



E. Frank Hopkins Seafood Features for the Week of 7/14/13



#004537 FRESH WILD SOCKEYE SALMON FILLET From the cold clear waters of Alaska, The sockeye's are also known as kokanees. For it's long migration, the sockeye carries a large amount of fat, making it rich in omega-3s. this gives the meat a nice, rich flavor. Some people feel the flavor rivals or is even better than the Chinook. The raw meat is firm and has a bright-red or orange-red color. Cooked meat remains red and firm. If you haven't had **SOCKEYE SALMON** yet try it. **TRULY SUSTAINABLE!!**



#007486 FARM RAISED 600/800 BRONZINO FILLET (European Seabass) is farm raised in salt water sites in there own environment (Mediterranean Sea) located in Central and Southern Greece (Peloponese). Bronzino has a sweet, white meat and a flavorful, yet mild taste. This flavorful fish can be served whole or fillet. As a Chef, you would use them in any recipe that calls for a Seabass of some type. These fish will be juicy

and are a perfect portion size. They will be delicious grilled, baked, broiled, or sautéed.



#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**



#095057 WILD 250ct. TOP NECK CLAMS The major US harvest is taken between Massachusetts and North Carolina. The clams are the connoisseur's choice for raw, half shell clams. They are mild-flavored, sweet and briny. Cooked, hardshells are soft, juicy and mild. Hardshell clams can close their shells completely and "live on their own juices" for a time, giving them a longer shelf life out of water. Excellent choice for clams casino. Some people prefer a larger clam for steamed or even raw. **Also #095147 125ct. Top Neck**

WEEKLY FEATURES



Seafood July 15th to July 19th



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

(017888)



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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Fresh Orange Roughy Fillets, Boneless/Skinless: The fillets will average 8 ounces and up. This is a very delicate fish that has a much better flavor and texture than the frozen Roughy. Supplies are limited due to the logistics of transportation to the United States.

(095753)



Hawaiian Wahoo Loins, Skin On/PBO: Wahoo is an excellent value in a grilling fish. The meat is light in color, very dense, and turns white when cooked. Wahoo has a very clean flavor and it is suitable for sauces and marinades, especially those of tropical fruit origin. Wahoo is not especially high in fat and care should be taken not to overcook it.

(095115)