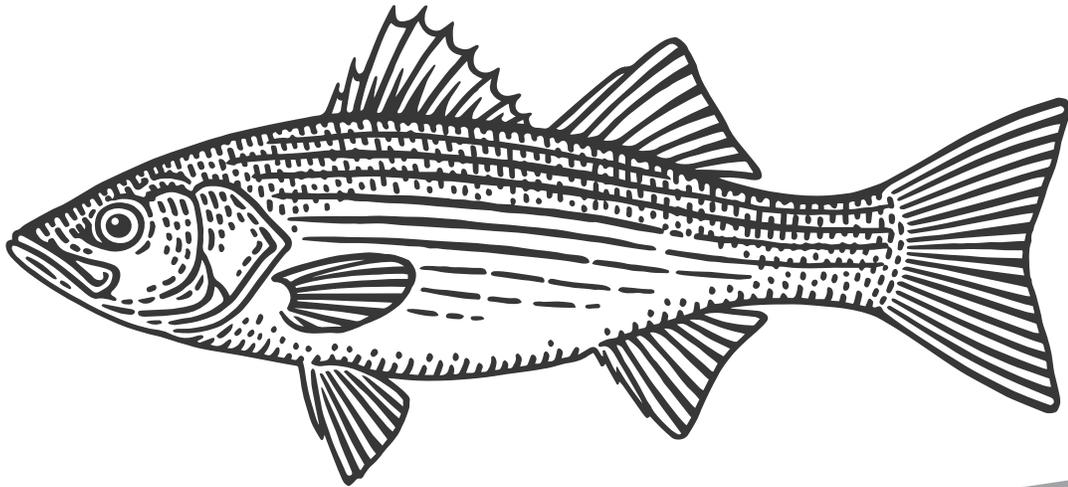




# SUPERIOR

## CATCH OF THE WEEK



# STRIPED BASS

*Morone Saxatilis*

**Description:** Also known as bass, rockfish, striper, and linesider, the striped bass are seasonally fished along the east coast of the U.S. True to their name, they are marked with long horizontal dark stripes that run from behind their gills to the base of their tail.

**Habitat:** Striped bass begin their life in the St. Lawrence River and its tributaries before venturing out to the coastal regions of the Atlantic Ocean. They will venture as far as the Gulf of Mexico before traveling back up the coast to spawn.

**Harvesting:** Our striped bass is wild-caught by small boats along the coast of Massachusetts. They are sustainably harvested to maintain a consistent population along the coast of the U.S. This has reduced harvesting and limited supply, especially this year.

### Nutritionals:

- Low in calories
- High in protein
- Good source of Omega-3 fatty acids
- Also a source for vitamin B-12 and iron

### Texture & Flavor Profile:

- Vibrant white, firm meat
- Crispy, deluctable skin when fried or seared
- Rich flavor with a slight brineness
- Balanced notes of sweet and smoky make it an incredibly versatile fish to cook

**Recommended Cooking Methods:** grilled, poached, smoked, sauteed, broiled, and fried



# SUPERIOR

## FEATURED PRODUCT



#20237

## STRIPED BASS FILLETS

*Fresh, Skin-On, Wild Caught, 3 lb.+  
Product of USA*  
1/10 lb.

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

# MENU INSPIRATIONS



### **BROILED STRIPED BASS** with ginger scallion oil

The combination of fresh ginger, lemon, and garlic make for a perfect pairing with striped bass.

*Pairs with an acidic Pinot Gris*



### **ROASTED STRIPED BASS** with chimichurri and blistered tomatoes

The blistered tomatoes help bring out the smoky flavor of the bass and the chimichurri adds freshness.

*Pairs with Sauvignon Blanc*