



E. Frank Hopkins Seafood Features for the Week of 8/12/13



#095007 FRESH WILD ALASKAN HALIBUT Skin Off or SIKN- ON #007603(filleted at Hopkins) Halibut is prized for its Delicate Sweet Flavored, Snow-White Color and Firm Flaky Meat. It's an EXCELLENT Source of High Quality PROTEIN and MINERALS, LOW SODIUM, FAT and CALORIES. Halibut is very versatile in the kitchen, as well, with many recipes for BAKING, BROILING, PAN- FRYING, POACHING, or GRILLING. Straight for the cold, clear

waters of Alaska to your kitchen.

****ADVERTISE SUSTAINABLE GO GREEN!!!!**



#003671 10oz. 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 your 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.



#094840 FRESH SMALL BAY SCALLOPS 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. Bay scallops are small and cook quickly. Great for a Seviche!. **DON'T OVERCOOK; THE SCALLOP WILL TOUGHEN AND LOSE FAVOR.**



#120869 FROZEN WILD ALASKIAN HALIBUT CHEEKS Cut from the actual cheeks of the fish. Halibut Cheeks are prized for their delicate flavor, snow-white color & firm texture. And thanks to the state of the art freezing technology which preserves the natural high quality, flavor & texture. Harvested from the pristine waters of Alaska, Halibut is America's favorite whitefish very high in protein and low in fat. Chef's using your creative skills in the kitchen, you can take this dish to the next level of fine dining!

WEEKLY FEATURES



Seafood

August 12th to August 16th



Idaho Natural Trout Fillets, PBO: The fillets are cut from larger trout producing 6/8oz boneless sides. These larger fish also have higher fat content thus retaining more moisture when cooked and a much better flavor. Suitable cooking methods include pan searing, grilling, baking or broiling.

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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.

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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.

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New Zealand All Natural King Salmon Fillet, PBO: These fish are raised in the pristine waters of New Zealand, without the use of growth booster or antibiotics to promote growth, using the finest all natural feeds. The fillets will average 4-6 lbs each. These large fish have brilliant color and very high fat content. This is why they are so prized in the Asian market.

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