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Sea Cuisine® Offers Simple and Delicious Entrées During National Seafood Month

Sea Cuisine Teams Up with Top Chef's Stefan Richter to Showcase Easy and Convenient Ways Seafood Lovers Across The Country Can Enjoy Seafood at Home

Danvers, MA, October 1, 2013 – Today kicks off National Seafood Month, a time for seafood aficionados to indulge in their favorite seafood dishes. Sea Cuisine offers a convenient way to enjoy seafood at home, with more than 14 varieties featuring Gourmet Crusted, Lightly Seasoned, Fire Roasted and Pub Classic lines, inspired by some of the best seafood dishes around the world. All dishes are expertly seasoned, no-fuss preparations and ready to be simply finished at home.

Sea Cuisine partnered with acclaimed chef Stefan Richter, culinary expert and popular two-time contestant on Bravo's Award Winning *Top Chef*. Stefan teamed up with Sea Cuisine to share his love of seafood with inspired recipes using Sea Cuisine products. To offer consumers variety during National Seafood Month and in their weekly meal planning, Stefan created flavorful recipes from his own inspirations using his favorite Sea Cuisine dishes.

"We're thrilled with the inspired recipes that the talented Stefan has created with our products," said Chris Trosin, Vice President of Sales and Marketing, High Liner Foods (USA). "Stefan brings a unique presence and appeal to Sea Cuisine by leveraging his exceptional culinary expertise and developing exclusive seafood recipes for our line of seafood. Stefan is inspired by the world and so is Sea Cuisine, so naturally we work very well together."

Stefan has created sensational recipes by instilling his worldly perspective into these dishes that individuals can easily prepare in the comfort of their own home during National Seafood Month and beyond.

"I'm happy to have partnered with Sea Cuisine, I love seafood and Sea Cuisine is making it easier for consumers to prepare and enjoy great tasting seafood right at home," said Stefan Richter. "As a chef working 16 hours a day, it is great to know I can come home after a long day and cook any one of my favorite Sea Cuisine products, and, with a few simple ingredients from my pantry have a quick and delicious seafood meal in minutes."

Using products like Sea Cuisine's Potato Crusted Cod and Tortilla Crusted Tilapia, Stefan developed a Potato Crusted Cod over Ragout and a California-style fish taco that can be easily recreated at home any night of the week. To find these recipes and more, visit www.seacuisine.com.

Find out what inspires Stefan to cook by checking out these videos, [Finding Inspiration with Sea Cuisine Featuring Chef Stefan Richer](#) and [Bring the Love of Seafood Home with Sea Cuisine Featuring Chef Stefan Richter](#).

To discover a world of seafood, visit www.seacuisine.com/products for a complete list of Sea Cuisine offerings.

Home cooks can visit www.theseafoodspot.com – a destination for all things seafood – to search nearly 1,000 recipes by type of fish or cuisines like Asian, Caribbean, and Creole. The website also includes tips and techniques for cooking, along with articles and photos from popular seafood spots like the Mediterranean and Mexico, which are available to consumers looking for inspiration in the kitchen.

Sea Cuisine is available at local grocers and many favorite warehouse or club stores. Visit www.theseafoodspot.com to find out where to buy Sea Cuisine products, download a coupon for \$1.00 off any Sea Cuisine product and enter to win a dinner for two with Stefan at his restaurant LA Farm in Santa Monica. For additional seafood inspiration, follow Sea Cuisine on [Pinterest.com/SeaCuisine](https://www.pinterest.com/SeaCuisine), and connect at [Facebook.com/SeaCuisineMeals](https://www.facebook.com/SeaCuisineMeals) and [Twitter.com/SeaCuisine](https://www.twitter.com/SeaCuisine).

About High Liner Foods Incorporated

High Liner Foods is the leading North American processor and marketer of value-added frozen seafood. High Liner Foods' retail branded products are sold throughout the United States, Canada and Mexico under the *High Liner*, *Fisher Boy*, *Mirabel*, *Sea Cuisine* and *Royal Sea* labels, and are available in most grocery and club stores. The Company also sells branded products under the *High Liner*, *Icelandic Seafood*, *FPI*, *Viking*, *Mirabel* and *Samband of Iceland* labels to restaurants and institutions, and is the major supplier of private label value-added frozen seafood products to North American food retailers and food service distributors. High Liner Foods is a publicly traded Canadian company, trading under the symbol HLF on the Toronto Stock Exchange.

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