



## *E. Frank Hopkins Seafood Features for the Week of 10/7/13*



**#095047 FRESH ALBACORE TUNA LOIN** Albacore has a mild, rich taste and a firm, steaky texture, with large, moist flakes. Albacore meat is less dense than Bluefin tuna, though it is one of the fattiest species, with more omega-3 than the rest of the tunas. Albacore has the lightest-colored meat of all the tuna's though it can range from light beige to almost brown when raw. All albacore flesh becomes off-white after cooking. Albacore meat is not as firm as Yellow fin or Bluefin, which makes it less suited for sashimi. Albacore cooks quickly, and for maximum flavor is best served rare. Marinating before cooking and basting during will keep albacore moist and prevent it from turning tough



**#095244 4/6oz. (MED.) FLUKE FILLET, (HAND CUT AT HOPKINS SEAFOOD)** There are over 540 species of (Flatfish) Flounder. Fluke is the thicker fillets out of all the flounder caught on the Atlantic Coast. Fluke fillets offer thicker, broader fillets. Unlike the grey sole fillet that is long and slender. The sweet taste and firm texture of fluke is often regarded as the best to which other flounders are compared. All fluke is brought in whole, then cut to order at Hopkins seafood HACCP approved facility.



**#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 makes for very heart

healthy choice in seafood for you customers.



**#095009 FRESH LIVE MAINE LOBSTERS 1 1/2 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 lobster: keep refrigerated with moist wet newspapers, seaweed, or wet paper towels. All our lobsters are **HARD SHELL LOBSTERS!** NOT NEW SHELL (Soft Shell) LOBSTERS!

# WEEKLY FEATURES



## Seafood October 7th to October 11th



**Blue Goose Organic Certified Trout Fillets, PBO:** This fish is raised in cages of Manitoulin Island, Lake Huron Canada. It is the only certified organic trout in North America and is certified organic by Ocean Trust. The fillets have the highest fat content of any trout we have seen to date and are raised without any hormones, antibiotics or parasiticides. They are fed a proprietary organic feed with no land, animal or avian by products. The flesh has a remarkable clean full flavor and cooks very moist. **8/12oz fillets, 5# cases**

**(019527)**



**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)**



**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)**

