



## Squid Salad - Ika Sansai



Ika Sansai is a Squid salad imported from Japan. Made from Squid, this salad adds color and has beautiful eye appeal. It is a simple way to add a touch of eloquence and class to any plate. It is popular in sushi bars and is becoming increasingly popular in upscale supermarkets and restaurants.

Squid is smoked, sliced very thinly and mixed with marinated mountain vegetables.

Monterey Bay Aquarium Seafood Watch® rates Jumbo Squid from Mexico, Peru and Chile; Longfin Squid and Shortfin Squid from the US Mid-Atlantic; and Market Squid from California as "Good Alternatives." Indian Squid from India and Thailand, and Mitre Squid from China and Thailand are rated as "Avoid."

### Sources



*Species Name*

Dosidicus gigas – Jumbo Squid



*Source*

Squid Salad is imported from Japan.



*Seasonality*

Available year-round.

### Features



*Flavor*

Squid Salad is succulent and slightly chewy. It is perfect for lighter fare.



*Appearance*

Squid Salad is a beautiful and eloquent salad.



*Form*

Perfect for when only a few servings are needed, Squid Salad is packed in a 4.4 pound reusable container.

# Uses

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## *Preparation*

Squid Salad is fully prepared, just thaw and serve. It is a great appetizer or side salad for an entrée. It can be used as a garnish, served on a bed of endive or trimmed with watercress.



## *Handling*

Frozen Squid Salad should be kept frozen until prior to use. It is recommended to defrost in a 34-36 degrees refrigerator overnight to retain best quality.

# Market

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## *Sizes and Cuts*

Squid Salad comes 4.4 pounds per container.



## *Pricing Scale*

Due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information, availability and current pricing information.



## *Shelf Life*

Squid Salad which has been handled and stored properly should retain optimum quality for 10 to 12 days refrigerated.

Market Names
Squid Salad, Marinated Squid Salad
Where Caught
Japan