



E. Frank Hopkins Seafood Features for the Week of 7/22/13



#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**



#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.



#095012 PF. (Previously Frozen) 4/6oz. FLOUNDER FILLET There are over 540 species of (Flatfish), Sole is what is used for our PF. 4/6oz. Flounder Fillet. This product is received at Hopkins in a Re-Fresh Form. The product is frozen at sea whole then processed then packed and sent to Hopkins. This Reflect's the pricing between a FRESH FILLET vs. a PF. FILLET True Fresh is much higher in price. **AGAIN REMEMBER A PF. FLOUNDER FILLET IS PURE WHITE! (UNLIKE A FRESH FLOUNDER FILLET WHICH IS TANISH IN COLOR)**



#095000 FRESH FARM RAISED CAJUN CATFISH FILLET For your convenience this product is marinated in a spicy Cajun marinade not too hot, just the right amount of Cajun seasoning. The consistently MILD FLAVOR and FIRM TEXTURE of U.S. Farm Raised Catfish has taken this Dixieland Delight to NEW HEIGHTS. TRY CATFISH with YOUR FAVORITE CHICKEN RECIPES.

WEEKLY FEATURES



Seafood July 22nd to July 26th



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)



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)



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)



Massachusetts Wild Striped Bass (Rockfish), skin on, PBO:

This is a hook and line day boat fishery. The Rockfish that come from New England are considered to be the best eating. This is due to the cold waters and higher quality of feed. These are large fish that will produce thick fillets with very good fat content.

(095720)