



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



#095208 FRESH FARM RAISED HYBRID)STRIPED BASS FILLET- Farm Raised or Hybrid Striped Bass is a mild fish with a delicate, slightly sweet flavor. The raw meat is translucent white with pinkish cast; it turns opaque white when cooked. It is moderately firm but flaky, and the oil content keeps it moist during cooking. Hybrid striped bass are raised in oxygenated tanks or ponds, where strict control of water quality and feed ensures consistent flavor. Striped bass can be stuffed and baked whole. When grilling the fish, leave the skin on. It has a delicate flavor and turns nice and crispy while the flesh remains moist. Also Cook Fillets: Broil, Bake, or Saute. ALL GREAT CHOICES!



#095044 FRESH FARM RAISED TILAPIA FILLET (ST. PETERS FISH) Today tilapia has become the most important farmed fish in the world. Tilapia has become the "Miracle Fish" and is playing a major role in the Blue Revolution, which like the Green Revolution, is about feeding a hungry planet. Key points to our tilapia, All natural, consistent quality, No off flavors due to algae, waste, or bacteria, Environmental control, Harvesting less "stressful" on fish since already caged. All natural chemical free, no antibiotics. The mild, sweet tasting, lean-meated Tilapia has a slightly Firm, Flaky Texture. **SUSTAINABLE**



#095058 FRESH FARM RAISED SCOTTISH SALMON FILLET (skin on /pbo)HAND CUT! This Salmon is eaten with very little work done to it. This Salmon is eaten for its flavor no need to help it out any! The Waters of Scotland's Highlands and Islands Provide a unique environment in which to raise Scottish Farmed Salmon-sheltered Sea Lochs, Crisp Air and Cool, Clean Tidal waters make the conditions ideal. Very High in OMEGA 3 FATTY ACIDS. Rich in PROTEINS and FAT CONTENT. If you are looking for a salmon that doesn't need sauce's to

give a real salmon flavor. Look no more ! Scottish is just what you want to order. Can be used in SUSHI, BAKED, POACHED, SMOKED, GRILLED, or STEAMED



#095081 FROZEN BAY SCALLOPS ON HALF SHELL - Farm Raised in Peru this frozen bay scallop on half shell can be used on a raw bar, edible garnish, or appetizer. Be as creative as you like with this product. A small cousin to the sea scallop Mild and Sweet, Bay Scallops are considered the best - tasting of the scallop species. Raw, the lean, cork-shaped meat is translucent. The texture should be firm and moist. Cooked meat is opaque white and firm. Packed 12 Sheets with 12 with 12 scallops per

sheet. THIS IN YOUR PASTA SAUCE! YOU WILL LOVE THE FLAVOR!

WEEKLY FEATURES



Seafood

September 9th to September 13th



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**

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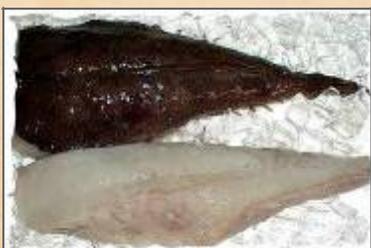
Great Lakes Walleye Pike Fillets, skin on, PBO: Walleye is the staple fish of the Great Lakes regions of the US and Canada. This fresh water game fish is relished for its sweet, delicate light colored flesh. Preparations may include pan searing, baking, broiling or the traditional frying methods. **(Tuesday—Friday)**

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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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Large Day Boat Monkfish Fillets, Boneless/Skinless: There are a couple of the New England boats that are targeting monk and coming in daily with very high quality fish. Most monk is a product of by-catch and is not of this quality. We purchase only large fish from these boats and fillets run in the 12-20 ounce range.

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