



## *E. Frank Hopkins Seafood Features for the Week of 7/8/13*



**#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**



**#095012 PF. (Previously Frozen) 4/6oz. FLOUNDER FILLET** There are over 540 species of (Flatfish), Sole is what is used for our PF. 4/6oz. Flounder Fillet. This product is received at Hopkins in a Re-Fresh Form. The product is frozen at sea whole then processed then packed and sent to Hopkins. This reflects the pricing between a FRESH FILLET vs. a PF. FILLET True Fresh is much higher in price.

**AGAIN REMEMBER A PF. FLOUNDER FILLET IS PURE WHITE! (UNLIKE A FRESH FLOUNDER FILLET WHICH IS TANISH IN COLOR)**



**#095034 EAST COAST OYSTER** - Delaware Bay Oysters are one of the staple oysters among the watermen of the Mid-Atlantic region. They offer a hearty flavor oyster meat set in a very mild oyster liquor. Thick 3 to 4 inch shells provide for well protected meat and the oysters themselves prove to be most flavorful during the colder months of the year. Considered a medium to large oyster in northern latitudes, the Delaware Bay oyster is harvested from a wild but cultivated stock. Try them raw on the half shell or cooked in your favorite oyster recipes from Rockefeller to Casino style.



**#003671 6oz. IQF CHILEAN SEA BASS PORTIONS (PATAGONIAN TOOTHFISH)** Each 6oz. portion is vac. packed to ensure against freezer burning & help with portion control. Now you know exactly what it is costing you for each plate that leaves you kitchen. **'THAT IS MONEY IN THE BANK!'** Chilean sea bass has a rich, melt-in-your-mouth flavor. The moderately oily meat is tender and moist with large, thick flakes.

# WEEKLY FEATURES



## Seafood

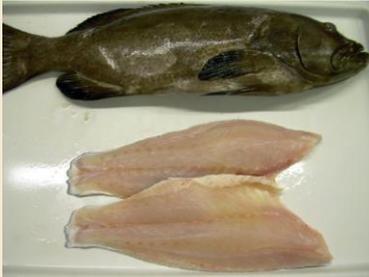
July 8th to July 12th



### **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)**



### **Large Atlantic Black Grouper Fillets. Boneless/Skinless:**

Black Grouper is considered to be the finest eating of the Grouper species. The boats are on cycle and arriving daily. We target fish in the 10-20 pound range. These fish will produce thick fillets in the 2-5 pound range. Grouper is very versatile and is suitable for grilling, pan searing, steaming, broiling or baking and will hold up well to a sauce.

**(095716)**



**Wild Alaskan King Salmon Fillet. PBO:** These Alaskan King Salmon average 11-18 pounds each. The fillets will average 4-6 pounds each, with high fat content and full flavor. They are being flown in daily.

**(095249)**



**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)**