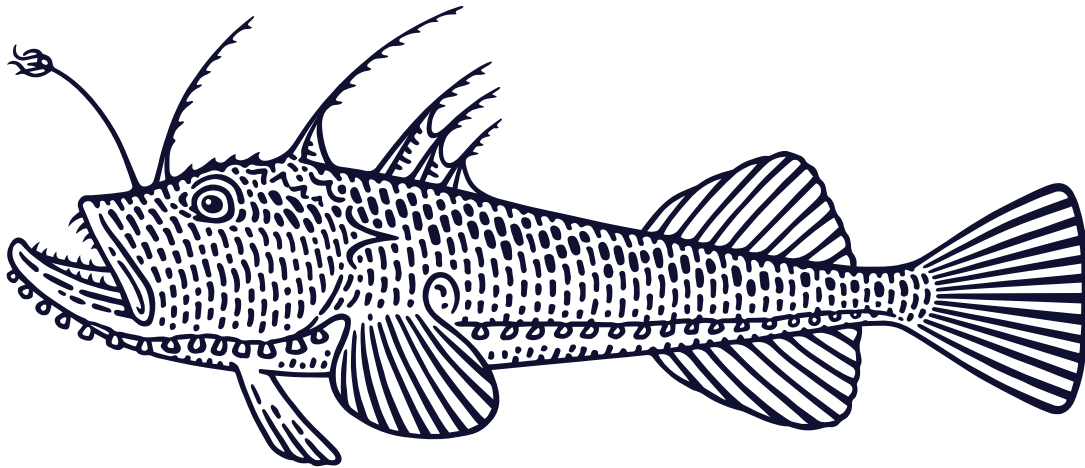




# SUPERIOR

## CATCH OF THE WEEK



# MONKFISH

*Lophius americanus*

**Description:** This odd looking fish is one of the largest species of shark. It can reach up to 8 ft. in length.

**Habitat:** Bottom-dwelling fish that are found in large groups. They prefer soft areas so that they can bury themselves such as mud, sand, or shell. They live along continental shelves and can be found along the Atlantic coast from Newfoundland down to North Carolina in North America.

**Harvesting:** Primarily harvested in the North Atlantic and coasts of Norway and The Mediterranean. Fisheries use bottom trawls, sink gillnets, and scallop dredges to fish Monkfish.

### Nutrition Facts:

- Low in fat
- Packed with beneficial minerals
- High in protein and vitamins
- Good source of selenium (antioxidant for heart and immune health)

### Texture & Flavor Profile:

- Tight, meaty white meat ("the poor man's lobster")
- Mild, sweet flavor
- No fishiness

**Recommended Cooking Methods:** pan-fried, roasted, grilled, Poached, Sauteed



# SUPERIOR

## FEATURED PRODUCT



#64220

## MONKFISH FILLETS

*Fresh, Wild Caught, Product of the USA*  
1/10 lb.

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

# MENU INSPIRATIONS



### CATALAN MONKFISH with Roasted Garlic Sauce

Pan-seared monkfish portions served in a roasted garlic, tomatoe, and saffron sauce.

*Pairs with a creamy Sauvignon Blanc & crusty bread*



### ROAST MONKFISH with Lemon & Parsley

Monkfish fillets seared and then oven roasted served with a lemon and parsley butter sauce.

*Pairs with a dry Chablis*