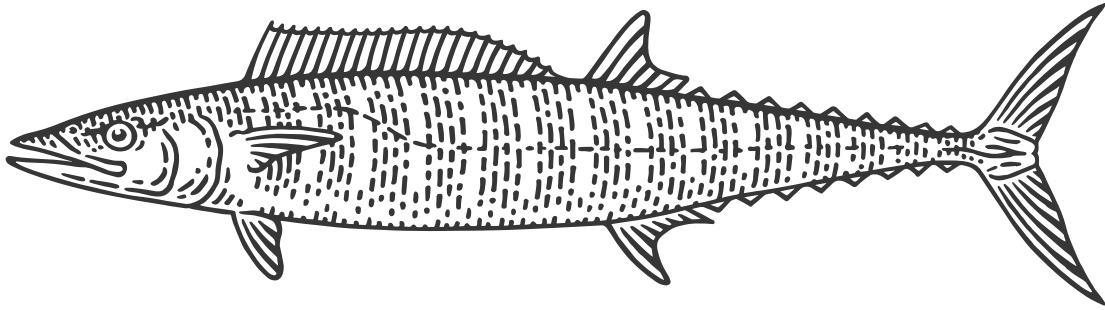




# SUPERIOR

## CATCH OF THE WEEK



# WAHOO

*Acanthocybium solandri*

**Description:** Wahoo, often referred to as 'Ono' in Hawaii which translates to 'good to eat', is a member of the Scombridae family. It's torpedo-shaped body and shiny silver scales with iridescent blue back, make it a very distinguished looking fish. Wahoo vary in size quite a bit, from 6 to 100 pounds. It's considered a sustainable fish that grows and replenishes quickly in fished areas.

**Habitat:** Found in small groups, located in offshore, warm-water environments. Wahoo can be found throughout the Atlantic coast from New Jersey to Columbia. They will migrate north in the summer and south in the winter to find warmer climates.

**Harvesting:** The preferred method among anglers is long-line fishing while trolling at higher speeds.

### Nutritionals:

- Extra-lean protein
- Rich in Niacin, Vitamin B6, Vitamin B12, phosphorus, and selenium
- Good source of Omega-3's

### Texture & Flavor Profile:

- Taste similar to Mackerel
- Firm white flesh
- Mildly sweet, delicate, and flaky
- Not oily or gamey like other fish in the mackerel family

**Recommended Cooking Methods:** baked, grilled, broiled, poached, sauteed, and blackened



# SUPERIOR

## FEATURED PRODUCT

#74236

## WAHOO FILLETS

*Wild-Caught, Fresh, Skin-On, Boneless, 5-8 lbs*

*Product of Ecuador*

1/10 lb.

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



# MENU INSPIRATIONS



## PAN-SEARED WAHOO TACOS

**with lime crema**

Baja-inspired tacos that exude freshness.

*Pairs with your favorite Mexican lager*



## BLACKENED WAHOO

**with a generous squeeze of lemon**

Blackening seasoning creates the perfect balance with the sweetness and delicate, flaky texture of the Wahoo.

*Pairs with sides of couscous or grilled vegetables*