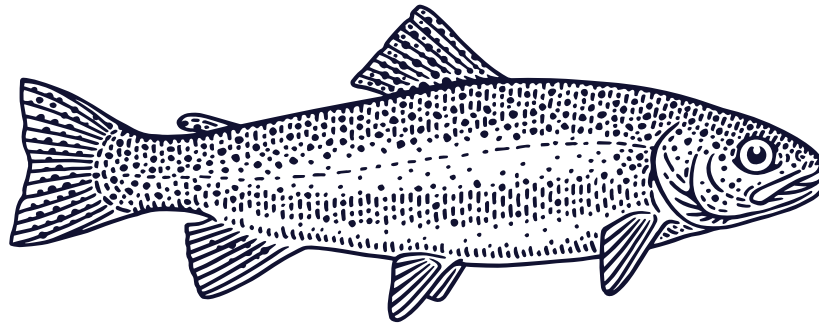




SUPERIOR

CATCH OF THE WEEK



RAINBOW TROUT

Oncorhynchus mykiss

Description: The rainbow trout is a popular freshwater fish known for its vibrant, iridescent coloring. It has a silvery body with a distinctive pink to reddish stripe along its sides, accompanied by black spots on its back, fins, and tail.

Habitat: Rainbow trout typically inhabit cold, clear freshwater environments such as rivers, streams, and lakes. They prefer water temperatures between 50°F and 60°F (10°C to 15.5°C) and are often found in fast-moving streams with gravel bottoms, where they can spawn.

Harvesting: In aquaculture, rainbow trout are one of the most widely farmed fish species due to their adaptability, fast growth rate, and high market demand.

Nutritionals:

- Good source of protein
- Vitamins including D, B12 and B3
- Good levels of Phosphorus
- Rich in selenium (antioxidant for heart and immune health)

Texture & Flavor Profile:

- Delicate, tender texture
- Slightly flaky when cooked
- Typically moist and succulent

Recommended Cooking Methods: Grilling, baking, broiling, pan-frying.



SUPERIOR

FEATURED PRODUCT



RAINBOW TROUT FILLETS

Harrietta Hills Farmed, Fresh, Butterflied, Skin-On, Boneless, 9-11 oz.

Product of Michigan

#32249 1/10 lb.

#32246 1/5 lb.

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

MENU INSPIRATIONS



SMOKED TROUT

over a deconstructed potato salad with dill, capers, crème fraîche, gherkins, and microgreens

Pairs well with a spicy Gewürztraminer



TROUT BLT SALAD

with perfectly crisp bacon, marinated arugula, and blistered cherry tomatoes

Pairs well with a fruity Zinfandel