



## *E. Frank Hopkins Seafood Features for the Week of 7/29/13*



**#004537 FRESH WILD SOCKEYE SALMON FILLET** From the cold clear waters of Alaska, The sockeye's are also known as kokanees. For it's long migration, the sockeye carries a large amount of fat, making it rich in omega-3s. this gives the meat a nice, rich flavor. Some people feel the flavor rivals or is even better than the Chinook. The raw meat is firm and has a bright-red or orange-red color. Cooked meat remains red and firm. If you haven't had **SOCKEYE SALMON** yet try it. **TRULY SUSTAINABLE!!**



**#094763 FRESH FARM RAISED COBIA FILLET** Also known as Black Kingfish, Black Salmon, Ling, or Lemonfish. Cobia melts on your palate, cooks up on the grill, and is so rich in oils that butter is an option. It's attractive to gourmet chefs and seafood lovers because of the fishes exquisite taste and texture and is so versatile it can be eaten raw as sushi, sashimi, or ceviche and can be grilled, boiled, pan-seared, barbecued and translates well with all cuisine. Think of it as the warm water cousin of Halibut. These Cobia's are farm raised in a natural environment, in low densities and swim with and observe these wonderful animals and treat them with respect as key members of mother nature's all important nutrition ecosystem. **\*\*ADVERTISE SUSTAINABLE GO GREEN! FATHER'S DAY SPECIAL!**



**#095149 SWORDFISH LOINS SKIN ON** - When nights are bright and swordfish are feeding heavily. Thus, the best catches occur during the final quarter of the moon Swordfish is moist and flavorful with a slightly sweet taste. The meat has a moderately high oil content, lending to a firm meaty texture. If you are looking for a fancy fish to GRILL , HERE YOU GO! This Could work great for a weekend feature.



**#094700 2/3 Ib. SKIN ON FARM RAISED SALMON FILLET**  
The Most Common of Salmon Fillets used in Kitchen's Today. The flavor of Atlantic salmon is milder than that of the wild salmon species. The meat is moderately firm and oily, though not as fatty as that of the wild salmon. Generally Atlantic salmon's meat is a rich orange or pinkish-orange color. The fatty meat appears almost marbled when raw. Atlantic salmon retains its color when cooked and has a large, moist flake. Very high in Omega-3 fatty acids, this make for very heart healthy choice in seafood for you customers.

# WEEKLY FEATURES

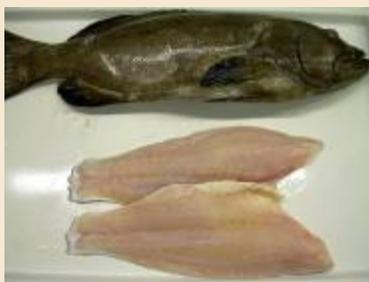


## Seafood July 29th to August 2nd



**East Coast Day Boat Halibut Fillet. Boneless/Skinless:** We are targeting the 50-125# fish coming from the boats that are fishing daily off the coast of Nova Scotia and Newfoundland. These fish will produce thick large fillets with very good fat content.

(095708)



**Atlantic Black 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.

(095716)



**Large Mahi Fillets. Boneless/Skinless:** We are cutting 20 pound and up fish. Mahi of this size possess a high volume of fat. This is important as the fat adds flavor and moisture to the flesh. Large fillets also yield very well for your portioning. Suitable preparation can include pan searing, baking, broiling or grilling.

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**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)



**Misty Point Oysters:** Misty Points are raised on exclusive grounds in the pristine seaside waters of Virginia. These top-shelf oysters are perfected through intense husbandry that creates their deep cups and great taste. Averaging 3 inches, these oysters have high salinity upfront that fades into bright sweet hints of celery and grass. Packed 100 count

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