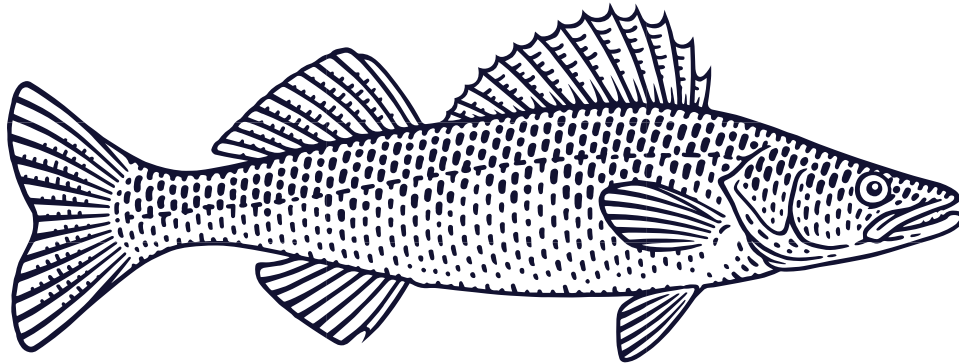




SUPERIOR

CATCH OF THE WEEK



WALLEYE

Sander vitreus

Description: Walleye, also known as yellows, dore, yellow pike, pickerel, and walleye pike is a freshwater fish with sharp teeth, large reflective eyes, and olive-green coloring. It's a popular sport fish known for its excellent vision and mild-flavored flesh.

Habitat: Walleye thrive in freshwater lakes and rivers with clear, cool waters. They prefer areas with sandy, rocky bottoms and are often found in deeper waters during the day.

Harvesting: Walleye are harvested mainly through sport fishing using trolling, jigging, or casting. Commercial harvest uses nets, and regulations help maintain sustainable populations. Typically harvested in Spring and Fall.

Nutritionals:

- Good source of protein
- Excellent source of Vitamins B6 and B12
- High in minerals like phosphorus and selenium
- High in omega-3 fatty acids

Texture & Flavor Profile:

- Mild, delicate flavor
- Subtle sweetness
- Firm yet flaky
- Moist white flesh

Recommended Cooking/Preparation Methods:

Baking, broiling, grilling, deep-frying, pan-frying, and smoking



SUPERIOR

FEATURED PRODUCTS



LAKE ERIE JUMBO WALLEYE FILLETS

#34250 1/10 lb.

*Wild-Caught, Fresh, Skin-On, 12 oz.+
Product of Canada*

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

MENU INSPIRATIONS



GRILLED WALLEYE

Walleye fillets lightly grilled and served
with haricots verts, béarnaise, and lemon

Pairs well with an acidic Burgundy Pinot Noir



ROSEMARY BAKED WALLEYE

Served with crispy fried onions and
a rosemary-balsamic reduction

Pairs well with a white Côtes de Provence