

SEAFOOD MARKETING CAMPAIGN

NEWSLETTER



KNOW YOUR MARKET

METRO LOBSTER AND SEAFOOD

Warwick, RI



Metro lobster and seafood is a family owned and operated business located in Warwick, RI. Partaking in the family business is owner Chris, his wife, and one of their sons, Cameron. We sat down with Chris Trosin to learn more about Metro!

Metro Lobster and seafood was started in 2007 and they are approaching 2 years in their current Warwick location! Chris says that the core value at Metro is seafood and being able to continuously supply the best quality products and service to their customers. Metro Lobster and Seafood sources from a number of local fishers and growers and Chris prides himself in the fact that they buy well and price well, creating a fair price for all. Not only do they have wholesale options available, but they also offer cash & carry. This outlet allows consumers to stop by and purchase their own local RI Seafood. For the cash & carry option, you can pre-order ahead of time or stop by their building, located at 8 New England Way in Warwick. Chris says that over the years they continue to see an increase in seafood sales and work with more local vendors, whether it is grocers, restaurants, retailers, caterers, and all those in between!

Metro Lobster and Seafood is just one of the various outlets throughout the state of Rhode Island that offer local and fresh seafood!

[Metro Lobster and Seafood](#)



Favorite Marine Species: Sea scallops

Favorite Seafood Restaurant: Can't pick! There is too many excellent restaurants in RI

Favorite Recipe: Necks and beer! Beer steamed necks- Recipe below

necks + beer
...a few recipes to combine these favorites!

Beer Steamed Necks

2 Tbsps. canola oil / 2 cloves of garlic
1 lb. chourico/large dice / 2 lbs. local necks / 1 c. beer
Sauté garlic in oil, add necks, chourico and beer.
Cover and steam 5-6 minutes or until necks open. Remove necks to bowl.
Add 2 Tbsps. butter, juice of 1 lemon and parsley to sauce and combine.
Pour over necks and serve with toast points.



Steamed Necks in Creamy Ale

2 Tbsps. canola oil / 2 cloves of garlic / 1/2 yellow onion
2 lbs. local necks / 12 oz. pale ale / 1 tsp. cayenne pepper
Sauté garlic in oil, add necks and pale ale and cayenne pepper
Cover and steam 5-6 minutes or until necks open. Remove necks to bowl.
Add 2 Tbsps. butter, juice of 1 lemon and 1/3 c. cream. Whisk to combine.
Pour over necks and serve with toast points.

Compliments of Metro Lobster and Seafood Warwick, R.I.