



seafood features

week of
June 18-22, 2018

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Yellow Fin Tuna Loins, skin-on, boneless

We are sourcing these world travelers from Hawaii. Long line day trips by Capt. Bobby Leroux on his F/V Gale Anne land these tuna at the docks where they are dressed, iced, and airfreighted to Indian Ridge Provisions in 24 hours. We only buy 60/80 lb fish, which must grade out 2+ or #1.



Hawaiian Wahoo Loins, skin-on, boneless

One of the best eating fish in the ocean, Wahoo is an excellent value in a grilling fish. The flesh is firm, yet flaky when cooked, with a sweet, mild flavor. Captain Bobby Leroux is sailing from Hawaii on his F/V Gale Anne. Capt. Leroux brings his catch to the dock daily for overnight flights to Indian Ridge. Filets will average 8 lbs.



Large Day Boat Monkfish Fillets, skinless, boneless

Captain Sal and his crew, sailing out of Boston on the F/V Maria Jo Ann, have developed a reputation for their ability to target Monk Fish. The quality of the meat on these fish is exceptional, and we clean them to the white. Fillets will average 12 to 24 oz.



Chincoteague Salt Oysters, 100 count

Salt, salt, and more salt! Chincoteague Cultured Salt Oysters are grown in the salty waters surrounding Chincoteague Island and Assateague National Wildlife Refuge. These oysters are raised by Mike McGee, a true "Old Salt."



meat/features

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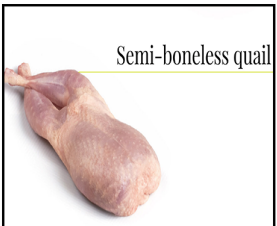
Beef Coulotte "Hacienda" Steak

The coulotte is a muscle that rests on top of the sirloin and is also referred to as the "cap" of the sirloin. Well marbled and tender, these steaks provide good plate presentation with a consistent rectangular shape. In France it is often used for "steak frites" applications. The "Hacienda" is a great summertime steak and is a great alternative to striploin steaks given their current pricing. (6 – 8oz sizes available)



Beef Sirloin Flap "Churrasco" Steak

The sirloin flap is truly one of the most underrated muscles in the animal. Coarse in nature with tons of marbling — we cut these steaks thin. They will resemble skirt steaks, although these churrasco's are less expensive than their skirt counterparts. Suitable for steak frites applications, latin style cooking, or protein salads. (6 – 10oz sizes available)



Whole Semi-boneless Quail

Quail's small size lends itself to a variety of applications served whole or split. Try roasting whole quail and serving two to an entree, or splitting a grilled semi-boneless quail for a lighter meal with a salad.

Whole, Semi-boneless, 4 oz average, 24pc/cs



Cucina Della Cucina Meyer Lemon Ricotta with Wild Arugula Ravioli

Cucina's Meyer Lemon Ricotta with Fresh Wild Arugula Ravioli is great as a vegetarian entrée, appetizer, or main dish accompaniment. This ravioli is filled with smooth, creamy ricotta and Meyer Lemon accented with local wild arugula. It bursts with sweet and tangy flavor in each bite. Cucina's pastas are all made the way a gourmet chef would make them — by hand — using the utmost care and only the finest ingredients.