



E. Frank Hopkins Seafood Features for the Week of 9/23/13



#095047 FRESH ALBACORE TUNA LOIN Albacore has a mild, rich taste and a firm, steaky texture, with large, moist flakes. Albacore meat is less dense than bluefin tuna, though it is one of the fattiest species, with more omega-3 than the rest of the tunas. Albacore has the lightest-colored meat of all the tuna's though it can range from light beige to almost brown when raw. All albacore flesh becomes off-white after cooking. Albacore meat is not as firm as yellowfin or bluefin, which makes it less suited for sashimi. Albacore cooks quickly, and for maximum flavor is best served rare. Marinating before cooking and basting during will keep albacore moist and prevent it from turning tough



#120869 FROZEN WILD ALASKIAN HALIBUT CHEEKS Cut from the actual cheeks of the fish. Halibut Cheeks are prized for their delicate flavor, snow-white color & firm texture. And thanks to the state of the art freezing technology which preserves the natural high quality, flavor & texture. Harvested from the pristine waters of Alaska, Halibut is America's favorite whitefish very high in protein and low in fat. Chef's using your creative skills in the kitchen, you can take this dish to the next level of fine dining!



#095007 FRESH WILD ALASKAN HALIBUT Skin Off or SKIN- ON #007603(filleted at Hopkins) Halibut is prized for it's Delicate Sweet Flavored, Snow-White Color and Firm Flaky Meat. It's an EXCELLENT Source of High Quality PROTEIN and MINERALS, LOW SODIUM, FAT and CALORIES. Halibut is very versatile in the kitchen, as well, with many recipes for BAKING, BROILING, PAN-FRYING, POACHING, or GRILLING. Straight for the cold, clear waters of Alaska to your kitchen. ****ADVERTISE SUSTAINABLE GO GREEN!!!!**



#095069 or 131453 PRE- SLICED SMOKED SALMON Our pre-sliced smoked salmon starts with the same great products as our fresh salmon fillets; therefore the same exceptional qualities apply. This product is smoked through a cold smoke process, which means that no additives are used in the process, giving you genuine integrity & a wonderful taste. It is an all-natural high fat content, Nordic reserve oak

smoked salmon using the traditional Norwegian recipe. You will enjoy the rich oak flavor of this pre-sliced salmon.

Rich Amelio – E. Frank Hopkins Seafood – (800) 557-3666

WEEKLY FEATURES



Seafood

September 23rd to September 27th



Barramundi Fillet, Skin On/PBO: Prized by chefs and found on the menus of Australia and New Zealand's finest restaurants. It has become the region's favorite fish. Firm, white flesh with a mild but appealing flavor. Preparation possibilities include grilling, baking, or pan searing.

(095715)



Atlantic Black Grouper Fillets, Boneless/Skinless: Black Grouper is considered to be the finest eating of the Grouper species. The boats are on cycle and arriving daily. We target fish in the 10-20 pound range. These fish will produce thick fillets in the 2-5 pound range. Grouper is very versatile and is suitable for grilling, pan searing, steaming, broiling or baking and will hold up well to a sauce.

(095716)



Figi Wahoo Loins, Skin On/PBO: Wahoo is an excellent value in a grilling fish. The meat is light in color, very dense, and turns white when cooked. Wahoo has a very clean flavor and it is suitable for sauces and marinades, especially those of tropical fruit origin. Wahoo is not especially high in fat and care should be taken not to overcook it.

(095115)



Emerald Basin Sword Loins, MSC: 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.

(017888)