

#02554 MAHI MAHI 10 lb avg



\$8.59 lb

MAHI MAHI TACOS

- 3 mahi mahi filets 6 ounces each, about 1" thick
- 1 tablespoon olive oil
- 8 6" corn tortillas or flour tortillas
- 1 lime wedged
- toppings to taste
- Seasoning
- 1 tablespoon chili powder
- 1 teaspoon paprika
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper
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Heat grill to medium-high heat or preheat oven to 425°F. Combine the seasoning mix in a small bowl.

Dab mahi mahi filets with a paper towel and brush the filets with olive oil. Sprinkle with seasoning.

To Grill: Grill the fish filets for about 3-4 minutes skin side down (if fish has skin). Flip the fish over with a spatula and cook an additional 3-4 minutes or until the fish reaches 140°F.

To Bake: Place filets on a baking sheet and bake 12-17 minutes or until the fish reaches 140°F.

While fish is cooking, heat tortillas according to package directions.

Remove fish from the grill or oven and squeeze lime over top. Break fish apart into chunks and serve in tortillas with toppings.

#14387 SKINLESS HALIBUT FILLETS 10 lb



\$21.89 lb

BROILED HALIBUT W/HERB BUTTER

- 4 halibut fillets (about 6 ounces each)
- salt to taste
- black pepper to taste
- 3 tablespoons butter (melted)
- 1 medium clove garlic (finely minced or pressed)
- Optional: 2 teaspoons parsley (freshly chopped)
- 1/2 teaspoon herb seasoning blend (or a few shakes, to taste)

Brush broiler rack with a little olive oil.

Lightly sprinkle halibut with salt and pepper.

Combine melted butter with garlic, chopped parsley, if using, and herb seasoning blend. Brush the fish fillets with the herb butter mixture.

Place on broiler rack. Broil for about 10 to 14 minutes, depending on thickness, turning once about halfway through.

Serve this halibut with potatoes or rice, spinach, or another green vegetable.

SEABASS

18644 BASS CHILEAN SEA S/B FLT PRTNS 10# AVG
02572 BASS CHILIAN SEA S/B FLT 10# AVG
02600 CHILEAN SEABASS SK/LS BN/LS WILD UKR

BRONZINI

02567 BRONZINI WHL SCALED,GUTTED 10# AVG

CATFISH

02562 CATFISH FLT FARMED USA 10# AVG

CALAMARI

14052 CALAMARI RINGS & TENTICLES 10# AVG

CLAMS

02578 CLAMS LITTLE NECK FARMED 50 CT
02579 CLAMS LITTLE NECK W/B 12 CT
23131 CLAMS LITTLE NECK WASHD WILD 50 CT
02580 CLAMS MIDDLE NECK W/B 12 CT
23130 CLAMS MIDDLE NECK WASHD USA 100 ct
07053 CLAMS MIDDLE NECK WILD 100 CT
23144 CLAMS TOP NECK W/B 12 CT
02576 CLAMS TOP NECK WILD 100 CT

COD

16781 COD LOIN S/B ICELAND ATLANTIC 10# AVG
23143 COD PORTIONS ICELAND 10# AVG

CRABMEAT

02590 CRABMEAT CLAW 16 OZ
02589 CRABMEAT LUMP 16 OZ
02564 CRABMEAT SPECIAL 16 OZ
23196 CRABMEAT SUPER LUMP/JUMBO PAST WILD
INDO/BIET 12/1#

GROUPE

14342 GROUPE BLK FLT MEX 10# AVG
23145 GROUPE BLK PORTION MEX 10# AVG
17670 GROUPE BLK WHL MEX 10# AVG
23197 GROUPE FILLET S/O WILD MEX
07214 GROUPE RED FILLET WILD USA

HADDOCK

16376 HADDOCK FLT SKIN ON ICELAN 14 OZ AVG

HALIBUT

14387 HALIBUT FLT BNLS S/O 10# AVG
12750 HALIBUT PORTIONS S/B 10# AVG
23198 HALIBUT FILLET WILD CAN
23199 HALIBUT WHOLE H&G WILD CAN/USA

LOBSTER

02597 LOBSTER LIVE 1.25#
23200 LOBSTER LIVE 1/75# WILD CAN
23201 LOBSTER LIVE 3-4# WILD CAN
07495 LOBSTER LIVE 2-3 # WILD CAN
18649 LOBSTER LIVE 6/UP WILD CAN
02598 LOBSTER LIVE CHIX 1# WILD CAN

MAHI MAHI

02554 MAHI MAHI FLT 10# AVG
23217 MAHI MAHI GUTTED WILD 20# AVG

MONKFISH

02555 MONKFISH FLT 10# AVG
22887 MONKFISH FLT PORTION 10# AVG
23128 MONKFISH TAIL B/I SHIN-ON 10# AVG

MUSSELS

02568 MUSSELS PEI 10#
23134 MUSSELS PEI FARMED 2#

OYSTERS

02581 OYSTERS BLUEPOINT 12CT
23132 OYSTERS CHESAPEAKE BAY FARM 100 CT
02565 OYSTERS SEL 1 GAL

PERCH

07583 PERCH FLT OCEAN WILD 10# AVG
06524 PERCH FLT YELLOW LAKE 10# AVG

PICKEREL

02593 PICKEREL/WALLEYE FLT JUMBO 10# AVG

POLLOCK

23136 POLLOCK FLT 10# AVG

SALMON

02559 SALMON FLT 2-3# ATL CHILE 10# AVG
02586 SALMON FLT 3-4# ATL CHILE 10# AVG
02560 SALMON FLT 3-4# CANADA 10# AVG
06519 SALMON FLT 3-4# S/B ATL 10# AVG
10017 SALMON FLT FAROE ISLAND 10# AVG
14137 SALMON PORTION C/C S/B CHILEAN 10# AVG
02573 SALMON SMOKED SCOTTISH 3# AVG
10422 SALMON TRIM 10# AVG
18417 SALMON WHOLE 12-14# AVG FARM CANADA
23255 SALMON SKNLS PRTN FAROE ISLAND 10# AVG
23256 SALMON FILLET SUSHI 10# AVG

SHRIMP

23218 ROCK SHRIMP WILD USA GALLON 8#

SCALLOP

21302 SCALLOP 10/20 DRY PACK 10# AVG
23074 SCALLOP MEXICAN DIVER 40/60 DRY 8#
17052 SCALLOP USA DRY WILD U/8 1 GAL
02584 SCALLOPS U/10 DRY WILD USA

SNAPPER

14162 SNAPPER FLT GULF WILD CAUGHT 1# AVG
19270 SNAPPER RED WHOLE 2-4# CLEANED 10# AVG

SWORDFISH

10025 SWORDFISH LOIN WILD 10# AVG

TROUT

02571 TROUT RAINBOW 3-5OZ FLT 5#

TUNA

10026 TUNA AHI C/C #1 YELLOWFIN 10# AVG

WALLEYE

07976 WALLEYE FLT MED 10# AVG

FROZEN MUSSELS

15770 MUSSELS WHL VAC PAC IQF 10/1#