



## *E. Frank Hopkins Seafood Features for the Week of 1/19/14*



**#095244 4/6oz. (MED.) FLUKE FILLET, (HAND CUT AT HOPKINS SEAFOOD) -**  
There are over 540 species of (Flatfish) Flounder. Fluke is the thicker fillets out of all the flounder caught on the Atlantic Coast. Fluke fillets offer thicker, broader fillets. Unlike the grey sole fillet that is long and slender. The sweet taste and firm texture of fluke is often regarded as the best to which other flounders are compared. All fluke is brought in whole, then cut to order at Hopkins seafood HACCP approved facility.



**#095015 FRESH SKIN OFF MAHI-MAHI FILLET**  
Mahi Mahi A Hawaiian word that means “Strong-Strong” for Dolphin fish. Dolphin Fish are not to be confused with Porpoises. The lean meat is fairly firm in texture, though not steak-like, and it has large, moist flakes. Mahi-Mahi is an exceptionally versatile fish, white meat and a delicate flavor. Mahi also performs well on the grill. Though it is not an oily fish, the meat

remains nicely moist and can hold up even to blackening.



**#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-meat Tilapia has a slightly Firm, Flaky Texture. SUSTAINABLE



**#133342 FROZEN BASA FILLET** -also called Swai, Vietnamese catfish and Basa catfish. Basa is a tasty fish, with a delicate texture and nice white flesh. The fast-flowing waters of the Mekong River in Vietnam gives the meat a clean, fresh mild flavored. Basa is a versatile fish whose flesh is mild enough to take on other flavors but flavorful enough to hold its own in simple preparations. It remains moist during cooking. Bake, Broil, Fry, or Saute. Fillets are skinless and boneless. Can be used in different applications: buffets, diners, steak and seafood houses, and high end applications: help lower food cost by using a new seafood product with its own unique flavor. Great for weekend feature. (blackboard special)

# WEEKLY FEATURES



## Seafood January 20th to January 24th



**Farm Raised Redfish Fillets. (Redfish) Skin On 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.

**(020987)**



**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.

**(095711)**



**Fresh White Anchovy Fillets in Oil**  
(packed 1/2 kilo approximately 1.1#)

**(002075)**



**Jumbo Atlantic Black Sea Bass Fillets. Skin On. PBO:** These hook and line caught fish produce fillets with a delicate white flesh and a beautiful black skin. This fish has a good fat content and cooks white and flaky with a sweet finish. The black skin crisps well. Fillets will average 6 - 8 ounces.

**(095714)**