



E. Frank Hopkins Seafood Features for the Week of 11/18/13



#095208 FRESH FARM RAISED HYBRID)STRIPED BASS FILLET- Farm Raised or Hybrid Striped Bass is a mild fish with a delicate, slightly sweet flavor. The raw meat is translucent white with pinkish cast; it turns opaque white when cooked. It is moderately firm but flaky, and the oil content keeps it moist during cooking. Hybrid striped bass are raised in oxygenated tanks or ponds, where strict control of water quality and feed ensures consistent flavor. Striped bass can be stuffed and baked whole. When grilling the fish, leave the skin on. It has a delicate flavor and turns nice and crispy while the flesh remains moist. Also Cook Fillets: Broil, Bake, or Saute.



#095056 & 095188 FRESH 3 / 4 CANADIAN SALMON FILLET HAND CUT AT HOPKINS SEAFOOD. The Bay of Fundy's tremendous tides providing remarkable flushing action combined with the naturally cold temperatures and pure, clean surroundings provide the best environment in the world for farming salmon. In this natural habitat, the salmon flourish on a diet comprised of natural ingredients. These salmon arrive whole and are then hand cut to order at our HACCP approved facility.



#019902 FROZEN 4oz SWAI ROLLS- Also called Swai, Vietnamese catfish and Basa catfish. Basa is a tasty fish, with a delicate texture and nice white flesh. This 4oz. rolled up basa fillet gives a nice plate presentation. Already rolled 4oz. portions take out labor and give you your plate cost right away. The fast-flowing waters of the Mekong River in Vietnam give the meat a clean, fresh mild flavor. Basa is a versatile fish whose flesh is mild enough to take on other flavors but flavorful enough to hold its own in simple preparations. It remains moist during cooking. Bake, Broil, Fry, or Saute. Fillets are skinless and boneless.



094820 *OVERNITE* U/10 SEA SCALLOPS, #094823 10/20's, #094826 20/30's ALL OVERNITES. Adductor muscle, which allows scallops to "swim" by clicking their shells together, is eaten. This mobility helps them escape pollutants that immobile bivalves like mussels, clams and oysters can't avoid. *OVERNITE* means processed with water added *ONLY OVERNITE* vs. a processed (*WET*) scallop that is soaked for days to add water to the scallop to make it bigger (ex. Soak a 20/30 scallop and make it a 10/20). This *overnite* scallop tends to shrink a little when cooked being a processed scallop with water added.

WEEKLY FEATURES



Seafood

November 18th to November 22nd



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)



Chilean Sea Bass Fillets. Boneless/Skinless: Sourced from only certified sustainable fisheries. This wonderful fish is prized for its snow white flesh and buttery taste - it has become a very popular menu item. We are cutting 15 kilo and larger fish that will produce large thick fillets that yield very well for portioning.

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Laughing Bird Fresh White Shrimp. peeled. 50/60 ct: Laughing Bird Caye, located in the Caribbean, was named after the Laughing Gull known to nest there. Lined with coconut trees and scattered coastal mangroves, the simple beauty of the island remains untouched. Just a few miles inland, these shrimp are raised in what experts have deemed "the future of aqua culture" - a result of years of thoughtful environmental design. This remarkable, low-impact operation produces a candy-sweet shrimp that is favored by environmentalists and seafood lovers alike. **8 pound units**

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Chincoteague Cultured Salts Grown in the salty waters surrounding Chincoteague Island and Assateague National Wildlife Refuge. These oysters are raised by Mike McGee, a true "old salt". Averaging 3½ inches these are a slightly larger cultured oyster than most. **Packed 100 count**

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