#095051 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 coat lightly 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. **Cook: Bake, Broil, Grill, Sauté, Smoke. Omega-3’s 0.2g Proteins 23.4g. Substitutions: Sword, Mako Shark, Other Tuna**

#095037 SKATE WINGS (skin-off/bone in)  The bottom-dwelling, kite-shaped skate is found worldwide in deep cold, tropical waters. They are both a targeted fishery and as a by catch. Fresh skate landed in winter is considered the best. Only the wings of the skate are eaten. Like sharks, skate has no bones, but rather a skeleton of cartilage. Skate has a mildly pronounced flavor similar to scallops. The flesh is soft but firms up after it has been chilled. The meat of the wings, the only edible parts, has a striated, open-fan configuration. The wings are composed of strands of flesh, a layer of cartilage and then more strands of flesh. The meat can be removed from the cartilage after it’s cooked, though cooking does soften the cartilage. Skin should be removed before cooking. **Cook: Bake Fry, Poach, Sauté. Omega-3’s 0.1g, Protein 21g. Substitutions: Flounder, Strip Bass (rockfish**

#095006 FRESH 8/16Coz. COD FILLET - Atlantic Cod Fillets are a lean meat and have a mild, clean flavor with large tender flakes. Cooked, it’s an opaque white, tender-firm, lean and flaky, with a mild taste. Because cod is so lean, cod cooks quickly and benefits from moist heat. The neutral flavor makes an excellent showcase for herbal accents like tarragon, dill and cilantro. Cod belongs to the *Gadidae family*, also comprising Haddock, Pollock, Hake and Hoki. Market size whole fish range in size from Small Cod (*Scrod*) 2 ½ to 10 lbs. Large Cod (*Market*) weigh 10 to 25 lbs.; Jumbo’s (*Steak Cod*) are 25 lbs. and over. ***Please note that the terms *scrod* and *market* are not a species of fish, but refers to size Based on 3.5oz portion: Omega-3’s 0.2 , Protein 17.8g **Substitutions:** Haddock, Pollock, Hoki

#094700 2/3 lb. SK/ON CHILEAN FARM RAISED SALMON FILLET  The Most Common of Salmon Fillets used in Kitchen’s Today. The flavor of Atlantic salmon is milder than that of the wild salmon species. The meat is moderately firm and oily, though not as fatty as that of the wild salmon. Generally Atlantic salmon’s meat is a rich orange or pinkish-orange color. The fatty meat appears almost marbled when raw. Atlantic salmon retains its color when cooked and has a large, moist flake. Very high in **Omega-3’s 1.9g, this makes for very heart healthy choice in seafood for you customers. **Subs. Other Salmon, Trout **

Rich Amelio – E. Frank Hopkins Seafood – (800) 557-3666
Large Costa Rican Mahi Fillets: The Mahi coming from our supplier in Costa Rica average 20# and up in size and have consistently been the highest quality of any South American Mahi we have seen. The fish will yield thick brilliant color fillets that are full of fat and will produce high yields for portioning. The large thick fillets are suitable for any cooking application such as grilling, pan searing, or broiling.

Skin on (02708) Boneless/Skinless (095712)

Farm Raised Butterfly Bronzino, head off, PBO: The fish have been carefully prepared for stellar plate presentation. The head, back bones and pin bones have been removed. The skin is intact and the tail remains on. This is perfect blend of European and American presentation. In Europe fish of this size are often served whole with the head on and bones in. That presentation is not as readily accepted in the states where most consumers do not want to see the head or deal with the bones. We have fabricated these fish so you can still present the fish in a natural form without all of the negatives that go with whole fish.

(019365)

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 Tuna (095707) 2+ Tuna (094720)

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**

(005486)