



E. Frank Hopkins Seafood Features for the Week of 9/1/13



Atlantic States and Florida

Mexico. Groupers have a mild but distinct flavor, somewhere between bass and halibut. Red grouper is sweeter and milder than black grouper, and many consider reds the better of the two. The raw meat of red grouper is white and lean with a notable lack of bones. Cooked, the white meat has a very firm texture and heavy flake and remains moist. In the South, blackened grouper is a favorite preparation, but this versatile fish can be fried, grilled, skewered or used in chowders and soups.

#095074 FRESH GROUPEL FILLET (skin- off) Groupers belong to one of the largest and most widely distributed families of fish, the Sea Basses. Red Grouper is the most frequently seen grouper in the marketplace and is valued for its availability, flavor and size. Groupers are found in temperate waters from the Mid- to South America, Central America and the Gulf of



#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.



#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**



#012123 PASTURIZED BLUE CRAB COCKTAIL CLAWS This Under/30ct. per 12oz. can is a product of Mexico. What a way to finish off a creative seafood dish than with a few of these cocktail claws as a garnish! How about an appetizer to start off you seafood dinner! Catering? What an item to offer to seafood lovers! NO labor, NO loss, and know exactly what your cost is! Again NO LABOR (well you have to open the can) TRY THIS IN YOUR PASTA SAUCE! YOU WILL LOVE THE FLAVOR!

Rich Amelio – E. Frank Hopkins Seafood – (800) 557-3666

WEEKLY FEATURES



Seafood

September 3rd to September 6th



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)



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)



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.

(095729)



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**

(012453)