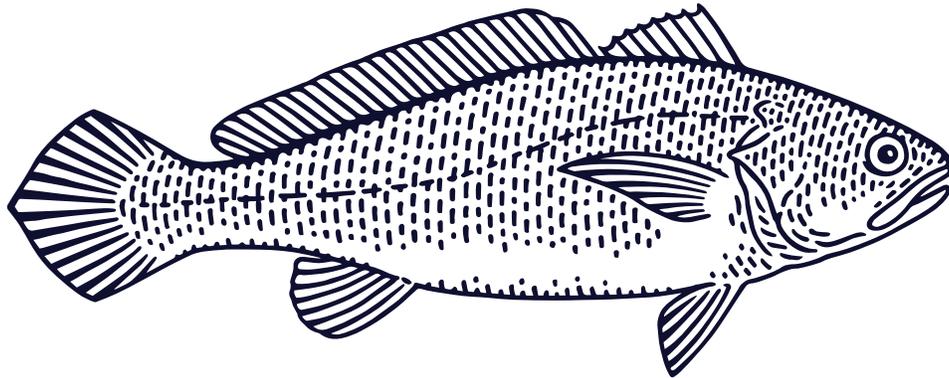




# SUPERIOR

## CATCH OF THE WEEK



# GOLDEN CORVINA

*Cilus gilberti*

**Description:** Corvina is a generic name for a large variety of fish, including the Golden Corvina. It is a copper-bronze color which appears a lighter shade in clear waters. Typically larger in size than Red Snapper, they feed on crustaceans, fish and mollusks, and can live for up to 20 years or more.

**Habitat:** Golden Corvina are inshore species until they reach roughly 30 inches, which takes about 4 years. After that, they migrate to join the near shore population.

**Harvesting:** Mostly found in tropical coastal waters and the South American Pacific coastline it is typically available frozen year-round and fresh from April to October.

### Nutritionals:

- Good source of protein
- Low in sodium
- High in omega-3 fatty acids

### Texture & Flavor Profile:

- Mild, sweet taste
- Firm, large flaked flesh
- Pink/white meat

**Recommended Cooking Methods:** Grilling, deep-frying, or ceviche



# SUPERIOR

## FEATURED PRODUCT



## GOLDEN CORVINA FILLETS

**#74213** 1/10 lb.

*Fresh, Skin-On, Boneless, Hand-Cut, Wild-Caught, 2-4 lbs., Product of Suriname*

**#74223** 1/10 lb.

*Fresh, Skinless, Boneless, Hand-Cut, Wild-Caught, 2-4 lbs. Product of Suriname*

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

# MENU INSPIRATIONS



### PERUVIAN CEVICHE de CORVINA

Chunks of fresh corvina marinated with limes, aji amarillo, onion, & cilantro and served with choco grains (indigenous corn)

*Pairs well with an ice cold lager*



### GRILLED SKIN-ON CORVINA

Served with bamboo rice, crispy sweet potato strings, mango & pineapple salsa, and grilled lemon.

*Pairs with a South American sauvignon blanc*