



E. Frank Hopkins Seafood Features for the Week of 7/1/13



#095051 FRESH 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.



#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 favorite oyster recipes from Rockefeller to Casino style



#095056 FRESH 3 / 4 CANADIAN SALMON FILLET HAND CUT AT HOPKINS SEAFOOD. The Bay of Fundy's tremendous tides providing remarkable flushing action combined with the naturally cold temperatures and pure, clean surroundings provide the best environment in the world for farming salmon. In this natural habitat, the salmon flourish on a diet comprised of natural ingredients. These salmon arrive whole and are then hand cut to order at our HACCP approved facility. The meat is moderately firm and oily, though not as fatty as that of the wild salmon. Large moist flake are Very high in Omega-3 fatty acids, this make for very heart healthy choice in seafood for you customers.



#007158 FRESH LAKE VICTORIA PERCH FILLET (skin-off) Wild Lake Victoria Perch is a freshwater fish. This fish is found in central Africa's Lake Victoria. This fish grows as large as 300 pounds in weight, but Commercial sizes of fish range from 6 to 14 pounds. Lake Victoria perch reminds some people of Grouper. The fish is mild in flavor and the moist medium-firm cooked meat has a good flake. Lake Victoria perch is rich in healthful omega-3 oils. The fillets cook up snow white and because of the high oil content, this

fish is also very forgiving, as it remains moist during cooking. Despite its mild flavor, the fish works well with strong ethnic seasonings and sauces.

WEEKLY FEATURES



Seafood July 1st to July 5th



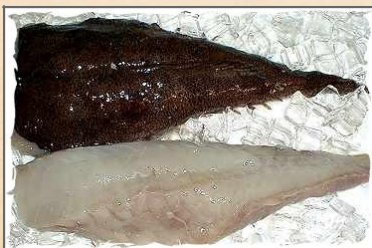
Alaskan Sockeye Salmon Fillets, PBO Highly regarded for its firm red flesh and rich nutty flavor. One taste and you will understand why chefs from all parts of the country make such a fuss for the three or four weeks each year that this fish is available fresh. The fillets will average approximately 1– 2 pounds each. Much of the fat is stored under the skin and is best cooked skin on to preserve its natural goodness.

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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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Large Day Boat Monkfish Fillets, Boneless/Skinless: There are a couple of the New England boats that are targeting monk and coming in daily with very high quality fish. Most monk is a product of by-catch and is not of this quality. We purchase only large fish from these boats and fillets run in the 12-20 ounce range.

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Sliced Smoked Jail Island Salmon: We start with fresh salmon sides, use a little brown sugar for a sweet cure, and then slow smoke over real wood chips to achieve a mild, buttery smoked salmon. Fully trimmed then sliced to perfection. Sides will average 2-3 pounds each.

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