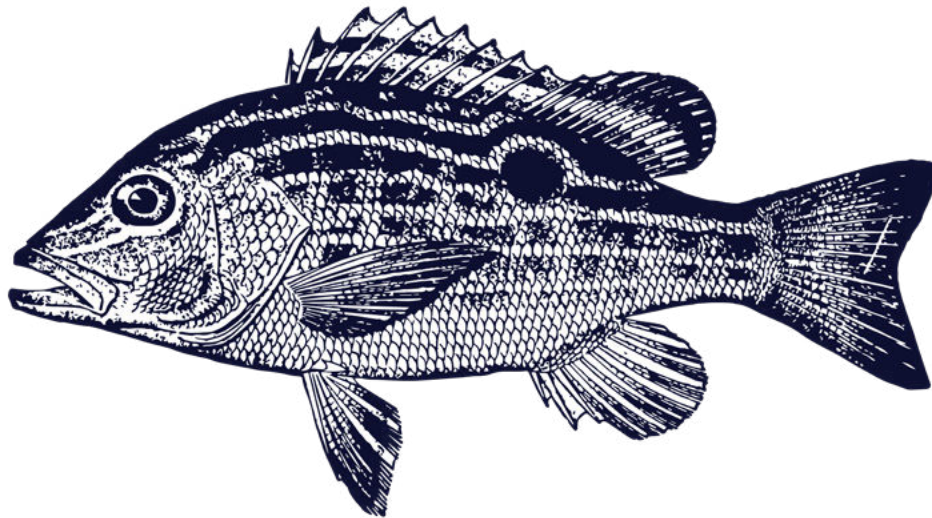




SUPERIOR

CATCH OF THE WEEK



LANE SNAPPER

Lutjanus synagris

Description: The Pacific Lane Snapper, also called 'candy snapper' has an almond-shaped body with a pinkish-red top, yellow to red fins, and silvery sides with yellow streaks. Fully grown, the Lane Snapper grows to around 14 inches long.

Habitat: They are found along the Atlantic coast of North America down into the Caribbean and as far south as the coasts of Brazil. Most generally they live in or around reefs and vegetated sandy bottoms of inshore waters.

Harvesting: The Lane Snapper is not endangered and is considered a plentiful fish in its native habitat. They are harvested mainly from mid-spring through the end of summer but the season is year around. Typically caught through hook and line.

Nutritionals:

- Low in calories
- High in protein
- Low in fat
- Also a source of potassium

Texture & Flavor Profile:

- A varied diet of crab and shrimp give it a great taste
- Sweet flavor with firm and flaky flesh
- A mild, delicate flavor that makes it versatile to cook

Recommended Cooking Methods: grilled, broiled, and sauteing



SUPERIOR

FEATURED PRODUCT



#70270

LANE SNAPPER FILLETS

Fresh, Skin-On, Wild Caught, 12-16 oz.

Product of Panama

1/10 lb.

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

MENU INSPIRATIONS



LANE SNAPPER ALMONDINE with fresh parsley

The lemon and almond combination compliments the sweet and light flavor of the Lane Snapper.

Pairs with a Pinot Noir or light Merlot



PAN-SEARED LANE SNAPPER with a beet and fig salad & couscous

The texture and the sweet vinaigrette of the salad contrast perfectly with the flaky meat of the snapper.

Pairs with mild Chardonnay