



E. Frank Hopkins Seafood Features for the Week of 10/13/13



favorite oyster recipes from Rockefeller to Casino style

#095034 EAST COAST OYSTER - Delaware Bay Oysters are one of the staple oysters among the watermen of the Mid-Atlantic region. They offer a hearty flavor oyster meat set in a very mild oyster liquor. Thick 3 to 4 inch shells provide for well protected meat and the oysters themselves prove to be most flavorful during the colder months of the year. Considered a medium to large oyster in northern latitudes, the Delaware Bay oyster is harvested from a wild but cultivated stock. Try them raw on the half shell or cooked in your



094834 WET 20/30 SEA SCALLOPS Only the 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. Wet means processed with water added. This scallop tends to shrink when cooked being a processed scallop with water added. Great cost valued item.



#095010 FRESH LIVE MAINE LOBSTERS 1 1/4 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 news papers, seaweed, or wet paper towels. All our lobsters are **HARD SHELL LOBSTERS!** NOT NEW SHELL LOBSTERS! (**A SOFT SHELL LOBSTER**)



#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

October 14th to October 18th



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.

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Great Lakes Walleye Pike Fillets, skin on, PBO: Walleye is the staple fish of the Great Lakes regions of the US and Canada. This fresh water game fish is relished for its sweet, delicate light colored flesh. Preparations may include pan searing, baking, broiling or the traditional frying methods.

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New Zealand All Natural King Salmon Fillet, PBO: These fish are raised in the pristine waters of New Zealand, without the use of growth booster or antibiotics to promote growth, using the finest all natural feeds. The fillets will average 4-6 lbs each. These large fish have brilliant color and very high fat content. This is why they are so prized in the Asian market.

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Misty Point Oysters: Misty Points are raised on exclusive grounds in the pristine seaside waters of Virginia. These top-shelf oysters are perfected through intense husbandry that creates their deep cups and great taste. Averaging 3 inches, these oysters have high salinity upfront that fades into bright sweet hints of celery and grass. Packed 100 count

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