

Featured Fresh Seafood & Menu Ideas

from
Brian Stengl – FFS Seafood Expert



Fresh Seafood is now available through Florida Food Service's "Ocean Fresh Express™" as we can source a wide variety of fresh items to meet your culinary needs. We can get all the standard species of fresh seafood, but please inquire about any fresh seafood you may be thinking about and we'll try and find it for you. Our priority is top quality seafood and a variety of items that meet your needs.

The Christmas Holidays are a time for special menu offerings and a fresh fish option can meet that goal. Here is just a few choices:

#24012 – Mahi - Mahi Fillets, Boneless & Skinless. Grill, Broil or Fry. See recipe below.

#24024 – Swordfish Loin, Center Cut, Boneless & Skin-on. Excellent for Grilling, baste with Teriaki marinade.

#24016 – Salmon Atlantic Fillets 2-4#, Boneless & Skin-on. Black & Blue Salmon – Blacken with Cajun seasoning, and cover with melted Blue Cheese.

#24032 – Tilapia Fillet 5-7 oz, Boneless & Skinless. Bake, Broil or Fry. See recipe below.

#24044 – Cod Atlantic Fillet 8-16 oz. Boneless & Skinless. Flown in fresh from the cold, clear, North Atlantic waters of Iceland.

#24074 – Walleye Fillet 2-6 oz, Boneless & Skinless. This is from the freshwater lakes in Canada.

#24066 – Crab, Stone Crab Claw, Medium. Cooked already, just crack and serve with Honey Dijon dipping sauce.

#24082 – Mussels , Prince Edward Island. Saute' in white wine, garlic, basil, olive oil, and chopped tomato, parsley and touch of sugar.

Recipes Attached!



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**Please confirm pricing with your salesmen. We reserve the right to correct for all errors.
Prices and quantities subject to stock availability.**