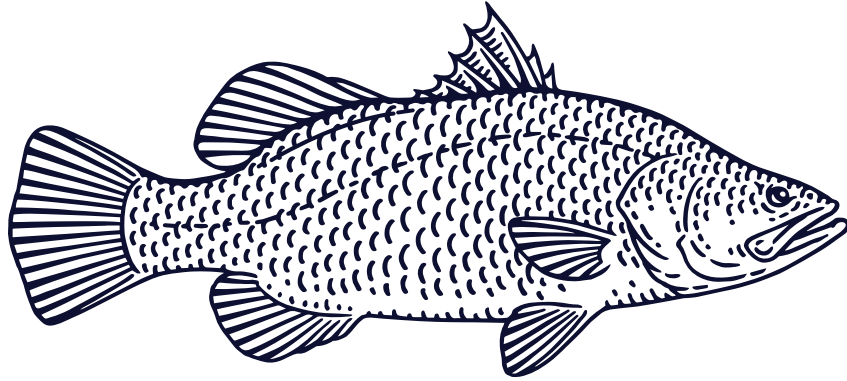




SUPERIOR

CATCH OF THE WEEK



BARRAMUNDI

Lates calcarifer

Description: Barramundi, also known as Asian sea bass or barramundi perch, can be recognised by a distinct pointed head, concave forehead, large jaw extending behind the eye and a rounded tail fin.

Habitat: Barramundi is a species of fish found in the Indo-West Pacific region that can be found primarily in fresh water, but they also are found in salt water and estuaries during migration.

Harvesting: Round Island Barramundi are farmed year-round in the waters of the Indian ocean that surround the island nation of Sri Lanka.

Nutritionals:

- Good source of Omega-3
- Vitamins including niacin, D, and B12
- Protein-rich
- Good source of selenium, phosphorus, and magnesium

Texture & Flavor Profile:

- Buttery mild sea flavor
- Flaky and toothsome
- Crispy skin
- Pearly-pink flesh

Recommended Cooking Methods: Grilling, Baking, Pan-searing, Deep-Frying, Poaching, Sushi



SUPERIOR

FEATURED PRODUCT



BARRAMUNDI FILLETS

*Fresh, Hand-Cut, Skin-On, Farm-Raised,
16-18 oz.*

Product of Sri Lanka

#99223 1/10 lb.

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

MENU INSPIRATIONS



PAN-FRIED BARRAMUNDI

*with a saffron risotto cake, micro green salad,
and mango-sesame dressing*

Pairs well with a bubbly Cava Brut



BROILED BARRAMUNDI

*with a cilantro-brazil nut pesto over a citrus
marinated mixed green salad*

Pairs well with a zesty Vinho Verde