



E. Frank Hopkins Seafood Features for the Week of 8/5/13



#120869 FROZEN WILD ALASKIAN HALIBUT CHEEKS Cut from the actual cheeks of the fish. Halibut Cheeks are prized for their delicate flavor, snow-white color & firm texture. And thanks to the state of the art freezing technology which preserves the natural high quality, flavor & texture. Harvested from the pristine waters of Alaska, Halibut is America's favorite whitefish very high in protein and low in fat. Chef's using your creative skills in the kitchen, you can take this dish to the next level of fine dining!



#C1126 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 everyday 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. Chefs in Europe have been cooking mussels for decades and they are truly an exquisite dining experience. Delicious when steamed, sautéed, baked or included in soups and stews.



#095045 FRESH FARM RAISED 8/12oz. RAINBOW TROUT HEAD ON- Rainbow Trout are grown in large scale, continuously controlled production facilities. More than 70 percent of all Rainbow Trout raised in the U.S. is grown in a 0 mile stretch along the Snake River in Magic Valley. Clear Springs, The WORLD'S LARGEST Producer, is responsible for 60 PERCENT of this TOTAL. Rainbow Trout is raised in the Magic Valley primarily because of the availability of PURE SPRING WATER. STUFF WITH CRABMEAT. *****ADVERTISE SUSTAINABLE**

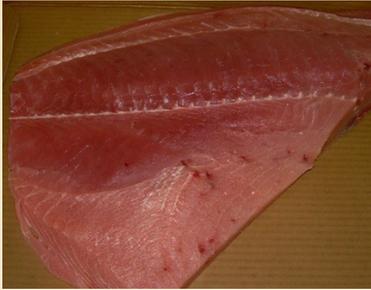


#095056 FRESH 3 / 4 CANADIAN SALMON FILLET HAND CUT AT HOPKINS SEAFOOD. The Bay of Fundy's tremendous tides providing remarkable flushing action combined with the naturally cold temperatures and pure, clean surroundings provide the best environment in the world for farming salmon. In this natural habitat, 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.

WEEKLY FEATURES



Seafood August 5th to August 9th



Hawaiian Opah Loins. Boneless/Skinless: Opah is a non-schooling fish and is never caught in large quantities. It is highly prized by Asian and domestic Chefs for its pink to red flesh with rich thick fat lines. Opah is a full flavored grilling fish that stands up well to a sauce.

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Hawaiian Monchong Fillet. Boneless/Skinless: Monchong is a somewhat exotic fish that is also known as big-scale Pomfret. The flesh is pink and firm and cooks white and flakey with a very clean flavor. Suitable cooking methods include grilling, sauté, poaching and steaming. These fish are being caught by hook and line.

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Chincoteague Cultured Salts Grown in the salty waters surrounding Chincoteague Island and Assateague National Wildlife Refuge. These oysters are raised by Mike McGee, a true "old salt". Averaging 3½ inches these are a slightly larger cultured oyster than most. **Packed 100 count**

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Chilean Sea Bass Fillets. Boneless/Skinless: Sourced from only certified sustainable fisheries. This wonderful fish is prized for its snow white flesh and buttery taste - it has become a very popular menu item. We are cutting 15 kilo and larger fish that will produce large thick fillets that yield very well for portioning.

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