



FISH TALES[®]

JULY 2025 | A SAMUELS SEAFOOD MAGAZINE

MID-ATLANTIC/MIDWEST EDITION

From the Cold
Waters of Maine
Mussels Reimagined
by Greenhead Lobster



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How Samuels Supports
Responsible Seafood Sourcing

Centrolina at 10

A Seafood-Driven Celebration
of Italian Cooking in Washington DC

Reel in the Flavor
This July
Catch the Savings
All Month Long

Samuels Spotlight

Centrolina at 10:

A Seafood-Driven Celebration of Italian Cooking in Washington D.C.

By Donna D'Angelo

Tucked into the heart of CityCenterDC—a luxury mixed-use development in downtown Washington—Centrolina Mercato e Osteria recently celebrated its 10th anniversary. The restaurant, led by Chef Amy Brandwein, has helped shape the neighborhood's identity with its modern, seasonal approach to regional Italian cuisine—especially its stand-out seafood offerings.

Seafood is the centerpiece of Centrolina's menu. Delicate crudos, squid ink pasta, grilled whole fish, and shellfish-laced entrées highlight Brandwein's ability to bring out the best in premium Mid-Atlantic ingredients. Guests can enjoy a light lunch of squid ink chitarra and return for dinner to savor pappardelle with shiso, ricotta, scallop, and bottarga. The grilled fish of the day, served simply with seasonal accompaniments, has become a longtime favorite.

The restaurant's annual Feast of the Seven Fishes, served during the holidays, reflects both tradition and creativity. Each year, Brandwein crafts an entirely new seafood-centric menu inspired by classic Italian-American celebrations.

An essential part of Centrolina's identity is its adjoining Italian market, which brings the restaurant's values and flavors into guests' homes. While Brandwein knew the ins and outs of running a restaurant, stepping into retail was a new challenge. From maintaining inventory to scaling fish and pricing imports, she learned as she went. The market quickly became an integral way to share her love for Italian ingredients and coastal flavors.

Guests can find the same pristine seafood featured on the menu available for purchase, along with specialty items like Colatura di Alici



Photos: Vina Sananikone

(a richly savory anchovy sauce fermented in oak barrels), Nonnata di Pesce (spicy marinated neonatal baby fish used in her salmon tartare), Italian spicy soy sauce, and imported peppers.

Centrolina continues to evolve with unique events and offerings. Among them is Stela, an intimate eight-course tasting menu served in Brandwein's private chef salon. Held most Fridays at 7 PM, Stela gives Brandwein the freedom to step outside traditional Italian frameworks, building menus around memories, ingredients, or personal stories—such as a recent tribute to summers in Michigan fishing for lake perch with her family. Optional wine pairings round out the experience.

Brandwein's work has not gone unnoticed. She is a five-time James Beard Award finalist for Best Chef: Mid-Atlan-

tic, with one additional semifinalist nod in that same category. This year, she was recognized as a semifinalist for the national Outstanding Chef award, one of the most prestigious honors in American culinary arts.

Ten years in, Centrolina stands as both a destination for exceptional Italian cuisine and a reflection of its chef's dedication to craft, sustainability, and the bounty of the sea.



How Samuels Supports Responsible Seafood Sourcing

At Samuels Seafood, we are deeply committed to supporting a more sustainable and transparent seafood industry. That commitment includes maintaining active affiliations with organizations like the Marine Stewardship Council (MSC)—a global non-profit dedicated to protecting the health of our oceans and the future of seafood.

The MSC's mission is to recognize and reward responsible fishing practices through two certification programs:

- Fishery Certification, which ensures seafood is sourced from well-managed, sustainable fisheries.
- Chain of Custody Certification, which verifies that seafood remains traceable and segregated throughout every step of the supply chain.

Seafood bearing the MSC's blue fish label meets strict environmental and traceability standards, and is independently audited by third-party assessors. This helps reduce seafood fraud, strengthen



accountability, and build a more trustworthy supply chain.

At Samuels, we're proud that many of our featured monthly specials carry MSC certification—including customer favorites like lobster tails, Hawaiian tuna loins, and more. It's one more way we're honoring our commitment to sustainability and providing our customers with seafood they can feel good about.

To learn more about the MSC and its work, visit www.msc.org.

Employee of the Month

Jesse Weast



Please join us in celebrating Jesse Weast as our Employee of the Month!

As Philadelphia's Processing Room Manager, Jesse continues to set the standard for leadership, collaboration, and dedication. Since stepping into this role, he has been a tremendous asset to our operations—keeping communication flowing smoothly between upper management, sales, and the buying team, all while maintaining efficiency and quality on the cutting room floor.

Jesse leads by example. Whether he's coordinating production schedules or jumping in with a hook or a pair of pliers to get the job done, he brings a hands-on, can-do attitude that motivates the entire team. His commitment to ensuring the cutting room has what it needs to succeed—paired with his deep understanding of our products and processes—makes him an indispensable part of the Samuels family.

His proactive approach, attention to detail, and steady presence contribute every day to the strength and success of our operation.

Thank you, Jesse, for your exceptional work and for all you do to support the team!

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Contact marketing@SamuelsSeafood.com to sponsor *Fish Tales* or for any other inquiries.

From the Cold Waters of Maine:

Mussels Reimagined by Greenhead Lobster



Greenhead Lobster – The Way Lobster Should Be

Since 1997, Greenhead Lobster has bought the daily catch off local boats in Stonington, Maine. Starting with a just a few, Greenhead Lobster now buys from over one hundred independent lobstermen & women, making them the largest independently owned lobster buyer in the state.

HPP Processing

In an effort to diversify, Greenhead Lobster built a state-of-the-art High-Pressure Processing (HPP) facility in 2019, located just 40 min-

utes from their buying docks. Greenhead Lobster produces a full line of both raw and ready-to-eat products, fresh and frozen.

High Pressure Processing allows Greenhead Lobster to shuck raw meat from the shell, giving chefs total flexibility in cooking methods, while also avoiding double cooking. HPP processing helps to preserve

flavor and texture, in addition to extending shelf-life.

Keeping the Lights On

Although lobstering is a year-round fishery in Maine, most boats are considered 'day boats,' selling their landings daily. This means that most boats are too small for rough winter weather and Maine sees a decrease in landings in February through April. During these periods of slim lobster landings, Greenhead Lobster looks to other local species to keep the lights on in their Bucksport, Maine processing facility, including sea scallops, Jonah crab, and most recently:



mussels.

HPP Maine Blue & Gold Mussels

Greenhead Lobster has partnered with Blue Hill Bay Mussels & Marshall Cove Mussels, two mussel farms located on either side of Deer Isle (where Greenhead is headquartered). Greenhead Lobster is very excited to add a new species to their processed product line! Utilizing the High-Pressure Processor allows the raw mussels to be shucked from their shells. Mussels are then weighed into 2lb bags and are nitrogen frozen.

“Blue Mussels” are farmed from the wild-caught blue mussel spat that a mussel farmer collects each year. “Gold Mussels” are farmed from spat created at Downeast Institute from mussels selectively chosen by Evan Young, of Blue Hill Bay Mussels. This ‘selective breeding’ process led to the branding of “Gold Mussels” which originated from the same wild-caught blue mussel spat, but through years of selecting mussels with certain physical attributes (fast growth being the original target), “Gold Mussels”

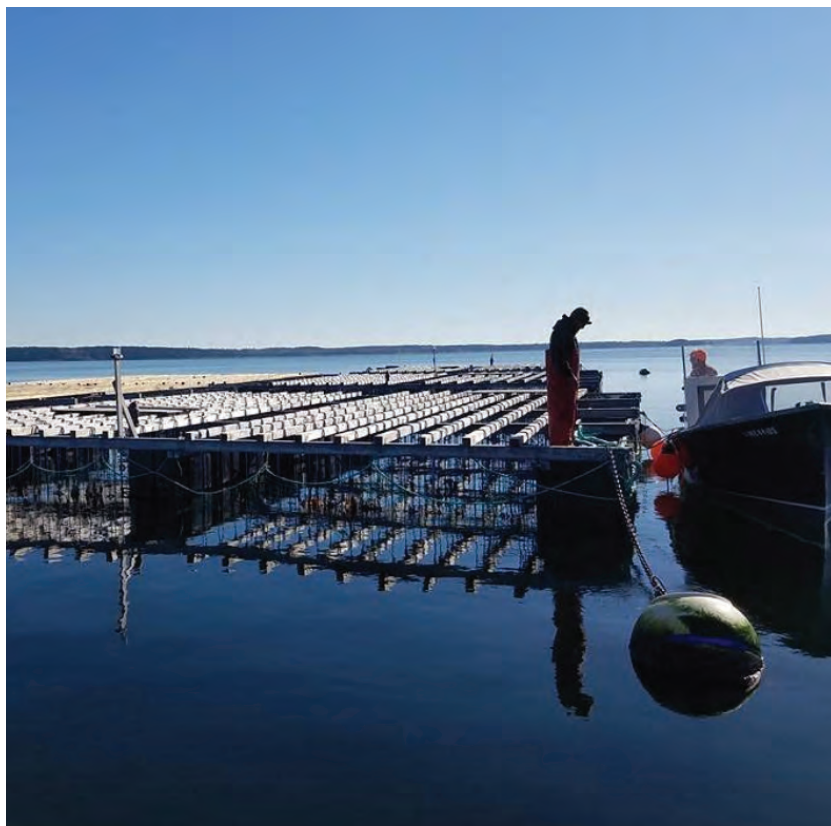
are another option, which have a very large yield. More information on “blue & gold” mussels can be read here: <https://greenheadlobster.com/hpp-raw-shucked-mussels/>

Processed at Peak Season

These raw, HPP shucked, mussels are very high in yield and the meat is consistent. This is due to harvesting/processing specifically at the end of winter/early spring, when the ocean is still very cold. Mussels store nutrients and grow to be very plump through winter, ahead of their spring spawn. By harvesting/processing at the end of winter, the mussels are all at their peak yield and flavor.

A New Mussel

Because raw, HPP shucked, frozen mussels are a new product, different cooking methods are available. Try fried, smoked, marinated, tossed in a seafood pasta, paella, or fritters. Being processed raw offers flexibility in cooking method, the convenience of being frozen, an economical price, and seasonal consistency.



★ ★ ★ July Specials ★ ★ ★



PF100

BLU® CRAB COCKTAIL FINGERS
Pasteurized 12 oz Units
12 Count Case Sales Only
\$10.00 ea



PB107

BLU® BACKFIN CRABMEAT
Pasteurized
12 lb Case Sales Only
\$13.00 lb



PCC900

COLOSSAL CLAW CRABMEAT
Pasteurized
12 lb Case Sales Only
\$20.00 lb



PC101

LAUREN BAY® CLAW CRABMEAT
Pasteurized
12 lb Case Sales Only
\$7.50 lb



KCM100

RED KING CRAB MEAT
From Norway
3 lb Case
\$19.75 lb



JSE

JONAH SNAP & EAT CRAB CLAWS
Triple Scored
20 lb Case
\$6.79 lb



PH24

FILIPINO OCTOPUS
2/4 Count
30 lb Case
\$3.95 lb



SEPIACL

CLEANED SEPIA
Wild-Caught
22 lb Case
\$7.50 lb



CONCHD

LOCAL CONCH MEAT
Cooked Scungilli
1 lb Unit
\$15.00 lb



ZBRILL

WILD BRILL FROM THE NETHERLANDS
Whole, Headed & Gutted
22 lb Case
\$5.00 lb



MEROF

FRESH MERO
Skin-On Fillets
Sashimi-Grade
\$19.50 lb



1012B

WARM WATER LOBSTER TAILS
10-12 oz
10 lb Case
\$17.50 lb

Call Your Sales Agent Today!

East Coast
800-580-5810
215-336-7810

Midwest
888-512-3636
412-244-0136

Sale Dates: July 1 - 31, 2025

SamuelsSeafood.com

Special pricing is reserved for current Mid-Atlantic account holders and Giuseppe's 7 Fish Club members only. Price and availability are subject to change. Additional freight charges may apply. Please consult with your Samuels Sales Agent for more information.



**FRESH LOBSTER
MEAT**
Claw & Knuckle
1 lb Unit
\$49.50 lb



**CANTERBURY CURE
SMOKED SALMON**
3-4 lb Sides
Hand-Sliced
\$18.95 lb



**OCTOPUS
SALAD**
Aunt Connie's Famous
5 lb Unit
\$59.00 ea



**CORN & CRAB
CHOWDER**
Aunt Connie's Famous
1 Gallon Unit
\$39.50 ea



**SALTWATER
TAFFY OYSTERS**
Barnegat Bay, NJ
100 Count
\$0.85 ea



**SEA
SQUIRTS**
Wild-Caught
From Japan
\$10.00 ea



**JAPANESE
CROWN MELON**
Premium Muskmelons
Sold Individually
\$80.00 ea



**LA BELLE FARMS AIR-
CHILLED CHICKEN BREAST**
10 lb Unit
40 lb Case
\$5.00 lb



**LA BELLE FARMS
DUCK BREAST**
2.2 lb Pack
11 lb Case
\$15.00 lb



**GRASS-FED BEEF
BURGER PATTIES**
8 oz Patties
12 lb Case
\$78.00 cs



**GRASS-FED ALL-BEEF
HOT DOGS**
4 Links per Pack
10 lb Case
\$50.00 cs



**PIEDMONTESE GRASS-FED
BEEF STRIP LOIN**
4 per Case
50 lb Case
\$16.50 lb



**BERKSHIRE PORK
BABY BACK RIBS**
2-4 lb Each
10 Racks per Case
\$7.99 lb

Sizzling Summer Shrimp Savings


1620DB2
**WILD MEXICAN
BLUE SHRIMP**

16/20 Count
50 lb Case

\$6.95 lb

1620QP
**QUICK PEEL
SHRIMP**

16/20 Count
20 lb Case

\$5.75 lb

2125NAT
**NATURAL SHRIMP
RAW & DEVEINED**

21/25 Count
20 lb Case

\$6.95 lb

2630OIS
**OISHII ALL-
NATURAL SHRIMP**

26/30 Count
20 lb Case

\$5.75 lb

LGBRK
**PEELED & DEVEINED
BROKEN SHRIMP**

40/60 Count
20 lb Case

\$4.50 lb

U12PS1
**WILD MEXICAN
BLUE SHRIMP**

U/12 Count
30 lb Case

\$14.50 lb

MTVQ15
**WILD MEXICAN
BLUE SHRIMP**

U/15 Count
20 lb Case

\$7.50 lb

ROCK7190
**PEELED & DEVEINED
ROCK SHRIMP**

71/90 Count
50 lb Case

\$11.50 lb

7190PUD
**PEELED
SHRIMP**

71/90 Count
50 lb Case

\$4.50 lb

SPF
**SPOT PRAWNS
BOTAN EBI**

15/19 per Box
1 kg Unit

\$55.00 ea

1315CK
**COOKED TAIL-ON
SHRIMP**

13/15 Count
10 lb Case

\$10.75 lb

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J900
**COLD WATER
LOBSTER TAILS**

3.5-5 oz Each, 11 lb Case

\$40.00 lb

68AUS
**WILD HEAD-ON
KING PRAWNS**

6/8 Count, 11 lb Case

\$15.00 lb

ZBCODF
**WILD ALASKA
BLACK COD**

Skin-On Fillets

\$15.00 lb

67M
**COLD WATER
LOBSTER TAILS**

6-7 oz Each, 10 lb Case

\$25.00 lb

TL100
**FRESH HAWAIIAN
TUNA LOINS**

Skin-On

\$15.00 lb