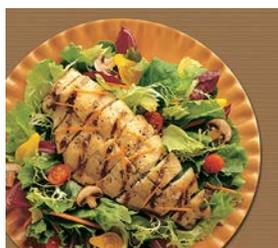




E. Frank Hopkins Seafood Features for the Week of 12/2/13



#094733 FRESH MONKFISH FILLETS Monkfish has a mild, slightly sweet taste. The tail meat, the only part of the fish that is used, is firm, dense and boneless. It doesn't flake readily and is firm like scallops or lobster meat. The raw flesh is off- white; cooked meat is white. Mild yet very firm, Monkfish fillet wrapped in bacon is just one way you can be creative with this product and also shows you how versatile this fillet can be, also benefits from zesty marinades, seasonings and sauces.



#095243 & #094730 FRESH FARM RAISED CATFISH FILLET. The consistently MILD FLAVOR and FIRM TEXTURE of U.S. Farm Raised Catfish has taken this Dixieland Delight to NEW HEIGHTS. Once considered a FRIED, SOUTHERN FARE, Farm Raised Catfish is NOW the FOURTH MOST CONSUMED FISH IN AMERICA, because consumers are learning you DON'T have to FRY IT to LOVE IT! GRILL, BAKE, SAUTE, or POACH. ***
ADVERTISE AS SUSTAINABLE "GO GREEN!!!"



#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 takes out labor and gives you your plate cost right away. The fast-flowing waters of the Mekong River in Vietnam gives the meat a clean, fresh mild flavored. 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.



#094700 2/3 lb. SKIN ON FARM RAISED SALMON FILLET The Most Common of Salmon Fillets used in Kitchen's Today. The flavor of Atlantic salmon is milder than that of the wild salmon species. The meat is moderately firm and oily, though not as fatty as that of the wild salmon. Generally Atlantic salmon's meat is a rich orange or pinkish-orange color. The fatty meat appears almost marbled when raw. Atlantic salmon retains its color when cooked and has a large, moist flake. Very high in Omega-3 fatty acids, this make for very heart healthy choice in seafood for you customers.

WEEKLY FEATURES



Seafood

December 2nd to December 6th



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)



Yellowfin Tuna Loins: We are seeing good production of high end fish. The fish are averaging 60 - 80 pounds H & G and will possess very good volumes of fat and great red color. The loins will average 10 - 15 pounds each with both 2+ and 1# grading available.

#1 (095707)

2+ (094720)



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)



Sablefish (Black Cod). Skin on/PBO: Sablefish is prized by chefs around the world (particularly in Japan) for its mild and gentle flavor, contrasting black skin which crisps up beautifully when pan seared, and soft moist texture. Lean, with a large flake, black cod fillets are a very faint pink when raw and opaque white once cooked. They are often paired with Asian-style flavors high in unami, ginger, and citrus, but because of this fish's excellent eating qualities do not need much embellishment. ***(Available Tuesday - Friday)***

(095219)

