



E. Frank Hopkins Seafood Features for the Week of 9/30/13



#095051 FRESH #1 YELLOWFIN TUNA LOIN Tuna has a Mild, Meaty Flavor. The meat is RED in it's raw state but, when cooked, turns brown to grayish-tan, firm and moist, with large flakes. TUNA is also served raw as sashimi and in sushi. Tuna is excellent raw, but for grilling and broiling, cut steaks 1 ½ inches thick. The Tuna needs very little seasoning; just brush with olive oil and sprinkle with seasoning. Tuna can also marinate for several hours without becoming "cooked." Try a marinade of white wine a little oil and some brown sugar for an hour or two before grilling.



#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 shin on. It has a delicate flavor and turns nice and crispy while the flesh remains moist. Also Cook Fillets: Broil, Bake, or Saute. ALL GREAT CHOICES!



#095044 FRESH FARM RAISED TILAPIA FILLET (ST. PETERS FISH) Today tilapia has become the most important farmed fish in the world. Tilapia has become the "Miracle Fish" and is playing a major role in the Blue Revolution, which like the Green Revolution, is about feeding a hungry planet. Key points to our tilapia, All natural, consistent quality, No off flavors due to algae, waste, or bacteria, Environmental control, Harvesting less "stressful" on fish since already caged. All natural chemical free, no antibiotics. The mild, sweet tasting, lean-meated Tilapia has a slightly Firm, Flaky Texture. **SUSTAINABLE**



#120965 FROZEN SWORD KABONS 3oz SKINLESS BONELESS. These frozen sword kabobs are vacuumed packed into one pound packages to help control food cost, and also protect against freezer burning. These skin on and boneless sword cubes can be used in any application from apps. to entrees. To get the best quality possible after these swordfish are caught they are frozen on board then taken back to their processing plant, thawed and processed. Swordfish is moist and flavorful with a slightly sweet taste. The meat has moderately high oil content, lending to a firm meaty texture.

WEEKLY FEATURES



Seafood September 30th to October 4th



Atlantic Snapper Fillets. PBO: These snapper will average 2- 4# each and will produce fillets in the 8-12 oz range. This size fish is perfect for single serving size fillets. The flesh is very light in color with bright red bloodlines.

(095734)



Chilean Sea Bass Fillets. Boneless/Skinless. MSC: 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.

(09579)



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 a 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. **7/9oz each**

(019365)



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.

(095803)