



# Fresh Seafood from J. Kings

## Specials For The Week of

10/25/10 - 10/29/10



### • Halibut Fillet

Item #69150 10 lb avg

#### Sesame Seared Halibut with Mango Black Bean Salsa

##### Ingredients:

31891	4 ounces olive oil
38731	2 tblspn black sesame seeds
45751	2 tblspn sesame seeds
69150	8 oz halibut steak
00000	12 ounce mango black bean salsa

##### Method:

- Dredge steaks in half of the olive oil
- Press into combined sesame seeds and set aside
- In heavy bottomed skillet heat pan with olive oil and sear steaks on both sides and cook till done
- Place on plate and serve salsa to the side
- Serve immediately

### • Arctic Char

Item #65210 10 lb avg

#### Arctic Char with Horseradish Potato Crust

##### Ingredients:

12 Fillets Arctic Char  
1 oz Olive Oil

##### Horseradish Potato Crust:

1 lb Mashed Potatoes w/Chives  
2 tbsp Butter, cut into pieces  
2 tbsp Half & Half  
12 oz Horseradish Sauce  
12 oz Japanese Bread Crumbs

##### Lemon-Lime Butter Sauce:

5 Shallots  
3 Lemons  
3 Limes  
1/2 cup Butter

##### Horseradish Cream Sauce:

12 oz Horseradish Sauce  
2 cups Sour Cream

- Saute Arctic Char fillets lightly in oil, set aside
- Mix ingredients for potato crust
- Scoop 12-3 oz portions onto wax paper and flatten like potato pancake
- Fry one side only in hot oil on stove until brown
- Place potato crust on top of fillet, browned side up
- Bake off in oven
- Saute shallots in butter, add lemon and lime juice to make butter sauce
- Top fillets with lime butter sauce, and a dollop of horseradish cream sauce

**PLEASE NOTE: ALL FISH SUBJECT TO DAILY AVAILABILITY.** Please place your fresh seafood order by 3 pm for next day delivery. If you have any questions or special requests, please call Suzan at ext. 2317. If you don't see what you are looking for, please ask. We can source any fresh seafood you'd like.



700 Furrows Road • Holtsville, NY 11742 • [www.jkings.com](http://www.jkings.com) • Ph: 631-289-8401