



## Ipswich Shellfish Fish Market Schedule

Friday, Sept 28, 2023: 11 am – 4 pm & Saturday, Sept 30, 2023: 10 am – 2 pm

**Local Hake , Buck A Shuck???, Premium Wild Chinook Salmon**

### What's up at the Market?

## **Buck A Shuck ????**

Were constantly being asked by customers “where can we get a good Buck A Shuck?” ...So here it is Our first Buck a Shuck...the only difference is we don't have beer and you shuck your own.....

### **Chebooktook Oysters, NB Canada \$12.00 / dz.**

A nice cocktail oyster from Bouctouche Bay in beautiful New Brunswick.

### Local Hake Fillet, Massachusetts

Hake is a great alternative to Cod and Haddock. Locally sourced nice clean white fleshed fish that has been verified as Sustainable by the Gulf of Maine Research Institute.


### Arctic Char , Reykjavik , Iceland

A sustainably raised cold-water fish from beautiful Iceland. Our Friends at Fruge describe it as a fish “closely related to both salmon and lake trout with many of the same characteristics of both. **Arctic Char** vary in color depending on the time of year and the environment in which it lives. The flesh can range from bright red to pale pink.”

### Wild Caught King Salmon Fillet (AKA Chinook) - Pacific Coast

If you have tried this fresh Wild Caught Chinook Salmon you understand why we keep bringing it in week after week.....but we want to extend a fair warning...Season will not last forever. At some point we will return to the Organic Kings till the Chinooks start to run in Patagonia...then back to the West Coast next summer again. The trick to cooking these Kings (AKA Chinook ) Salmon is to just keep it as simple as possible and allow the fish to shine through.

### Lobster Mac & Cheese

Nothing new here at the market but definitely popular this time of the year. Many serve it as an entrée or a side. Comfort food for sure made with  Penne Pasta, Lobster Claws and Knuckles, Cream, and a blend of 3 cheeses.

### Fresh Fish (Never Frozen):

**Local Hake Fillets, Massachusetts \$ 10.45/lb.**

*Gulf of Maine Research Institute Verified Species , Skinless, Boneless. Great way to support local fishing families*

 **Artic Char Fillets \$ 13.95 / lb.**

Sustainably Sourced from Iceland Omega 3's. ASC Certified

**Fresh North Atlantic Halibut Fillet \$19.95**


A market favorite skin on, cut to order

 **Fresh Wild-Caught Yellow Fin Tuna Steaks – \$21.25/lb.**

Premium, sushi-quality, wild-caught, and cut-to-order.

 **Wild Caught King (Chinook) Salmon \$19.95/lb.**

Large, Fresh from Pacific Northwest. (Washington State)

 **Fresh Wild-Caught Swordfish Steaks – \$16.45/lb.**

Premium quality, hand-cut in house.

 **Fresh Wild-Caught Haddock Fillets – \$13.99/lb.**

Extra-large, skinless, boneless, verified sustainable by both Icelandic Responsible Harvest and Marine Stewardship Council (MSC). Product of Iceland.

 **Fresh Wild-Caught Icelandic Cod Loins – \$13.99/lb.**

“Captains Cut.” Verified sustainable by both Icelandic

Responsible Harvest and (MSC)Certified . Product of Iceland.


 **Fresh Canadian Salmon Fillets= \$11.25/lb.**


Fresh salmon from the same supplier as the Maine salmon fillets, we were carrying, but raised in the Bay of Fundy off the New Brunswick coast. Skin-on, BAP Certified.

 **Fresh Premium Norwegian Salmon – \$16.69/lb.**


Fillet/portions hand-cut, in-house from 16-18 lb. whole sashimi-grade salmon. Expect thick portions. Antibiotic-free, hormone-free, all-natural. Aquaculture Stewardship Council (ASC) certified.

### More From Chrissi's Kitchen

 **Seasonal Soups – Chorizo & Kale Soup, Butternut Squash w/ Granny Smith Apples, Chrissi's Haddock Soup, and the regulars..**

 **Salads and Sides –** a rotating selection of our Market favorites. Prices vary and offerings change weekly: salads, sides, and prepared entrées!


### **So much More.....**

 **Chrissi's Stuffed Clams – \$24.50/box.** Sold in 4 pack. Raw, ready to cook, frozen in packs of 4 clams.

 **Chrissi's Lobster Stuffed Clams – \$6.99 each.**

 **Chrissi's Lobster Pie – \$45.99 each.**

Loaded with lobster meat, lobster sauce, sherry, and cracker crumbs. Frozen and ready to bake. Serves 2-4.

 **Chrissi's Lobster Mac & Cheese – \$14.95 each**  
Serves two. Mix of macaroni, cheese blend, and lobster meat, topped with panko breadcrumbs. Ready to bake.



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**Chrissi's Stuffed Shrimp** – \$16.49/pack of 5.

Jumbo shrimped stuffed with crab meat stuffing. Five-count of shrimp. Frozen and ready to bake.

**LIVE LOBSTERS: Hardshell**

1.5 – 1.75 lbs. Canadian Maritimes. . . . \$12.99/lb.

2 – 3 lbs. from Canadian Maritimes. . . . . \$15.99/lb.

**Fresh Cooked Wild Caught Lobster Meat** – Fresh cooked and picked at our state-of-the-art facility in Ipswich, MA.

Tail, knuckle, claw (TCK) mix – **\$24.00/8 oz.**

**Lobster Tails** – in shell, 4-5 oz. \$7.49 each

### SHELLFISH:

**Oysters of the Week:** \$15.99/doz.

- Norumbega, Our "House Special" and Mikes Favorite Damascotta River, ME

• **Buck A Shuck \$12.00 / dz**

**Sea Scallops 10-20 count / lb.** –\$21.95/lb.

Landed in New Bedford, MA Fresh, wild-caught in the North Atlantic.

**Local Ipswich Steamer Clams** – \$6.99/lb

Harvested locally in Ipswich/Essex, MA. Support our local clambers! Sold by the 2 lb. bag

**Maine Mussels (Rope Grown)** – \$6.99/bag

"Dutch Style" Grown in Maine, Sold by the bag (2 lb.).

**Local Wild-Caught Chopped Sea Clams** – \$10.49/pint

All natural, no additives, frozen. Perfect for chowders, clam fritters, clam sauce, and more!

**Countneck Clams** – \$6.99/doz.

Small hard-shell clams. Perfect for linguine with clam sauce, steamed, or your favorite recipe.

### High-Quality Frozen Fish Portions:

**Wild Caught Ahi Tuna Poke Cubes** – \$10.99/lb.

New Item! AAA Grade Ahi Tuna that is pre cut into cubes and perfect for poke bowls or spicy tuna rolls. Packed in 1 lb. vacuum pouches.

**Wild-Caught Ahi Tuna Saku Blocks** – \$7.49 each. New,

larger size! Approx. 8 oz, intended for raw use, frozen, sashimi grade. Perfect for poke, sushi or seared.

**All frozen steaks are packed 100% boneless, individually vacuum packed, frozen, perfect for the grill!**

**Wild-Caught Swordfish Steak Portions** – \$5.29 each

Approx. 8 oz. ea. Product of Costa Rica.

**Wild-Caught Mahi Mahi Fillet Portions** –\$5.99 each.

Approx. 8 oz. ea. Product of Ecuador.

**Wild-Caught Ahi Tuna Steaks** – \$5.59 each

Approx. 8 oz. ea

### CRAB:

**Fresh Wild-Caught Pasteurized Jumbo Lump Blue Crab Meat** –\$35.95/lb. Perfect for true "Maryland Style" crab cakes. Big chunks, packed with flavor. Packed in 1 lb. tins. meat hand-picked of blue crabs in Nicaragua. Keep refrigerated.

**Fresh Wild-Caught Pasteurized Super Lump Blue Crab Meat** – \$27.99/lb. Sold by the 1 lb. tin. Blend of lump & body meat hand-picked of blue crabs in Nicaragua.

**Fresh Wild-Caught Pasteurized Claw Crabmeat** – \$14.99/lb. Packed in 1 lb. tins. Keep refrigerated.

### SHRIMP:

#### Premium Cooked Shrimp:

**XXL Cooked Shrimp** – In place of colossal cooked shrimp, try these mangrove-raised cooked shrimp. \$16.99/lb. or \$27.00/2 lbs.

#### Raw, Peeled, and Deveined Shrimp:

**Wild-Caught Gulf Shrimp** –deveined, tail removed. Wild-caught from Gulf of Mexico. Raw, peeled, tail off. 16/20 count. Sold in 2 lb. bag @ \$34.00/bag.

**X-Jumbo Raw Peeled Shrimp** – Our "House Shrimp" and best seller. Versatile, big, and great to have in your freezer. Peeled, tail-on, frozen, BAP Certified. 16/20 count. Sold by the bag (2 lb.) @ ~~\$19.99/bag~~ **SALE \$16.99/bag SAVE \$3.00**

**Huge 6-8/lb. Peeled Shrimp** – Premium shrimp great for grilling or shrimp cocktail. Peeled, tail-on, frozen, BAP Certified. Sold in 2# bags. \$44.00/bag.

**Wild Caught Gulf Shrimp Shell On**

Under 12 / lb. Wild Caught Shrimp, Product of Mexico and harvested in the Gulf. We tell folks "these are the ones you ate at the Hilltop Steak House in the day" Sold Block Frozen in 5 lb. Units

### OTHER:

**Crawfish Tail Meat**– \$13.99/lb.  
Sold in 1 lb. packs

**Octopus Legs, Cooked** – \$22.00/lb.  
Premium Mediterranean from Spain, frozen, cooked.

**Fish Stock** – \$6.95 ea.

Made in house and frozen in pints.

**Chrissi's Crumbs** – \$4.29 ea. Perfect for baked haddock, cod, shrimp and more.