joe's hard work and the holiday spirit he brings to our workplace. His efforts have not only made Samuels Seafood a better and safer place to work but have also added a touch of Christmas cheer to our team. We are proud to have Joe as part of our team and appreciate all the effort he puts into making Samuels Seafood a better and safer place to work.



Marcus Johnson

Marcus joined Samuels Seafood in July 2022 and has since become an exemplary driver and an outstanding ambassador for our company. His speed and efficiency in handling deliveries, coupled with his unwavering positivity and willingness to take on extra tasks without complaint, have made him an invaluable member of our team. Marcus's infectious smile and excellent interpersonal skills have greatly enhanced our day-to-day interactions with customers. His dedication to ensuring customer satisfaction in delivering our seafood products truly sets him apart. Marcus embodies the qualities of a great ambassador and consistently represents the positive face of Samuels Seafood to our customers. As we celebrate this joyous season, let's take a moment to appreciate Marcus's hard work and dedication. His efforts have brought a touch of holiday cheer to our customers and his team. Please join us in congratulating Marcus on this well-deserved recognition. We are grateful for his hard work and commitment, and we look forward to celebrating his continued success.



Wilfredo Morales

Wilfredo Morales began his career at Samuels Seafood in December 2006. Over the years, he has consistently demonstrated a strong work ethic, extensive knowledge, and unwavering dedication to the team. His commitment to excellence and his ability to lead by example have made him an invaluable asset to our company. Wilfredo's extensive experience and deep understanding of our operations have earned him the respect and admiration of his colleagues. In recognition of his outstanding contributions, he was promoted to Cut room Manager in November 2023. This well-deserved promotion reflects his hard work, leadership skills, and the significant impact he has had on our team and operations. We are proud to have Wilfredo as a part of the Samuels Seafood family and look forward to his continued success in his new role. As we celebrate this festive season, we want to extend our heartfelt congratulations to Wilfredo. His dedication and positive spirit have brought a touch of holiday cheer to our workplace.



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Healthy, Delicious, Sustainable: Why Open Blue Cobia Stands Out



openblue
Cobia®



If you are seeking a healthy and versatile white fish that is available fresh year-round with consistent quality and stable pricing, Open Blue Cobia excels. Perfect for raw or cooked dishes, this premium fish offers endless culinary possibilities—as an appetizer, a featured special, or the centerpiece of your meal.

Now available at Samuels as fresh H&G and fillets, Open Blue Cobia arrives fresh twice weekly, ready to elevate your seafood experience. You may not have heard of Cobia before, but once you try it, it will forever change how you think about seafood.

Cobia has a pure, mild flavor and

firm, white flesh, and pairs beautifully with a variety of sauces and cooking methods. Its naturally high, healthy fat content ensures the fish stays tender and moist, even with extended cooking times—perfect for grilling, baking, or pan-searing.

Packed with protein and low in calories, a single 4oz serving of Open Blue Cobia provides the recommended weekly intake of Omega-3s; making it ideal for health-conscious consumers looking to eat well and maintain a balanced lifestyle.

Committed to best practices, Open Blue Cobia is the only Cobia certified by the Aquaculture Stewardship Council (ASC), Best Aquaculture Practices (BAP) Four Star, certi-

fied Kosher, and is recommended by the American Heart Association (AHA) for its heart healthy benefits.

With full traceability into the life of each fish and a natural, non-GMO diet, the dedicated team of experienced fish farmers at Open Blue are pioneering a new and responsible approach to meet a growing demand for high quality sustainable seafood. Open Blue has come a long way since its humble beginnings as a young, innovative seafood startup. Over the past few years, the company has focused on investing in its infrastructure processes to become the leader in open ocean farming of Cobia. These investments have led to a robust operation with added redundancy to reliably maintain the

year-round supply of fresh Cobia to the US market.

Open Blue is a company with a clear, unwavering purpose: providing the healthiest, most delicious fish to responsibly and sustainably nourish current and future generations in harmony with the oceans. At every step of the cycle, Open Blue acts with deep reverence for the planet, committed to taking care of the delicate ecosystem of fish, ocean, and people.

To learn more about Open Blue Cobia visit: www.openblue.com



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20 lb Case
\$25.00 cs



CRAB CAKE MIX
Aunt Connie's Famous
5 lb Unit
\$25.00 ea



TARTAR SAUCE
1 oz Unit
120 per Case
\$25.00 cs



COLD WATER LOBSTER TAILS
5-6 oz Each
10 lb Unit
\$25.00 lb



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16-20 oz Each
10 lb Unit
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\$25.00 lb



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No Shells
22 lb Case
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Famous Sicilian Recipe
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Skinless Loins
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\$10.00 lb



FROZEN COD LOINS
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\$10.00 lb



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500 mL Bottle
12 Bottles per Case
\$69.75 cs



FROZEN TUNA
Saku-Style Cut
10 lb Case
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400-600 Grams Each
40 lb Case
\$3.89 lb



BREADED COCONUT SHRIMP
16/20 Count
10 lb Case
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(\$38.90 cs)



MAHI MAHI SKIN-OFF FILLET
1-3 lb Each
22 lb Case
\$3.89 lb



STARGAZER FILLET
Boneless
From New Zealand
\$3.89 lb



CHEF'S CORNER

Pan-Seared Cobia in White Wine Tomato Basil Sauce

Recipe Courtesy of Open Blue



Ingredients

For the White Wine Tomato Basil Sauce:

- 2 tablespoons olive oil
- ¼ teaspoon crushed red pepper flakes
- 3 large cloves garlic, finely minced
- ½ Lb cherry tomatoes, sliced in half
- ¼ cup dry white wine
- ½ cup fresh basil, finely chopped
- 2 tablespoons fresh lemon juice
- ½ teaspoon fresh lemon zest
- ½ teaspoon salt (more to taste)
- 1 teaspoon granulated sugar
- ¼ teaspoon fresh ground black pepper (more to taste)

For the Cobia:

- 2 tablespoons olive oil
- 1 ½ pounds fresh Cobia, cut into 4 fillets (or four 5-ounce fillets)
- Salt and pepper

Instructions

For the White Wine Tomato Basil Sauce:

1. Heat oil in a large sauté pan over medium heat. Add crushed red pepper flakes, and garlic and sauté for 1 minute, or until garlic is fragrant. Add the cherry tomatoes and cook, stirring occasionally, until they're soft and blistering, but still hold their shape, 9 to 12 minutes. Add in the white wine, stir, and allow the mixture to come to a gentle simmer. Stir in the basil, lemon juice, lemon zest, salt, sugar, and pepper, cook for 2 minutes. Transfer the sauce into a bowl and set aside until needed.

For the Cobia:

1. Heat oil in a large sauté pan over medium heat. Pat the Cobia dry with paper towels. Then season both sides of Cobia with salt and pepper.
2. Place Cobia in the oil and cook until golden brown, about 3 minutes. Carefully flip the Cobia over and continue cooking for another 3 to 4 minutes, OR until it's cooked through.
3. Pour the white wine tomato basil sauce over the Cobia, let the sauce warm up for a minute, then remove from heat and serve at once.