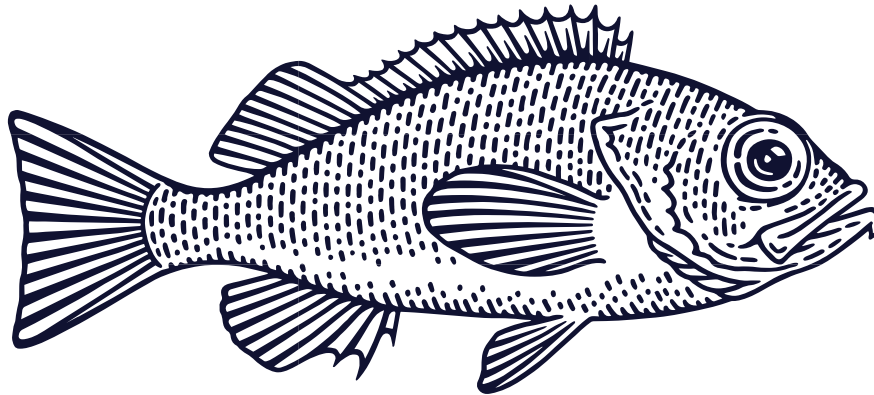




SUPERIOR

CATCH OF THE WEEK



ACADIAN REDFISH

Sebastes fasciatus

Description: Acadian redfish, also called ocean perch, is the only fish in the rockfish/ocean perch family in the Atlantic. The fish is called redfish in New England and Canada, but is not to be confused with redfish from the Gulf of Mexico (which is a drum).

Habitat: Acadian redfish are found over rocky, mud, or clay ocean bottoms. Off New England they are most common in the deep waters of the Gulf of Maine (to depths of 975 feet). They tend to move off the bottom at night to feed and move closer to shore in the winter.

Harvesting: Acadian redfish are harvested year-round but harvests are usually largest during spring and summer in the Gulf of Maine.

Nutritionals:

- Good source of Omega-3
- Vitamins including niacin, B6 and B12
- Protein and calcium rich
- Great source of phosphorus and selenium (antioxidant for heart and immune health)

Texture & Flavor Profile:

- Medium firm
- Moist and flaky
- Mild and slightly sweet
- White flesh

Recommended Cooking Methods: Grilling, Baking, Pan-searing, Broiling, Deep-frying



SUPERIOR

FEATURED PRODUCT



ACADIAN REDFISH FILLETS

*Fresh, Hand-Cut, Wild Caught, Skin-On, 4-6 oz.
Product of USA*

#65240 1/10 lb.

#65241 1/5 lb.

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

MENU INSPIRATIONS



FENNEL ROASTED REDFISH

rubbed with a blend of fennel and lemon zest,
then roasted with a fennel vegetable medley
and served with a artichoke purée

Pairs well with an unoaked Chardonnay



CRISPY SKIN OCEAN PERCH

pan-fried to perfection and served over a bed
of yuzu and white miso yogurt with a puréed
edamame & mint salad

Pairs with a late harvest Riesling