E. Frank Hopkins Seafood Features for the Week of 11/10/14

#007486 FARM RAISED 5/6oz. BRONZINO FILLET (European Sea bass) is farm raised in salt water sites in their 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 Sea bass of some type. These fish will be juicy and are a perfect portion size. They will be delicious grilled, baked, broiled, or sautéed. Substitutions: Black Sea Bass, Wild Striped Bass, Farm Raised Striped Bass.

Omega-3’s 0.9g, Protein 21.0g

#095007 FRESH WILD ALASKAN HALIBUT Skin Off or SKIN-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. Cook: Bake, Broil, Grill, Poach, Sauté, Steam. Omega-3’s 0.5g Protein 20.8g

Substitutions: Grouper, Snapper, Large Cod or Frozen Halibut (steaks or portions).

**ADVERTISE SUSTAINABLE GO GREEN!!!!

#095056 FRESH 3/4 lb CANADIAN SALMON FILLET HAND CUT AT HOPKINS SEAFOOD. The Bay of Canada’s tremendous tides providing remarkable flushing action combined with the naturally cold temperatures and pure, clean surroundings provide the best environment in the world for farming salmon. In this natural habitat, the salmon flourish on a diet comprised of natural ingredients. The meat is moderately firm and oily, Large flakes. Recipes for Canadian should show off the fish, because of the Salmon’s delicate flavor, avoid accompanying flavors that overpower the fish. Cook: Bake, Broil, Grill, Poach, Smoke. Omega-3’s 1.9g, Protein 19.9g

Substitutions: Other Salmon, Rainbow Trout.

#095021 FRESH SHUCKED SELECT OYSTERS Last on the LEFT is a Standard, Ex-Select (middle shown), Select (not shown) and the Largest Count oysters #095052 (shown on left) - The largest in the sizing of shucked oysters mostly used to bread and fry. Extra Select oysters #095261 -The second largest in sizing of shucked oysters. This size is very versatile in the kitchen. Used commonly in breading, stewing. Select oyster #095021 – The third in the sizing of the shucked oysters. Used in frying and stewing. Standard oysters #095201 – the smallest in the sizing of shucked oysters. Some find them PERFECT FOR OYSTER STEW. The Salty Flavor and Rich Texture of the Chesapeake Oysters Provide a Healthy Food and High in Protein. “HAPPY THANKSGIVING” (STUFF

Rich Amelio – E. Frank Hopkins Seafood – (800) 557-3666
Farm Raised Redfish Fillets, PBO: Redfish has been a highly prized game fish in Louisiana for generations but has not been readily available commercially. It is now being raised on the coast of Texas using the latest aquaculture technology and is free of antibiotics. The fillets will average 10 - 14 ounces. The flesh is firm and moist with a sweet and mild flavor.

(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.

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.

Fresh Orange Roughy Fillets, Boneless/Skinless: The fillets will average 8oz 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.

(020987)  (094758)  (095734)  (095753)
**Veal Short Rib Osso Bucco** - - This is a great way to feature true formula-fed veal on your Fall menu. The short rib is partially deboned...then the meat is tied around remaining center bone. An inexpensive braising item that eats great and is impressive on your plate.

![Veal Short Rib Osso Bucco](image)

07019595    VEAL SHORT RIB OSSO BUCO 10pc/ 10#box

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**Top Sirloin Coulotte “Pub” Steaks** - - The coulotte is the middle muscle of the sirloin. Well marbled and consistently tender, these steaks provide great value. Because the sirloin is an active muscle in the muscle, we take care to “wet-age” these muscles before cutting to help ensure a consistent eating experience. The “Pub” steak is completely clean and offer 100% yield.

![Top Sirloin Coulotte “Pub” Steaks](image)

07003212    8oz HRA BEEF COULOTTE- PUB STEAK-10lb case
07003211    10oz HRA BEEF COULOTTE- PUB STEAK-10lb case

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**Prime Reserve Pork Mignon** - - Experience the ultimate in succulent, juicy pork. Our pork is enhanced with flavor-rich pork fat resulting in increased marbling. This “prime-like” marbling makes for an unmatched pork eating experience; keeping the pork moist and flavorful even when cooked to high temperatures. Our pork mignon is a boneless portion that is cut from the loin. The price point of the pork mignon cut is a great way to combat high protein costs and the unique plate presentation allows chefs to get creative and further enhance this dish.

![Prime Reserve Pork Mignon](image)

078904    4oz PRIME RESERVE PORK MIGNON-10lb case
078905    5oz PRIME RESERVE PORK MIGNON-10lb case
078906    6oz PRIME RESERVE PORK MIGNON-10lb case
078908    8oz PRIME RESERVE PORK MIGNON-10lb case
078909    10oz PRIME RESERVE PORK MIGNON-10lb case