



## *E. Frank Hopkins Seafood Features for the Week of 8/19/13*



**#094700 2/3 lb. 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.



**#095031 FRESH 10/20 DRY SEA SCALLOPS** Scallops are available in many different sizes. Scallops are graded like shrimp according to size and count per pound. Sea Scallops are Harvested in the Deep Water off the East Coast from Virginia through Canada. These are sold in the NATURAL STATE KNOWN AS A DRY PACK. Dry scallops CONTAIN NO ADDED LIQUID or PRESERVATIVES. COOK: Broiling, Stuffing and Kebabs.



**#095006 FRESH 8/12oz. COD FILLET** - Atlantic Cod Fillets are lean meat and has a mild, clean flavor and large, tender flakes. Raw Atlantic Cod has white flesh. Cooked, it's an opaque white, tender-firm, lean and flaky, with a mild taste. Because cod is so lean, cod cooks quickly and benefits from moist heat. The neutral flavor makes an excellent showcase for herbal accents like tarragon, dill and cilantro.



**#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

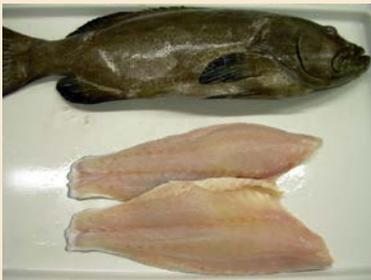


## Seafood August 19th to August 23rd



**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.

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**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.

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**Canadian Harpoon Sword Loins. MSC Certified:** The production has increased and we are seeing very good supplies of these stellar fish. These fish are harvested by small vessels that work in conjunction with spotter planes. When the fish are spotted the boats sneak up and harpoon the fish. This method insures a quick kill. The fish are not thrashing on a line until they expire. These fish are full of fat and will sizzle on the grill. This is the time to feature Sword!

*Cut from 100- 300# fish*

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**Watch House Point Oysters:** Grown on the historic Watch House Point oyster grounds located on the southern tip of the Eastern Shore of Virginia, near the Atlantic Ocean. This area is known for its pristine waters and great tasting shellfish. These 3 inch oysters are salty upfront followed by hints of cucumber and melon. **Packed 100 count**

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