



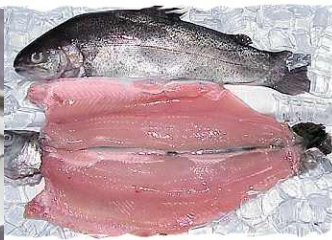
E. Frank Hopkins Seafood Features for the Week of 9/16/13



#095203 8/UP FRESH RED SNAPPER FILLET (skin on) Red Snapper Fillets are Firm Textured, Moderately Flavored Fish, White Meat when Cooked. Red Snappers are found off Florida's Gulf and Atlantic Coast it is one of the BEST known and DESIRED DEEP-SEA DELICACIES. Broil, Bake, Steam. Top this dish off with a Caribbean twist that could make for a real nice fine dining experience.



095244 4/6oz. (MED.) FLUKE FILLET, (HAND CUT AT HOPKINS SEAFOOD) - There are over 540 species of (Flatfish) Flounder. Fluke is the thicker fillets out of all the flounder caught on the Atlantic Coast. Fluke fillets offer thicker, broader fillets. Unlike the grey sole fillet that is long and slender. The sweet taste and firm texture of fluke is often regarded as the best to which other flounders are compared. All fluke is brought in whole, then cut to order at Hopkins seafood HACCP approved facility.



#095045 FRESH FARM RAISED 8/12oz. RAINBOW TROUT HEAD ON- Rainbow Trout are grown in large scale, continuously controlled production facilities. More than 70 percent of all Rainbow Trout raised in the U.S. is grown in a 0 mile stretch along the Snake River in Magic Valley. Clear Springs, The WORLD'S LARGEST Producer, is responsible for 60 PERCENT of this TOTAL. Rainbow Trout is raised in the Magic Valley primarily because of the availability of PURE SPRING WATER. STUFF WITH CRABMEAT. *****ADVERTISE SUSTAINABLE**



#095010 FRESH LIVE MAINE LOBSTERS 1 1/4 LB. Major producers of East Coast Lobsters are Atlantic Canada, Maine and Massachusetts, in that order. Lobster meat is mild and sweet in flavor. The texture is firm and somewhat fibrous; tail meat is firmer than that in the claw. When cooked the lobster shell turns bright red and the meat is white with red tinges. When storing live lobsters, keep refrigerated with moist wet newspapers, seaweed, or wet papertowels. All our lobsters are **HARD SHELL LOBSTERS!** NOT NEW SHELL LOBSTERS! (**A SOFT SHELL LOBSTER**)

WEEKLY FEATURES



Seafood

September 16th to September 20th



Large Mahi Fillets. Boneless/Skinless: We are cutting 20 pound and up fish. Mahi of this size possess a high volume of fat. This is important as the fat adds flavor and moisture to the flesh. Large fillets also yield very well for your portioning. Suitable preparation can include pan searing, baking, broiling or grilling.

(095712)



Emerald Basin Sword Loins: Hook and line fish from the Emerald Basin. This is an inshore fishery off of Nova Scotia. These fish are the same great quality as the harpoon fish without any harpoon damage.

(095717)



Idaho Natural Trout Fillets. PBO: The fillets are cut from larger trout producing 6/8oz boneless sides. These larger fish also have higher fat content thus retaining more moisture when cooked and a much better flavor. Suitable cooking methods include pan searing, grilling, baking or broiling. **Packed in 5# units**

(012611)



Large East Coast Day Boat Halibut Fillet. Boneless/Skinless: We are targeting the 50-125# fish coming from the boats that are fishing daily off the coast of Nova Scotia and Newfoundland. These fish will produce thick large fillets with very good fat content.

(095708)

