



The Captain's Log

Issue 1: Fall/Winter 2003-2004
www.captainmardens.com

Letter from The Captain

As many of you know, Captain Marden's Seafoods was founded by my father, Captain Roy Wilfred Marden, in 1945. It remains a family-owned and -operated business, with myself, my son, daughter, and nephew all involved daily in various parts of the business. Tradition and history have kept Captain Marden's on the right track for nearly 60 years, and will continue to do so into the future. Having said that, we all also recognize that in order to continue to be number one on our customers' list, we have to constantly keep pace with their changing tastes and needs—whether at our retail store, in our restaurant or on the supermarket shelves.

Over the next few months, you will see a number of small but important changes at Captain Marden's—beginning with this newsletter. In each issue, we will share with you the latest news from Captain Marden's; facts and trivia about seasonal seafood items; information about product lines that we carry; and, of course, a recipe or two. Naturally, we welcome any feedback or ideas you may have.

So, keep an eye on The Captain—new ideas springing from a history of quality and freshness is what we strive for every day.

Keith Marden, Sr.

A New Look for The Captain

Before long, the Captain Marden's section of your grocers' frozen food case will have a new look! As distribution of our line of packaged foods and frozen entrées continues to grow, sturdier more reliable packaging has become a necessity. The Captain's dinners will soon come in "dual-ovenable" containers that can be used in both the oven and the microwave. What hasn't changed is the mouthwatering freshness of this Classic Line of dinners that you have loved for so many years—from creamy Scrod Supreme and Haddock with Classic Herb dressing to zesty Scrod Delizioso and Baked Scallops with Mushrooms.

For those who have been fans from the beginning, you'll be coming back for more. For those who haven't tried our dinners... all you'll need is one bite!

Simply Fresh. Simply New England.

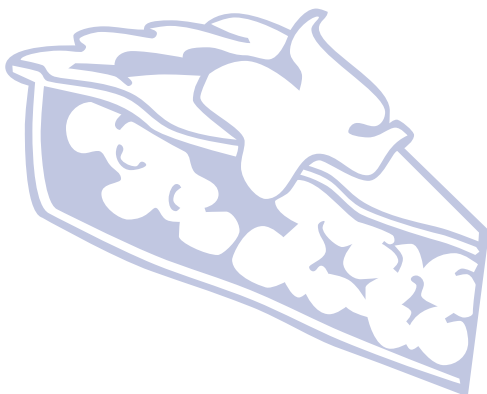
Taking Away the TakeAway?

No, in fact, just the opposite!

2004 promises exciting changes for the Captain's TakeAway. In addition to adding more seating, we will be expanding and upgrading our kitchen space significantly to accommodate the increasing number of people who have made the TakeAway part of their weekly routine. Though these improvements mean that the TakeAway will be closed for 8 to 10 weeks at the beginning of the year, we promise it will worth the wait!

Pies? The Captain?

Yes, it's true. You see, while seafood is our specialty, pies are our *weakness*. All kinds of pies—apple, pumpkin, blueberry peach, coconut cream, fruits of the forest, mincemeat—you name it. So when you think dessert, think pie. And when you think pie, think The Captain! (Oh, and to be on the safe side, we recommend ordering ahead during the holiday season.)



Praiseworthy Platters Just A Phone Call Away

Though you may still be finding leftover summer sand in your jeans pockets, the holiday season is here. As you begin to think about small neighborhood cocktail parties, family gatherings, or maybe even that holiday "blow out" you've been talking about for a while, why not let Captain Marden's do some of the behind-the-scenes legwork? With prepared delicacies ranging from crab fingers, smoked salmon paté-stuffed cherry tomatoes and Oysters Rockefeller to smoked mussels, cold poached salmon and lobster quiche, The Captain can create hors d'oeuvres to main course platters for virtually any occasion. Just call or swing by the shop and ask to see our Platter menu.

Are The Captain's standard combinations not quite what you were thinking about? Or were you hoping to use some of your own favorite platters? Just bring them in along with your own ideas and let us custom-create exactly what you had in mind.

FLYING FISH?

Yes, the nut sampler is always nice. And fresh fruit does bring a little sunshine into the dreary winter months. But wouldn't a couple of live lobsters be just what your cousins in Colorado would flip over for the holidays? Or what about some fresh smoked trout or a sampling of The Captain's frozen entrees for your friends in Florida?

Any item sold at Captain Marden's can be shipped anywhere in the continental U.S. All we need is a day's notice.

There are three ways to ship from Captain Marden's: 1) on-line (www.captainmardens.com), 2) in person from the shop, and 3) over the phone (781-235-0860 or 1-800-666-0860). As long as you let us know by noon the previous day, your friends, family or work associates will be opening their fresh seafood gifts the very next day. (No Sunday or Monday deliveries.)



Plan Ahead: Get Folks in the Spirit

It is no surprise that shipping just days before Christmas is tricky business. We highly recommend not waiting until the last minute to make your holiday shipments. In fact, why not get friends and family into the spirit of things by sending them a pre-holiday seafood surprise during the first few of weeks of December? They'll be delighted and you won't need to worry about whether it arrived on time!

Cape Scallops

Though the colder months do mean the waning of fresh local produce, they also ring in the annual Cape or Bay Scallop season. From November 1 through the end of March, New Englanders delight in these sweet treasures harvested from the shores and bays of Cape Cod and Nantucket. The smaller and more delicate cousin of the sea scallop, the bay scallop must be cooked gently and for less time. Make sure to put this bivalve beauty on your shopping list this fall and winter.

Galley of the Stars

Over the years, Captain Marden's has been proud and honored to supply seafood to some of New England's most creative restaurants and talented chefs. Galley of the Stars will regularly feature prized seafood recipes from those area talents, beginning with one of Boston's premier chefs, restaurateurs, and authors, Jasper White.

Jasper White's Broiled Bay Scallops with Garlic, Parsley and Butter (Serves 4)

1 1/2 lbs.	fresh bay scallops
1 T	olive oil
1 T	fresh minced garlic
1/2 tsp.	kosher or sea salt
1/4 tsp.	black pepper
1/4 C	white wine
1/4 C	chopped parsley
4 T	sweet butter, softened

Pick through scallops, removing any straps or bits of shell. Spread scallops out on several layers of paper towel and dry well.

Adjust oven rack to broiler position and preheat broiler. While broiler is heating, transfer dry scallops to a medium bowl and toss well with olive oil, garlic, salt and ground pepper. Quickly place the scallops in a single layer on a 12' x 16" sheet pan so most of them are not touching. Broil 3 1/2" from the heat source without turning until the scallops are opaque—about 2 minutes. Remove sheet pan from broiler. Drizzle scallops with white wine and parsley. Place in a bowl with softened butter and toss well with spatula until butter is melted and all ingredients are well mixed. Serve with rice or pasta.



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