

KNOW YOUR SEAFOOD

Amberjack — Florida Amberjack has darker meat and high oil content. It has a great flavor when broiled or grilled. Cooks up white and flakes well.

Bass, Chilean Sea — Chilean Sea Bass is caught off the coast of South America. Due to high oil content, it's excellent when grilling, baking or broiling. Chilean Sea Bass, a snow white fillet, has large flakes, is tender, moist and has a mild flavor.

Bass, Striped — This excellent fish is from the Chesapeake Bay area or farm-raised and is mild tasting with a firm moist texture. Cook it in any manner, you can't go wrong!

Cobia — Bears a striking resemblance to a shark. It's texture is soft and moist with a nice white flake. It can be served fried, poached or pan sauté. Excellent and delicious!

Cod, Atlantic — Caught off the coast of Iceland and flown by jet to the U.S., Atlantic Cod is lean, has flaky texture with a mild delicate flavor.

Corvina — Caught off the Pacific coast of South American, Corvina is a mild flavored and firm textured fish. Taste like a cross between Mahi and Snapper. A Latin favorite!

Flounder — Flounder fillets are thin and small with a milky color that cooks up white. The mild delicate taste of Flounder is sweet and has a delicate texture with small flakes. Sauté, poach or stuff.

Grouper, Red — The domestic species caught off the coast of Florida is white and lean with a mild sweet flavor. Red Grouper meat is firm with a heavy flake and remains moist after cooking. Make the famous Fried Grouper sandwich!

Grouper, Imported — Same as the Red Grouper, but imported from Central American countries. Usually lower cost and good quality.

Haddock, Atlantic — Caught off the coast of Iceland and flown to the U.S., Atlantic Haddock has a lean white meat. The meat cooks up very white and has a delicate and slightly sweet taste. The texture is firm, tender and has a finer flake than Cod. Fillets are skin-on.

Halibut — Halibut meat is firm and very white. It has a mild taste and is very lean. This fish can be cooked in any manner, but when over cooked, it can easily dry out.

Kingklip — Popular with Latin customers and caught off the coast of South America, Kingklip fillets are creamy white with a slightly sweet taste and texture similar to Mahi or Grouper.



Mahi-Mahi — This tropical fish is very popular. The raw meat is pinkish to off white in color and has a mild taste similar to tuna or swordfish. The meat has a finer texture and large flakes. Grill, fry or bake.

Mako Shark — Raw Mako is ivory-pink or reddish in color until cooked when it turns off white. A medium full-bodied flavor, Mako Shark has a firm texture similar to swordfish. Broil or grill this loin cut fish.

Monk Fish — The tail of the Monk Fish is the only part used. Known as “Poor Man’s Lobster”. The tail is firm, dense and boneless. It has a mild sweet flavor and cooks up white in color. Bake or grill and serve with melted butter for dipping.

Perch, Ocean — Small fillets with an off white color, Ocean Perch is mild in taste. Tender, firm with a fine flake, Ocean Perch is good fried or broiled. Fillets are skin-on.

Pompano — This fish is served skin-on and does not require scaling. The meat is firm and fine flake with a sweet mild flavor. The meat is pearly white, with medium oil content. Broil with lemon and butter.

Rainbow Trout — Caught off the coast of Iceland and flown by jet to the U.S., Atlantic Cod is lean, has flaky texture with a mild delicate flavor. Serve with lemon, butter and parsley. Pan sauté or grill.

Salmon, Atlantic — Farm-raised Salmon has a flesh color that can range from red to orange, but cooks up a light red. Salmon flavor is mild to taste, slightly oily, but moist with large flakes.

Snapper, Red — The raw meat of Red Snapper is white with a pinkish tinge and always has the red color skin. Red Snapper is mildly sweet with a lean, firm moist texture. Fillets are skin-on.

Swordfish — This prized fish has a flesh color that will vary from pink, white, gray, orange with diet. Beige when cooked, Swordfish steaks are lean, slightly sweet and firm. Grill this one!

Tilapia — A farm-raised fresh water fish, Tilapia fillets are white with a pinkish tinge. Similar to Snapper or Flounder, the flavor is mild and distinctive. The texture is lean, firm and moist.

Wahoo — One of the fastest swimming fish, Wahoo, called Ono in Hawaii, fillets are long and slender. Off-white to pinkish in color, Wahoo cooks up very white and has a firm, lean, distinctive flesh. Do not over-cook!

Walleye — A freshwater fish from the Great Lakes and Canada, Walleye has an excellent flesh that is sweet, lean, finely flaked and very white. Sauté, broil or bake.

Whitefish — A freshwater fish from Canada, Whitefish is pure white, but cooks to an off-white. The flavor is mild, sweet tasting and has a high oil content. The texture is medium firm and flaky.

Tuna, Yellow Fin — The “Beef Steak of the Sea”, Yellow Fin Tuna has a flesh color that is ruby-red to slightly lighter in color, but cooks up off-white. A mild flavorful taste and firm meat is ideal for grilling.

Shellfish

Clams — Fresh farm-raised Florida clams from the Gulf of Mexico. Usually served steamed, piping hot with dipping butter.

Lobster, Florida — This lobster is whole, already cooked and frozen ranging in weight from 1.5-2 lbs. Tail meat is firm, mild and sweet. There are no claws on the lobster like the American Lobster. Stuff the body cavity with crab meat and bake or broil.

Mussels, Blue — The outer shells of a Blue Mussel are really black in color. Farm-raised on Prince Edward Island, the meat color varies from creamy pale white to brownish orange. Plump, tender, rich and sweet like a blend of oysters and clams, Blue Mussels can be steamed or sautéed.

Oysters — Fresh Southern oysters either shucked or in the shell. Serve fried, raw or steamed.

Sea Scallops — Caught off the coast of New England and Canada, Sea Scallops are dry, not soaked and are sweet and mild in taste with a lean and firm texture. Bake, broil or fry.

Stone Crab Claws — These Florida favorites are already cooked in the shell. Available in medium and large sizes from October 15th till May 15th each year. Each claw has a smooth, hard thick shell and the meat is sweet, mild and firm. You may want to pre-crack or provide a mallet for your customers.

Future Expectation

Please feel free to ask for other varieties of fish or other seafood items we may supply for you. We want to cater to your needs!

Ask your Florida Food Service representative how we can develop specifications for your individual needs. Give us your requirements and we will work to customize your fresh seafood program.

Seafood Specifications

Our seafood specifications are exceptionally stringent. From harvest through to processing, including workmanship, temperature control and product identity—our process is strictly controlled.

The processing plant is HACCP (Hazard Analysis Critical Control Points) certified and is inspected by the United States Department of Commerce, Seafood Inspection Service. All seafood products are handled and processed in accordance with the National Marine Fishery Service laws and regulations. We are sensitive to environmental concerns over fishing and will only utilize those varieties which are controlled and approved by the Fishery Laws of the United States.

Efficient Delivery

We utilize the most efficient means to deliver fresh seafood to your operation. The product will be delivered at proper food temperatures. You will notice a time-temperature monitor, which will indicate whether or not the product has reached excessive temperatures. It will change color if excessive temperature abuse occurs or if the 10 day use-time has expired. Once you receive the fish, submerge the sealed seafood trays in ice and keep iced at all times. Do not open the tray until you are ready to use the product. Always store fresh fish containers in the temperature range of 30° Fahrenheit, submerged in ice is best.



Helpful Storage and Handling Tips

- Maintain fresh fish between 30-34° F. Use ice on and around un-opened fish tubs and opened fish fillets.
- Fresh fish can be held twice as long at 32° Fahrenheit, as it can at 37° Fahrenheit.
- Replenish ice as needed and remove melted ice water as often as necessary. Do not store fresh fish in melted ice water.
- Upon opening fish tub or cutting loins, any unused fish should be stored in drained bus tub, allowing melted ice to drain away from the fillets.
- Minimize the time fish is left out of cooler or away from ice. Only remove enough fish for portioning and restore back in ice.

Placing An Order

- **Minimum 20 lb net weight needed for delivery.**
- **Order Placement with Sales person by 11:00 AM the day before delivery.**
- **Order Tuesday by 11:00 AM for delivery to you on Thursday or Friday.**
- **Order Friday by 11:00 AM for delivery Tuesday or Wednesday.**
- **Portioned fish can be ordered so you will have no waste, reduce labor and consistent plate presentation.**

Looking for an item not listed? Contact your Florida Food Service representative for availability!

Great Seafood Recipes

For great Florida seafood recipes, go online to:

<http://www.florida-agriculture.com/recipes/seafood/index.htm>

“Customer Satisfaction Is Our Priority!”



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