

# WEEKLY FEATURES



## Seafood October 28th to November 1st



**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)



**MSC. Icelandic Cod Fillet, Boneless/Skinless:** Hook and line caught cod. These cold water cod are very firm and full of fat. Fillets will average 12 to 16 ounces.

(018764)



**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)



**Watch House Point Oysters:** Grown on the historic Watch House Point oyster grounds located on the southern tip of the Eastern Shore of Virginia, near the Atlantic Ocean. This area is known for its pristine waters and great tasting shellfish. These 3 inch oysters are salty upfront followed by hints of cucumber and melon.

***Packed 100 count***

(005486)



**E. Frank Hopkins Seafood**



## Features for the Week of 10/28/13



#095228 FRESH ARTIC CHARR FILLET SKIN ON Often compared with salmon or trout, Arctic Charr are distinct species typically menued as a signature seafood entrée because of its gourmet appeal. Icelandic brand Arctic Charr are from Iceland, the global leader in charr production. Raised in land-based closed system tanks that are environmentally ideal, these charr grow in a continuously sand filtered system of pure Icelandic seawater, natural spring water, and geothermal water to

maintain a perfect temperature. A saltwater environment that is unique. No antibiotics or chemicals are ever used in the hatcheries or grow out facilities. Cook: Bake, Broil, Pan-frying, or Poaching are all great choices.

**MENU AS SUSTAINABLE FISH! "GO GREEN"**



#095044 FRESH FARM RAISED TILAPIA FILLET (ST. PETERS FISH) Today tilapia has become the most important farmed fish in the world. Tilapia has become the "Miracle Fish" and is playing a major role in the Blue Revolution, which like the Green Revolution, is about feeding a hungry planet. Key points to our tilapia, All natural, consistent quality, No off flavors due to algae, waste, or bacteria, Environmental control, Harvesting less "stressful" on fish since already caged. All natural chemical free, no antibiotics. The mild, sweet tasting, lean-meated Tilapia

has a slightly Firm, Flaky Texture. SUSTAINABLE



#095055 FRESH LIVE MAINE LOBSTERS 2 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 paper towels. All our lobsters are HARD SHELL LOBSTERS! NOT NEW SHELL LOBSTERS! ( A SOFT SHELL LOBSTER)



#095081 FROZEN BAY SCALLOPS ON HALF SHELL - Farm Raised in Peru this frozen bay scallop on half shell can be used on a raw bar, edible garnish, or appetizer. Be as creative as you like with this product. A small cousin to the sea scallop Mild and Sweet, Bay Scallops are considered the best -tasting of the scallop species. Raw, the lean, cork-shaped meat is translucent.

The texture should be firm and moist. Cooked meat is opaque white and firm. Packed 12 Sheets with 12 with 12 scallops per sheet.

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