



E. Frank Hopkins Seafood Features for the Week of 6/24/13



#010603 FRESH WILD KING SALMON FILLET (skin-on/PBO) (CHINOOK) Wild King Salmon (Chinook) needs a large Fat reserve for their long distance migration. That translates into a pronounced, buttery, rich taste. The oily Chinook Flesh is softer than that of other Wild Salmon Species. The Flesh is almost always Red, never Pink. Simple treatments are perfect for the rich and flavorful king salmon, but the fish can also stand up to a hearty flavorings. **TRY BOILING OR**

GRILLING A PIECE WITH PESTO SAUCE! Harvested from the Wild Clean Cold Waters of ALASKA home to the most abundant Wild Salmon in the WORLD. *****ADVERTISE 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.



#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!



#095019 FRESH ROPE GROWN PEI MUSSEL Prince Edward Island (PEI) rope grown blue mussels are some of the cleanest, most consistently sized mussels available anywhere. Fresh product is harvested each and every day from the briny rich waters surrounding Prince Edward Island. The mussels are grown out in socks (woven nylon netting) these socks hang on a long-line allowing the mussels to continuously feed in the current. This grow out process produces a product that is second to none. Mussels are always cooked in the shells. This dish alone however made makes for an Excellent dining Experience!

WEEKLY FEATURES



Seafood June 24th to June 28th



Barramundi Fillet, Skin On/PBO: Prized by chefs and found on the menus of Australia and New Zealand's finest restaurants. It has become the region's favorite fish. Firm, white flesh with a mild but appealing flavor. Preparation possibilities include grilling, baking, or pan searing.

(095715)



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)



Laughing Bird Fresh White Shrimp, peeled, 50/60 ct: Laughing Bird Caye, located in the Caribbean, was named after the Laughing Gull known to nest there. Lined with coconut trees and scattered coastal mangroves, the simple beauty of the island remains untouched. Just a few miles inland, these shrimp are raised in what experts have deemed "the future of aqua culture" - a result of years of thoughtful environmental design. This remarkable, low-impact operation produces a candy-sweet shrimp that is favored by environmentalists and seafood lovers alike. **8 pound units**

(095750)



California Sea Bass, Boneless/Skinless: Closely related to California Corbina, it is the only member of the California croaker family to exceed 20 pounds in weight. They are from Juneau, Alaska southward to Magdalena Bay, Baja California. Their population is centered between Point Conception and Ballanas Bay. The season runs from mid June to the beginning of September. The fish will average 10-20 pounds in size. The fillets will average 3-6 pounds. The tender flesh cooks white and moist and is suitable for poaching, pan searing and grilling. **Available Tuesday through Friday only.**

(095751)