



E. Frank Hopkins Seafood Features for the Week of 6/10/13



#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 fish's 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!**



#011355 FRESH YELLOWFIN TUNA LOIN Tuna has a Mild, Meaty Flavor. The meat is RED in its raw state but, when cooked, turns brown to grayish-tan, firm and moist, with large flakes. TUNA is also served raw as sashimi and in sushi. Tuna is excellent raw, but for grilling and broiling, cut steaks 1 ½ inches thick. The Tuna needs very little seasoning; just brush with olive oil and sprinkle with seasoning. Tuna can also marinate for several hours without becoming "cooked." Try a marinade of white wine a little oil and some brown sugar for an hour or two before grilling. **"DAD DESERVES THE BEST!!"**



#095228 FRESH ARTIC CHARR FILLET SKIN ON Often compared with salmon or trout, Arctic Charr are distinct specie typically menued as a signature seafood entrée because of its gourmet appeal. Icelandic brand Arctic Charr are from Iceland, the global leader in charr production. Raised in land-based closed system tanks that are environmentally ideal, these charr grow in a continuously sand filtered system of pure Icelandic seawater, natural spring water, and geothermal water to maintain a perfect temperature. A

saltwater environment that is unique. No antibiotics or chemicals are ever used in the hatcheries or grow out facilities. Cook: Bake, Broil, Pan-frying, or Poaching are all great choices. **MENU AS SUSTAINABLE FISH! "GO GREEN" "GOOD STUFF DAD"**



#120965 FROZEN SWORD KABONS 3oz SKINLESS BONELESS. These frozen sword kabobs are vacuumed packed into one pound packages to help control food cost, and also protect against freezer burning. These skin on and boneless sword cubes can be used in any application from apps. to entrees. To get the best quality possible after these swordfish are caught they are frozen on board then taken back to there processing plant, thawed and processed. Swordfish is moist and flavorful with a slightly sweet taste. The meat has a moderately high oil content, lending to a firm meaty texture.

WEEKLY FEATURES



Seafood

June 10th to June 14th



Large 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)



Yellowfin Tuna Loins: We are seeing good production of high end fish. The fish are averaging 60 - 80 pounds H & G and will possess very good volumes of fat and great red color. The loins will average 10 - 15 pounds each with both 2+ and 1# grading available.

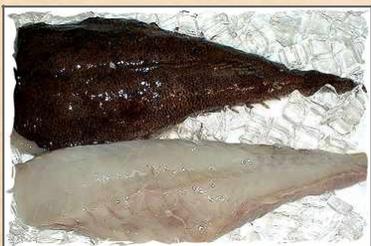
#1 (095707)

2+ (094720)



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)



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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