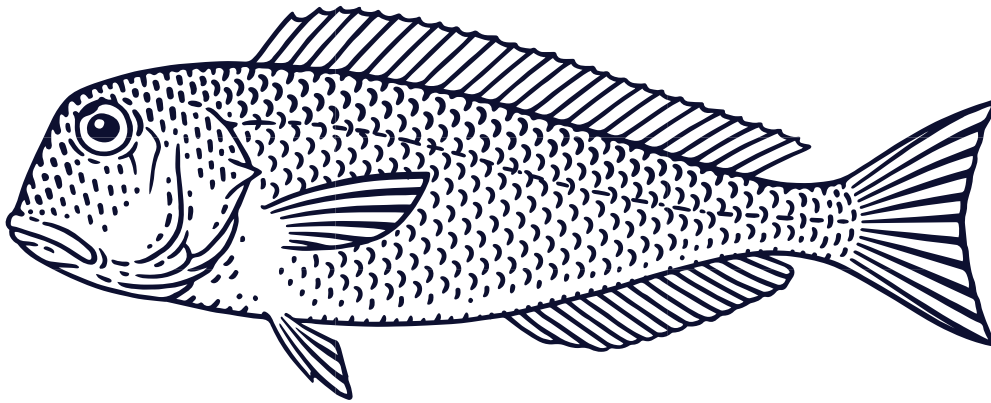




SUPERIOR

CATCH OF THE WEEK



GOLDEN TILEFISH

Lopholatilus chamaeleonticeps

Description: Sometimes known as “the clown of the sea”, the Golden Tilefish are colorful with iridescent blue-green backs, bright yellow and gold spots, and a distinguishable large crest on their heads. They can grow up to 43 inches in length, but their average size is around 24 inches.

Habitat: Found throughout the East Coast of the U.S. and Gulf of Mexico. They live in deep waters (250 to 1,500 ft.). They live around rock beds and vertical burrows.

Harvesting: Management councils control catch limits and fishing times throughout the habitats of the Tilefish. Main fishing is in the Mid-Atlantic/southern New England areas. The majority of commercial harvesting is through bottom longline fishing.

Nutritionals:

- Good source of Vitamin B-12
- High in protein
- High in Selenium
- High in Mercury levels (pregnant and nursing women, along with children should avoid)

Texture & Flavor Profile:

- Moist and tender
- Firm, flaky, white flesh
- Rich and buttery flavor
- Mildly sweet

Recommended Cooking Methods: Pan-searing, baking, grilling, steamed, poached



SUPERIOR

FEATURED PRODUCT



#56205

GOLDEN TILEFISH FILLETS

*Fresh, Skin-On, Boneless, Hand-Cut,
Wild-Caught, Product of USA (Long Island, NY)*

1/10 lb.

\$19.99/lb

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

MENU INSPIRATIONS



Recipe & Photo from:
<https://www.mydeliciousblog.com/buttery-tilefish/>

BUTTERY TILEFISH with a creamy Polenta

Pan-seared and breaded portions of Tilefish served
with a creamy mascarpone polenta.

Pairs well with a flavorful Sauvignon Blanc



Recipe & Photo from:
<https://www.slurp.com/recipes/oven-roasted-golden-tilefish-and-ask-chef->

OVEN ROASTED TILEFISH

Served with a side of roasted
Mediterranean vegetables

Pairs with a full body Pinot Grigio