



E. Frank Hopkins Seafood Features for the Week of 11/11/13



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.



#095058 FRESH FARM RAISED SCOTTISH SALMON FILLET (skin on /pbo)HAND CUT! This Salmon is eaten with very little work done to it. This Salmon is eaten for it's flavor no need to help it out any! The Waters of Scotland's Highlands and Islands Provide a unique environment in which to raise Scottish Farmed Salmon-sheltered Sea Lochs, Crisp Air and Cool, Clean Tidal waters make the conditions ideal. Very High in OMEGA 3 FATTY ACIDS. Rich in PROTEINS and FAT CONTENT. If you are looking for a salmon that doesn't need sauce's to give a real salmon flavor. Look no more ! Scottish is just what you want to order. Can be used in SUSHI, BAKED,POACHED, SMOKED, GRILLED, or STEAMED



#095015 FRESH SKIN OFF MAHI- MAHI FILLET Mahi Mahi A Hawaiian word that means "Strong-Strong" for Dolphin fish. Dolphin Fish are not to be confused with Porpoises. The lean meat is fairly firm in texture, though not steak-like, and it has large, moist flakes. Mahi-Mahi is an exceptionally versatile fish, white meat and a delicate flavor.mahi performs well on the grill. Though it is not an oily fish, the meat remains nicely moist and can hold up even to blackening.



#007158 FRESH LAKE VICTORIA PERCH FILLET (skin-off) Wild Lake Victoria Perch is a freshwater fish. This fish is found in central Africa's Lake Victoria. This fish grows as large as 300 pounds in weight, but Commercial sizes of fish range from 6 to 14 pounds. Lake Victoria perch reminds some people of Grouper. The fish is mild in flavor and the moist medium-firm cooked meat has a good flake. Lake Victoria perch is rich in healthful omega-3 oils. The fillets cook up snow white and because of the high oil

content, this fish is also very forgiving, as it remains moist during cooking. Despite its mild flavor, the fish works well with strong ethnic seasonings and sauces.

WEEKLY FEATURES



Seafood

November 11th to November 15th



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)



Hawaiian Opah Loins, Boneless/Skinless: Opah is a non-schooling fish and is never caught in large quantities. It is highly prized by Asian and domestic Chefs for its pink to red flesh with rich thick fat lines. Opah is a full flavored grilling fish that stands up well to a sauce.

(095744)



Atlantic Snapper Fillets, PBO: These snapper will average 2- 4# each and will produce fillets in the 8-12 oz range. This size fish is perfect for single serving size fillets. The flesh is very light in color with bright red bloodlines.

(095734)



Sliced Smoked Jail Island Salmon: We start with fresh salmon sides, use a little brown sugar for a sweet cure, and then slow smoke over real wood chips to achieve a mild, buttery smoked salmon. Fully trimmed then sliced to perfection. Sides will average 2-3 pounds each.

(095067)

