



E. Frank Hopkins Seafood Features for the Week of 12/23/13



#095214 FRESH CLEANED SQUID T&T (TUBES & TENTACLES) On the east coast, squid are trawled and trapped from Canada to North Carolina. Cooked squid is mild and has a subtle sweetness. The meat is firm yet tender. *Illex* squid has large 8/12 inch tubes and is coarser than *lologo*. The secret to tender squid is to cook it either quickly or for around 30 min. rings can be battered and fried; mantles (the tube) can be stuffed and baked in a sauce. **DO NOT OVER COOK**, or squid will turn as tough as a pencil eraser (a couple of minutes is usually enough) if you do overcook, keep cooking for 20 minutes more, and it will become tender again. Braised or baked squid should be cooked this long. The Squid ink is often used to make black pastas.



#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.



#120170 FROZEN CLEANED SMELTS (product or Peru) Market-sized Lake smelts are generally around 6 inches long, with olive-green skin that has a silvery sheen. Smelts have soft bones; small, cooked, H&G smelts can be eaten bones and all. The cooked meat flakes readily off the bones. The delicate skin is also eaten. Smelts have lean, white flesh that becomes white, soft and fine-flaked when cooked. It has a fresh, sweet flavor. Traditional preparations call for dipping smelts in batter and deep-frying or dredging them in flour or bread crumbs and then pan-frying.



#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 23rd to December 27th



Large Mahi, Skin on, PBO: These fish average 20 pounds and up in size and have consistently been the highest quality of any Mahi we have seen. The fish will yield thick brilliant color fillets that are full of fat and will portion well. The large thick fillets are suitable for any cooking application such as grilling, pan searing or broiling.

(020708)



Large Haddock Fillet, Boneless/Skinless: Haddock is a sweet mild white fish and is a local favorite through much of New England. The fillets we cut are boneless and skinless and will average in the 12-16 ounce range.

(095086)



Farm Raised Cobia Fillets, Skin on, PBO: Cobia is suitable for many preparations. It can be grilled, pan seared, broiled or used for ceviche or sashimi applications. These fish are being raised in open ocean cages in the nutrient rich pristine waters of the Caribbean. This is a very sustainable fishery with minimal impact to the eco-structure. The fish will average 6-8lbs in size. The flesh cooks white and moist with a very clean flavor and the skin will crisp very well.

(095729)



Farm Raised Butterfly Bronzino, head off, PBO: The fish have been carefully prepared for stellar plate presentation. The head, back bones and pin bones have been removed. The skin is intact and the tail remains on. This is perfect blend of European and American presentation. In Europe fish of this size are often served whole with the head on and bones in. That presentation is not as readily accepted in the states where most consumers do not want to see the head or deal with the bones. We have fabricated these fish so you can still present the fish in a natural form without all of the negatives that go with whole fish.

(019365)

MAINES FEATURES 12/1/13- 12/31/13



Pork Rib Chops Center Cut Chine and Feather Bones removed
Frenched
Beautiful Plate Presentation – Tender – Flavorful

Item #		
010399	066859	066860
066861	066862	066863



Beef Flat Iron Steak Seamed & Denuded Portioned

Tender – Great Flavor – Versatile

Item#			
066909	066910	066908	066913
066914	067961	004751	066905



Chicken Breast Frenched

Fresh Chicken Breast with the Back Out and rib cage bones removed. The V wing is clipped off at the drummie.
1/Vac or Bulk Vac

Item # Single Lobe
070631 070632

WEEKLY FEATURES



Take advantage of these alternatives to the increasing tenderloin prices



Hartley Ranch Genuine Angus Striploin Steaks cut "Filet Style" HRGA still sets the bar for source-verified Black Angus cattle. We completely super-trim whole strips and then cut into "filet-style" striploin steaks. A great presentation on the plate and also a great way to limit portion size on strip steaks. A great and unique alternative to filet mignon.

(076051)
(020439)

16/10oz per case
20/8oz per case



Hartley Ranch Genuine Angus Tenderloin Head Steak: A well trimmed filet steak cut from the butt of beef tenderloin. Although it is not a center cut, this cut is a money saving portion at a fraction of the cost while still being an authentic Angus product.

(009861)
(020440)

20/8oz per case
28/6oz per case



Hartley Ranch Genuine Angus Striploin Buffet Barrel: These barrels resemble a tenderloin and are perfect for buffets, parties or simply oven roasted as a nightly feature. These barrels are moist, tender and a great alternative to a rib eye.

(006328)

2 per case