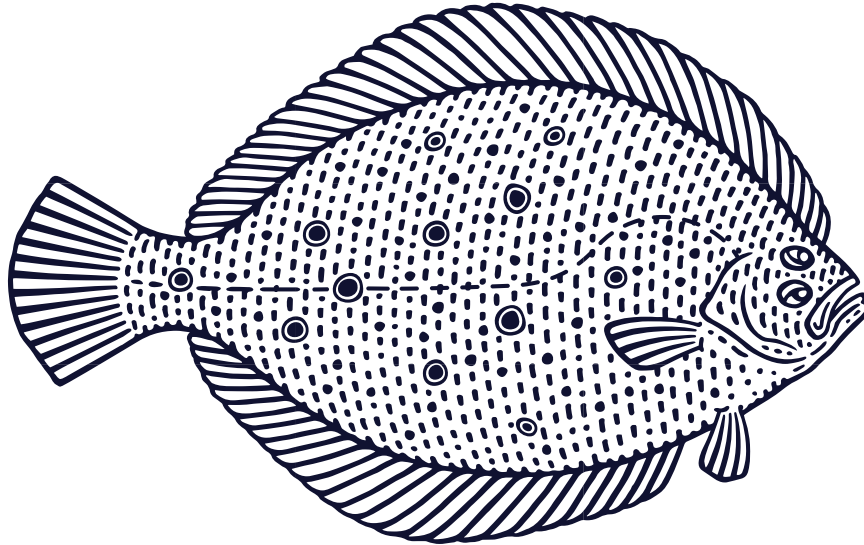




SUPERIOR

CATCH OF THE WEEK



FLUKE

Paralichthys dentatus

Description: Also known as Summer Flounder, Fluke is one of the most sought after commercial and recreational fish along the Atlantic coast. They have flat bodies and are known to blend in with the texture and color of their environment.

Habitat: Fluke is found in estuaries and coastal lagoons. Juveniles burrow in sediments of estuaries while adults spent most of their time on the sea floor.

Harvesting: Fluke is available year-round and in the U.S. is most commonly found in the mid-Atlantic region from Cape Cod, MA to Cape Fear, NC. Commercially they are mainly caught with bottom trawls offshore in the winter and inshore in the summer.

Nutritionals:

- Good source of protein
- Low in fat and cholesterol
- High in B vitamins and niacin

Texture & Flavor Profile:

- Delicate flavor
- Flaky and fine texture
- Edible skin
- White flesh

Recommended Cooking Methods: Baking, pan-frying, deep-frying, broiling, grilling, raw



SUPERIOR

FEATURED PRODUCT



FLUKE FILLETS

*Fresh, Skinless, Boneless, Wild-Caught, 9-12 oz.
Product of USA*

#64250 1/10 lb.

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

MENU INSPIRATIONS



GRILLED FLUKE

Portions are grilled and served with a bright and herbacious gremolata, sauteed mushrooms, and smoked paprika.

Pairs well with a light-bodied Beaujolais



PAN-FRIED FLUKE

Seared skin topped with buttery scalloped potatoes over a vegetable medley and a red pepper and olive sauce.

Pairs with a dry Muscadet