



## *E. Frank Hopkins Seafood Features for the Week of 6/17/13*



**#095007 FRESH WILD ALASKAN HALIBUT Skin Off or *SIKN-ON* #007603(filleted at Hopkins)** Halibut is prized for its Delicate Sweet Flavored, Snow-White Color and Firm Flaky Meat. It's an EXCELLENT Source of High Quality PROTEIN and MINERALS, LOW SODIUM, FAT and CALORIES. Halibut is very versatile in the kitchen, as well, with many recipes for BAKING, BROILING, PAN- FRYING, POACHING, or GRILLING. Straight for the cold, clear waters of Alaska to your kitchen.  
**\*\*ADVERTISE SUSTAINABLE GO GREEN!!!!**



**#095058 FRESH FARM RAISED SCOTTISH SALMON FILLET (skin on /pbo)HAND CUT AT E. FRANK HOPKINS SEAFOOD!** The Waters of Scotland's Highlands and Islands Provide a unique environment in which to raise Scottish Farmed Salmon-sheltered Sea Lochs, Crisp Air and Cool, Clean Tidal waters make the conditions ideal. Very High in OMEGA 3 FATTY ACIDS. Rich in PROTEINS and FAT CONTENT. Can be used in SUSHI, BAKED, POACHED, SMOKED, GRILLED, or STEAMED



**#095203 8/UP FRESH RED SNAPPER FILLET (skin on)** Red Snapper Fillets are Firm Textured, Moderately Flavored Fish, White Meat when Cooked. Red Snappers are found off Florida's Gulf and Atlantic Coast it is one of the BEST known and DESIRED DEEP-SEA DELICACIES. Broil, Bake, Steam. Top this dish off with a Caribbean twist that could make for a real nice fine dining experience.



**#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 lobsters be sure to keep refrigerated with moist, wet newspapers, seaweed, or wet paper towels. All our lobsters are **HARD SHELL LOBSTERS!** NOT NEW SHELL LOBSTERS! (A **SOFT SHELL LOBSTER**)

# WEEKLY FEATURES



## Seafood

June 17th to June 21st



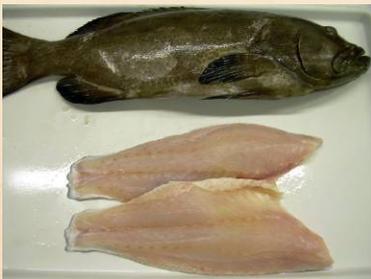
**Domestic Large Sword Loins:** The fish we are cutting average 100-200# each. Fish of this size have reached maturity and have already added to future broods. Not only does this help the future of the fishery, but as an added bonus it provides you with Sword that is full of fat and flavor.

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**Hawaiian Opah Loins. Boneless/Skinless:** Opah is a non-schooling fish and is never caught in large quantities. It is highly prized by Asian and domestic Chefs for its pink to red flesh with rich thick fat lines. Opah is a full flavored grilling fish that stands up well to a sauce.

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**Large Atlantic Grouper Fillets. Boneless/Skinless:** Black Grouper is considered to be the finest eating of the Grouper species. The boats are on cycle and arriving daily. We target fish in the 10-20 pound range. These fish will produce thick fillets in the 2-5 pound range. Grouper is very versatile and is suitable for grilling, pan searing, steaming, broiling or baking and will hold up well to a sauce.

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

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