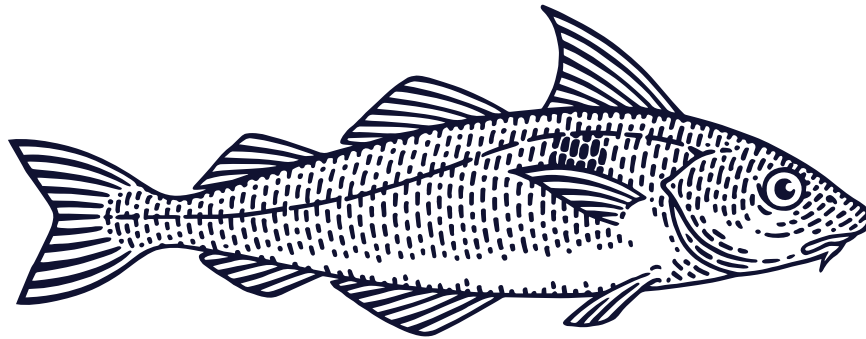




SUPERIOR

CATCH OF THE WEEK



HADDOCK

Melanogrammus aeglefinus

Description: Haddock have a similar shape when compared to other groundfish, like Atlantic cod, having three dorsal fins and two anal fins. They have distinguishable coloring with a silvery dark blue and purple-grey back, fading down to a lighter silver on the sides and a white belly.

Habitat: Haddock live near the bottom and prefer habitats of gravel, pebbles, clay, and smooth hard sand.

Harvesting: Haddock have year round availability and are found on both sides of the North Atlantic. In the western North Atlantic, they're found from Newfoundland to Cape May, New Jersey, and are most abundant on Georges Bank and in the Gulf of Maine.

Nutritionals:

- Rich source of protein
- Low in fat
- High in magnesium and selenium

Texture & Flavor Profile:

- Slightly sweet
- Firm yet tender
- Finer flake than cod
- White flesh

Recommended Cooking Methods: Baking, Steaming, Deep frying



SUPERIOR

FEATURED PRODUCT



HADDOCK FILLETS

*Fresh, Skinless, Hand-Cut, Wild-Caught, 12-16 oz.
Product of USA*

#57250 1/10 lb.

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

MENU INSPIRATIONS



SMOKED HADDOCK CHOWDER

Lightly smoky haddock pieces with potatoes
and a rich cream and sherry base

Pairs well with a malty Nitro Stout



SPICY FISH N CHIPS

Cayenne spiced breaded haddock with a honey
chipotle aioli and salt & vinegar fries

Pairs with a cold crisp Pilsner