



Fresh Daily from the Jersey Shore

Week of March 30 - April 3, 2020

Chef's Choice Specials of the Week

4965093	Fresh Swordfish Loins Domestic Premium	1/10 lb	\$15.84 lb
1040289	Fresh Tuna Loins Skin On	1/10 lb	\$10.55 lb
2670143	Cod Fillet PF 12-16 oz	1/10 lb	\$5.85 lb
9161597	Salmon Fillets 2/3 lb Skin On Pin Bones Out - Product of Chile	1/10 lb	\$6.69 lb
1212568	Salmon Fillets 2/3 lb Skin On Scaled, Pin Bones Out - Product of Canada	1/10 lb	\$6.99 lb
9161621	Salmon Fillets 3/4 lb Skin On Pin Bones Out - Product of Chile	1/10 lb	\$7.89 lb
2180576	Salmon Fillets 3/4 lb Skin On Scaled, Pin Bones Out - Product of Canada	1/10 lb	\$7.15 lb
3918778	Fresh Littleneck Clams	100 ct	\$40.00 cs
1058462	Fresh Maine Mussels	1/10 lb	\$16.95 cs
7075214	Fresh Blue Point Oysters	100 ct	\$61.99 cs
8081784	Fresh Dry Sea Scallops 10-20 ct/lb	1/8 lb	\$15.79 lb
181811	Fresh Dry Sea Scallops U 10 ct/lb	8 lb	\$19.90 lb
1039900	Fresh Halibut 8 oz Portions	1/10 lb	\$19.99 lb
2219186	Fresh Red Snapper Fillet	1/10 lb	\$19.50 lb
1044530	Fresh Monkfish Fillet Skin Off	1/5 lb	\$9.09 lb



FEATURED RECIPE: Steamed Cod with Ginger and Scallions

Ingredients

4 cod fillets
3 tbsp rice vinegar
2 tbsp soy sauce
2 tbsp ginger, fresh grated
salt and pepper, to taste
6 scallions

Directions

1. In a large skillet, combine 3 tablespoons rice vinegar, 2 tablespoons soy sauce, and 2 tablespoons finely grated peeled fresh ginger.
2. Season both sides of 4 skinless cod fillets (6 to 8 ounces each) with coarse salt and ground pepper; place in skillet with vinegar mixture. Bring to a boil; reduce heat to a gentle simmer. Cover; cook until fish is almost opaque throughout, 6 to 8 minutes.
3. Meanwhile, cut green parts of 6 scallions into 3-inch lengths; thinly slice lengthwise. Scatter over fish; cook (covered) until fish is opaque throughout and scallions are just wilted, about 2 minutes more.

