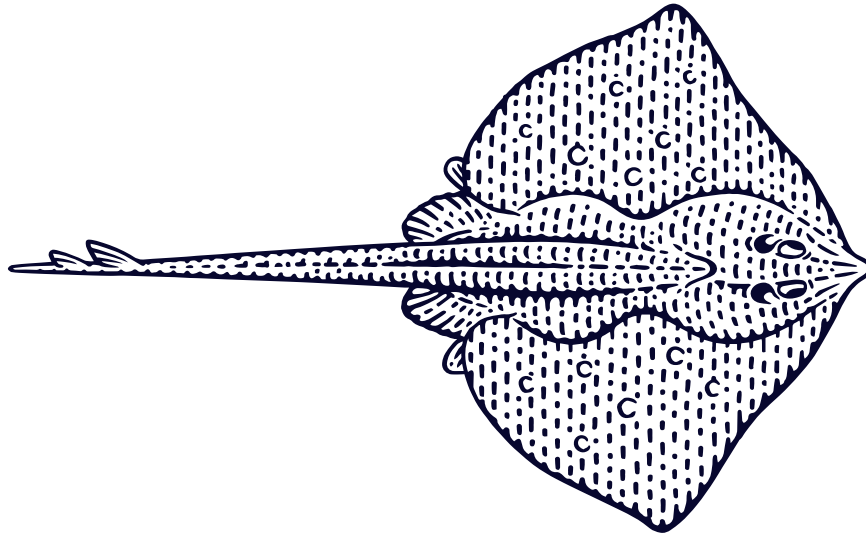




SUPERIOR

CATCH OF THE WEEK



SKATE

Rajidae

Description: The Northeast skate complex fishery consists of seven species, the primary targets being Winter and Little skates. Winter skates are harvested for their wings for human consumption and little skates are harvested as bait for lobster and other fisheries.

Habitat: Skates & Rays are a bottom dwelling fish related to the shark family that dwell from inshore to offshore waters on the edge of the continental shelf.

Harvesting: Skate is mostly harvested incidentally in trawl and gillnet fisheries targeting groundfish, monkfish, and sometimes scallops. Most of the bait fishery occurs in New England waters but they are caught year round from anywhere between Maine and North Carolina.

Nutritionals:

- Rich source of protein
- Low in fat, cholesterol, and sodium
- High in vitamin A, calcium, and iron

Texture & Flavor Profile:

- Mild pronounced flavor
- Firm flesh with high collagen content
- Inedible skin
- Light beige to pinkish flesh

Recommended Cooking Methods: Baking, pan-frying, poaching, grilling



SUPERIOR

FEATURED PRODUCT



SKATE FILLETS

*Fresh, Wild-Caught, Skinless, Hand-Cut 4-6 oz.
Product of the USA*

#64225 1/5 lb.

#64226 1/10 lb.

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

MENU INSPIRATIONS



PAN-FRIED SKATE WING

Lightly fried skate with a curried beurre blanc and
candy-roasted mini peppers

Pairs well with a white Chablis



CITRUS POACHED SKATE

Gently cooked in a sauce of butter, tangerine, and
capers

Pairs with a sparkling white wine