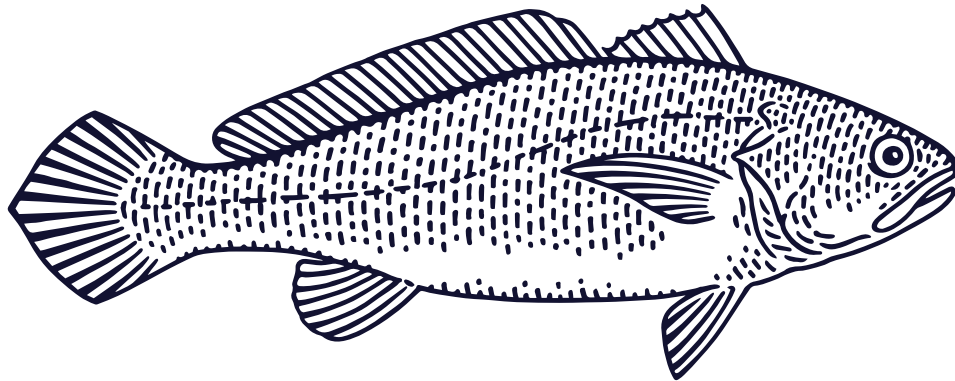




SUPERIOR

CATCH OF THE WEEK



GOLDEN CORVINA

Cilus gilberti

Description: Corvina is a generic name for a large variety of fish, including the Golden Corvina. It is a copper-bronze color which appears a lighter shade in clear waters. Typically larger in size than Red Snapper, they feed on crustaceans, fish and mollusks, and can live for up to 20 years or more.

Habitat: Golden Corvina are inshore species until they reach roughly 30 inches, which takes about 4 years. After that, they migrate to join the near shore population.

Harvesting: Mostly found in tropical coastal waters and the South American Pacific coastline it is typically available frozen year-round and fresh from April to October.

Nutritionals:

- Good source of protein
- Low in sodium
- High in omega-3 fatty acids

Texture & Flavor Profile:

- Mild, sweet taste
- Firm, large flaked flesh
- Pink/white meat

Recommended Cooking/Preparation Methods:

Grilling, deep-frying, or ceviche



SUPERIOR

FEATURED PRODUCTS



GOLDEN CORVINA FILLETS

#74213 1/10 lb.

*Wild-Caught, Fresh, Skin-On, Boneless, 2-4 lbs.
Product of Ecuador*

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

MENU INSPIRATIONS



PERUVIAN CEVICHE de CORVINA

Chunks of fresh corvina marinated with limes, aji amarillo, onion, & cilantro and served with choco grains (indigenous corn)

Pairs well with an ice cold lager



GRILLED SKIN-ON CORVINA

Served with bamboo rice, crispy sweet potato strings, mango & pineapple salsa, and grilled lemon.

Pairs with a South American sauvignon blanc