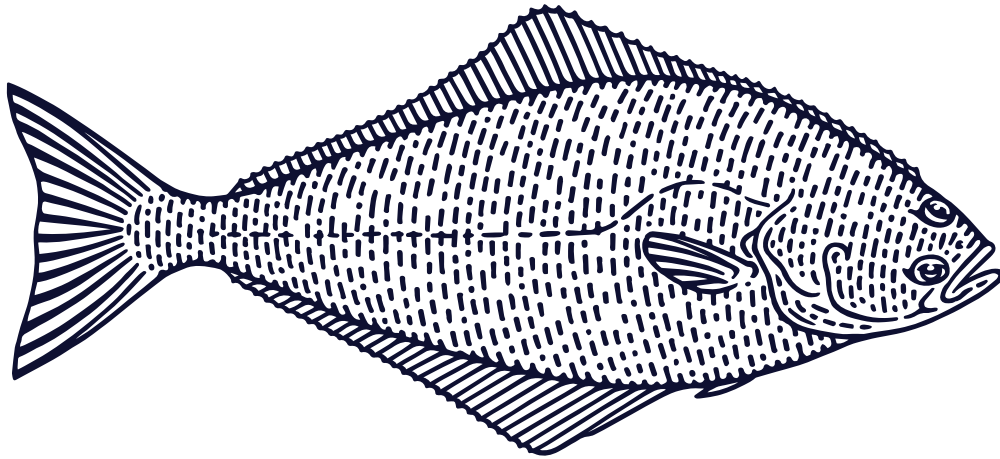




SUPERIOR

CATCH OF THE WEEK



ATLANTIC HALIBUT

Hippoglossus hippoglossus

Description: Halibut is a large flatfish that is known for its pure white fillets, Halibut is one of the most versatile fish you can cook because of its texture and low number of bones in fillets. Wild Halibut can grow to lengths of around 8 ft. and weigh over 650 lbs.

Habitat: Atlantic Halibut are found in boreal and subarctic waters of the coasts of Newfoundland and Nova Scotia. They can be found in shallow waters to depths of over 1,000 yards.

Harvesting: Fished in the wild in various regions including both Pacific and Atlantic coasts. Available farmed year around. All wild Atlantic Halibut harvested in Canada under Canadian fisheries management regulations and many fisheries are certified by the Marine Stewardship Council (MSC).

Nutritionals:

- Good source of protein
- Vitamins including D, and several B vitamins
- High in Phosphorus
- Rich in selenium (antioxidant for heart and immune health)

Texture & Flavor Profile:

- Mild, sweet taste
- Flaky texture
- Rich white meat with a relatively low number of bones

Recommended Cooking Methods: Grilling, baking, broiling, pan-seared



SUPERIOR

FEATURED PRODUCT



ATLANTIC HALIBUT FILLETS

*Fresh, Skin-On, Hand-Cut, Wild-Caught,
Product of Canada*

#59232 1/10 lb.

#59233 1/5 lb.

*Contact your Superior sales representative for more
information and for availability.*

MENU INSPIRATIONS



BLACKENED ATLANTIC HALIBUT

Dry rubbed halibut portion that is pan-seared with oil. Served with a mango chutney and roasted corn on the cob.

Pairs well with a flavorful Pinot Gris



GRILLED HALIBUT SALAD on Sourdough

Grilled halibut combined with diced asparagus, green onion, and fresh dill. Topped with orange zest.

Pairs with a fruity wheat beer