**Weekly Features**

Seafood
February 3rd to February 7th

**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 (095707)  2+ (094720)

**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.

(095729)

**Laughing Bird Fresh White Shrimp, peeled, 50/60 ct:** Laughing Bird Caye, located in the Caribbean, was named after the Laughing Gull known to nest there. Lined with coconut trees and scattered coastal mangroves, the simple beauty of the island remains untouched. Just a few miles inland, these shrimp are raised in what experts have deemed “the future of aqua culture.” A result of years of thoughtful environmental design. This remarkable, low-impact operation produces a candy-sweet shrimp that is favored by environmentalists and seafood lovers alike.

(095750)

**Farm Raised Hybrid Striped Bass Fillets, PBO:** The fillets will average 8-10oz each. This is a great alternative to wild rockfish. The flesh is firm and fish of this size are full flavored due to high fat content.

(095735)
E. Frank Hopkins Seafood
Features for the Week of 2/03/14

#095208 FRESH FARM RAISED HYBRID) STRIPED BASS FILLET - Farm Raised or Hybrid Striped Bass is a mild fish with a delicate, slightly sweet flavor. The raw meat is translucent white with a pinkish cast; it turns opaque white when cooked. It is moderately firm but flaky, and the oil content keeps it moist during cooking. Hybrid striped bass are raised in oxygenated tanks or ponds, where strict control of water quality and feed ensures consistent flavor. When grilling the fish, leave the skin on. It has a delicate flavor and turns nice and crispy while the flesh remains moist.

#095119 PF. CHILEAN SEA BASS FILLET (skin-on) -- (PATAGONIAN TOOTHFISH) This fish is marketed in frozen form; “fresh” sea bass is nearly always “refreshed” product (frozen fish that has been thawed). However, since Chilean sea bass is generally frozen at sea, it’s a superior product even when sold as “previously frozen.” Chilean sea bass has a rich, melt-in-your-mouth flavor. The moderately oily meat is tender and moist with large, thick flakes. Chilean sea bass is an excellent fish for grilling, but the skinless fillet must be handled carefully so they don’t fall apart while cooking. Avoid heavy sauces that compete with the fish’s own full flavor.

#095032 FRESH 20/30 DRY SEA SCALLOPS - Scallops are available in many different sizes. Scallops are graded like shrimp according to size and count per pound. Sea Scallops are harvested in the Deep Water off the East Coast from Virginia through Canada. These are sold in the NATURAL STATE KNOWN AS A DRY PACK. Dry scallops CONTAIN NO ADDED LIQUID or PRESERVATIVES. COOK: Broiling, Stuffing and Kebabs.

#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