



**\$13.25 lb**

**#17872 Fresh Butterfly Bronzino Fillet**

**CITRUS STUFFED BRONZINO**

- 2 whole branzini, cleaned (scaled, gutted, and fins removed)
- 1 teaspoon salt
- 4 tablespoons extra-virgin olive oil
- 3 lemons
- 2 oranges
- 1/2 cup fresh basil leaves

Clean the grill or grill pan, grease it generously with olive oil (or any vegetable oil), and preheat it over medium heat.

Step 2

Season the insides and outsides of the fish with salt, then rub them with 2 tablespoons of the olive oil.

Step 3

Grate the zest from 1 of the lemons and 1 of the oranges; squeeze the juice from 1 of the lemons. Combine the zests and the juice and stir. Cut the remaining lemons and oranges into 1/4 inch rounds. Fill the cavity of each fish with the citrus slices and the basil leaves. To the zest-and-juice mixture, add the remaining 2 tablespoons of olive oil. Stir well, then let the zest sink to the bottom.

Step 4

Put the fish on the heated, oiled grill, using indirect medium heat, and cook with the lid closed (see Note). After grilling them for about 10 minutes on one side, turn the fish over and cook them for 7 to 10 minutes longer.

Step 5

While the fish are still hot, spoon the oil and lemon juice mixture over them, leaving the bitter zest behind.



**\$75.99 cs**

**#24155 Frozen 8/12 oz IQF Greenland Nutaq Cod Fillet**

**COD WITH CREAM CHEESE**

- 2 pieces Royal Greenland Nutaq® cod, 180 g each
- 2 tbsp. cream cheese
- 2 tbsp. chopped herbs (parsley, coriander, chervil)
- a squeeze of lemon juice
- salt & pepper

Season the cod and place it on a greased tray, flesh side up.

Bake the cod in the oven at 180°C for 4-5 min. Take the cod out of the oven and spread the cream cheese over half of each piece of fish. Return it to the oven and cook for another 3-4 min.

Drizzle plate with pesto and place cod in the middle

## SEABASS

02600 BASS CHILEAN SEA FLT  
18644 BASS CHILEAN SEA S/B FLT PORTIONS  
02572 BASS CHILIAN SEA S/B FLT  
21792 BASS STRIPED PACIFICO S/O PBO  
02558 BASS WHT WHL

## BRONZINI

02567 BRONZINI WHL SCALED GUTTED  
13726 BRONZINO HEAD ON BONED

## CATFISH

02562 CATFISH FLT FARMED USA

## CALAMARI

14052 CALAMARI RINGS & TENTICLES 10# AVG

## CLAMS

02582 CLAMS CHERRYSTONE  
02578 CLAMS LITTLE NECK FARMED  
02579 CLAMS LITTLE NECK W/B  
02577 CLAMS MIDDLE NECK FARMED  
02580 CLAMS MIDDLE NECK W/B  
07053 CLAMS MIDDLE NECK WILD  
14060 CLAMS STEAMER WILD USA  
02576 CLAMS TOP NECK WILD

## COD

07064 COD FLT WILD ALASKAN  
16781 COD LOIN S/B ICELAND ATLANTIC

## CRABMEAT

02590 CRABMEAT CLAW 16 OZ  
007907 CRABMEAT BACKFIN  
02590 CRABMEAT CLAW  
02589 CRABMEAT LUMP  
02574 CRABMEAT LUMP JUMBO  
02564 CRABMEAT SPECIAL

## FLUKE

07243 FLUKE FLT LRG SKNLS

## GROUPER

07214 GROUPER RED FLT S/O USA GULF WILD  
19092 GROUPER RED HEAD ON SCALED

## HADDOCK

16376 HADDOCK FLT SKIN ON ICELAND

## HALIBUT

07735 HALIBUT DRSD WILD  
08900 HALIBUT DRSD WILD 10-20 CAN  
02588 HALIBUT FLT  
14387 HALIBUT FLT SKINLESS  
12750 HALIBUT PORTIONS S/B

## LOBSTER

02597 LOBSTER LIVE 1.25#  
08116 LOBSTER LIVE 1.5# CAN

## MAHI MAHI

02554 MAHI MAHI FLT  
06880 MAHI MAHI FLT SKLS USA  
10028 MAHI MAHI PORTION

## MONKFISH

02555 MONKFISH FLT

## WALLEYE

07976 WALLEYE FLT MED  
16920 WALLEYE MED V-CUT

## MUSSELS

21689 MUSSELS BANGS ISLAND  
02569 MUSSELS PEI  
02568 MUSSELS PEI

## OYSTERS

021459 OYSTER MURDER POINT  
14800 OYSTERS BEVANS  
08940 OYSTERS DELAWARE BAY 100CT  
02565 OYSTERS SEL SHUCKED  
21982 OYSTERS WELLFLEET  
07671 OYSTERS WILD DELAWARE BAY

## PERCH

07583 PERCH FLT OCEAN WILD  
06524 PERCH FLT YELLOW LAKE

## PICKEREL

02593 PICKEREL/WALLEYE FLT JUMBO

## SALMON

21793 SALMON ARCTIC KVAROY 4-5# S/O PBO  
02559 SALMON FLT 2-3# ATL CHILE  
02586 SALMON FLT 3-4# ATL CHILE  
02560 SALMON FLT 3-4# CANADA  
06519 SALMON FLT 3-4# S/B E TRIM ATL  
10017 SALMON FLT FAROE ISLAND  
07280 SALMON FLT KING NEW ZEALAND  
07365 SALMON FLT S/O SCOTTISH  
14137 SALMON PORTION C/C S/B CHILEAN  
12909 SALMON SMKD SLICED NORWAY  
10422 SALMON TRIM  
17195 SALMON WHL 10-12# ATL CANADA  
18417 SALMON WHOLE 12-14# FARM CANADA

## SCALLOP

21302 SCALLOP 10/20 DRY PACK 10# AVG  
16632 SCALLOP SEA U/10CT FLAT  
17030 SCALLOP SEA U/15CT WILD USA  
21302 SCALLOP USA 10/20 DRY WILD  
17052 SCALLOP USA U/8 DRY WILD  
07773 SCALLOPS JAPANESE U/10 CT

## SNAPPER

12573 SNAPPER B-LINER SCALED USA  
14162 SNAPPER FLT GULF WILD CAUGHT  
19270 SNAPPER RED WHOLE 2-4# CLEANED  
19352 SNAPPER WHOLE LANE

## SOLE

02556 SOLE FLT 4-6OZ  
07674 SOLE FLT 4-6OZ HYGRADE

## SWORDFISH

02553 SWORDFISH LOIN C/C USA  
10025 SWORDFISH LOIN WILD  
07366 SWORDFISH STEAK PORTIONS

## TILAPIA

02575 TILAPIA FLT 5-7OZ

## TROUT

10656 TROUT FLT LOCHETIVE SK/ON F.R.SC  
21480 TROUT RAINBOW REVERENCE SINGLE FLT  
07734 TROUT RUBY FLT USA FARM

## TUNA

10026 TUNA AHI C/C #1 YELLOWFIN  
10455 TUNA STEAK AHI 8OZ IQF  
02563 TUNA YELLOWFIN PORTIONS PHILIPPINES