



FARMERS & FISHERMEN PURVEYORS' AUGUST 13, 2020 EDITION

Proudly taking care of you and your family in your Greater Atlanta neighborhood

HAWAIIAN OPAH, LIMITED AVAILABILITY CUTS, DELECTABLE RELEASES & CHEF JUSTIN OF GOIN' COASTAL

FEATURED FRESH FISH: OPAH OPAH SKIN OFF LOIN PORTIONS FROM HAWAII'S PACIFIC COAST

4 (7oz) portions per pack | 39.50/pkg



FEATURED PROTEIN DISH: LAMB CHARLESTON CHOPS

LAMB CHARLESTON CHOPS (LIMITED AVAILABILITY! TRY IT WHILE YOU CAN)

1 per pack | 4 packs per box | 59.95/box

LIMITED AVAILABILITY BEEF SPECIALS 22OZ CHOICE ANGUS PORTERHOUSES

2 per box | 45.95/box

USDA PRIME BEEF SHORT RIBS

3 bone plates | 2 plates per box | 84/box

SWEET/DELECTABLE NEW RELEASES PETITE CRAB CAKES

1oz each | 10 per pack | 14.95/pkg

GLUTEN FREE COOKIES: HANDMADE

CHOCOLATE CHIP & TOFFEE SMALL BATCH

6 per pack (3 of each) | 9.95/box



HOMEDELIVERY@FARMERSANDFISHERMEN.COM | 770.441.1100 | WWW.FARMERSANDFISHERMEN.COM

ORGANIC GLUTEN-FREE GRANOLA SMALL BATCH & LOCALLY PRODUCED

6oz per resealable bag | 11.95/pkg

BLACK TRUFFLE MAYONNAISE

6.34oz jar | 9.95/jar

BLACK TRUFFLE POPCORN

1.41oz per pack | 7.95/jar

BLACK TRUFFLE CRISPS (POTATO CHIPS)

3.25oz per pack | 7.95/jar



RADIATORI, CAMPANELLE & LUMACHE PASTAS FROM CHEF PAT OF THE WHITE BULL (DECATUR, GA)

250g per bag | 6.95/each

ATLANTA CHEFS' RECIPE FOR OUR FRESH OPAH FROM CHEF

JUSTIN PEDERSEN OF GOIN' COASTAL (CANTON, GA)

GRILLED OPAH WITH GINGER LEMONGRASS BLACK RICE AND MANGO AVOCADO SALSA FINISHED WITH SRIRACHA PONZU

This amazing recipe calls for the following along with these steps:

LEMONGRASS BLACK RICE:

1 CUP FORBIDDEN BLACK RICE

2 CUPS LEMONGRASS BROTH

1/2 OZ FRESH GINGER ROOT (FINELY MINCED OR GRATED ON A MICROPLANE)

1 TSP SALT



Smash 1-2 lemon grass heads using the flat of your knife or meat mallet. Place in 3 cup of water, steep in boiling water for about 10-12 min. Next take your fresh peeled grated ginger root, salt, and mix with 2 cups of lemongrass broth. Rinse rice well and place in rice cooker. Add ginger lemongrass broth to rice, and set rice cooker.

Note: Black rice does take longer to cook. If cooking on stove top, make sure you bring the rice and broth to a boil, then reduce to low heat. This should take about 20-30 minutes up to 45 minutes.

1 Cup rice = about 3 cup cooked rice

MANGO AVOCADO SALSA

3 EACH MANGO

2 EACH AVOCADO

1/2 RED ONION

1 WHOLE RED BELL PEPPER

1 WHOLE JALAPEÑO

1 JUICED LEMON

1 JUICED LIME

1 TSP SALT



Peel and dice a medium size mango and avocado. Dice a medium size red onion, bell pepper, and jalapeno. Add salt, juice of one lemon and lime. Mix all ingredients. Make sure to taste so see if more salt or lemon is needed.

SRIRACHA PONZU

1/3 CUP SOY SAUCE

1/4 CUP SRIRACHA SAUCE

1/4 CUP LEMON JUICE



Drizzle Sriracha Ponzu over rice, fish & salsa.

OPAH

Preparation: Salt and pepper the fish. Make sure your grill is hot so the fish doesn't stick to your grill or sauté pan. you can use nonstick spray or a little oil of your choosing. Chef Justin likes to cook his Opah to about medium/medium well (135 to 145). Opah has a rich, creamy taste and firm, fatty texture. As Chef Justin suggests, we don't want to overcook it to avoid drying it out.



CHEF JUSTIN PEDERSEN OF GOIN' COASTAL (CANTON, GA)

Justin was born and raised Tacoma, Washington. Never attended Culinary school, he is self-trained, very fortunate to have great role models. Starting in the kitchen at the age of 15, he scored a dish washing job from his uncle, who was the sous chef at Tacoma Country Club and Golf. Since then he has accumulated 15 years of restaurant experience. Since moving to Georgia he has been with Goin' Coastal for 5 years as the Executive Chef and loving every minute of it!



NESTLED IN DOWNTOWN CANTON, GOIN' COASTAL BRINGS FRESH

COASTAL COOKING TO MAIN STREET WITH SUSTAINABILITY IN MIND

GOIN' COASTAL is a family owned and operated seafood joint located in historic downtown Canton, GA. When they opened their doors in 2006, the Kell Family was determined to feature only the highest quality seafood from sources, either fished or farmed that can exist over the long term without compromising species' survival, or the health of the ecosystem. So why does this matter?

1. With over 75% of the world fisheries either fully fished or over fished, we believe the choices we make will help to enhance the seafood marketplace for all consumers.
2. Sustainable fishing practices are not only environmentally responsible they yield the highest quality seafood.



IN ADDITION TO OUR OTHER FEATURED RESTAURANTS, WE HIGHLY

RECOMMEND VISITING OR ORDERING FROM GOIN' COASTAL

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ATLANTA CHEFS' RECIPE FOR OUR CHARLESTON LAMB CHOP

FROM CHEF STEPHANIE OF OUR ATLANTA CHEFS' EXCHANGE™

HERB CRUSTED CHARLESTON LAMB CHOP

1/2 BUNCH PARSLEY

5 SPRIGS ROSEMARY

HANDFUL SPINACH

2 CUPS PANKO BREADCRUMBS

1 TBSP DIJON

1 TBSP GRAIN MUSTARD

SALT AND PEPPER TO TASTE

1. In a food processor, add Panko, spinach and herbs. Turn on and process until fully combined, about 3 to 4 minutes (Panko should have a bright green color and sandy texture)
2. Season lamb generously with salt and pepper.
3. Heat pan over high heat
4. Add 2 tbsp avocado oil. Sear lamb on all sides, especially the fat cap.
5. Remove from pan and place on oven sheet.
6. Pre heat oven to 475.
7. Smear a spoonful of mustard over the chop, coat the mustard with the herb breadcrumbs.
8. Place in oven and cook for 10-12 minutes for medium rare.
9. Remove from oven and allow to rest before slicing.
10. Enjoy! Keep in mind, Chef Stephanie is available for hire as a part of our

Atlanta Chefs' Exchange™

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