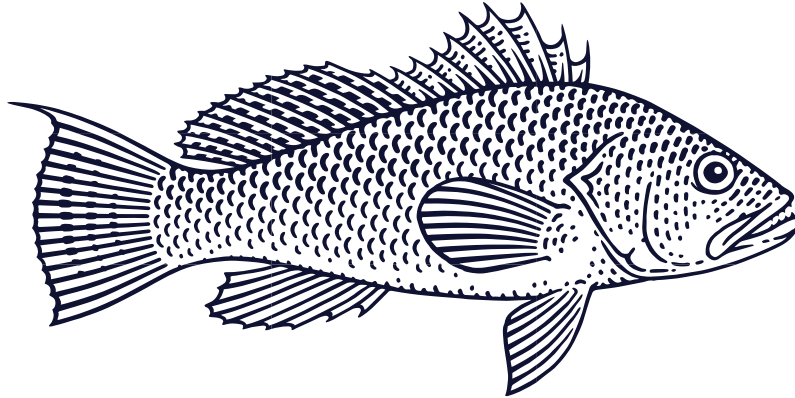




SUPERIOR

CATCH OF THE WEEK



GOLD SPOTTED SAND BASS

Paralabrax auroguttatus

Description: The Gold Spotted Sand Bass is a robust, saltwater fish known for its distinctive golden spots and dark vertical bars along its body.

Habitat: They are commonly found along the rocky reefs, kelp beds, and sandy bottoms of the Eastern Pacific, particularly from Southern California to the Gulf of California in Mexico. It thrives in coastal waters at depths ranging from 30 to 300 feet, often sheltering among rocks and crevices.

Harvesting: Typically harvested using sustainable fishing methods, such as hook-and-line techniques or spearfishing, which help minimize the impact on the surrounding marine environment. They are harvested year-round, but peak from late spring through early fall.

Nutritionals:

- Very lean
- Rich in Vitamin B12, phosphorus, and selenium
- Good source of Omega-3's

Texture & Flavor Profile:

- Taste similar to Grouper
- Delicate, moist, flakey
- Mild and slightly sweet
- Not overly "fishy"

Recommended Cooking Methods: baked, grilled, fried, steamed, poached, broiled



SUPERIOR

FEATURED PRODUCT



#99880

GOLD SPOTTED SAND BASS FILLETS

Wild-Caught, Fresh, Skin-On, 7-14 oz

Product of Costa Rica

1/10 lb.

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

MENU INSPIRATIONS



ROASTED SAND BASS

Perfectly crisp skin with herb salt and lemon-herb
beurre blanc

Pairs well with a fruit forward Pinot Grigio



MOQUECA CAPIXABA

Brazilian fish stew with tomatoes, onions, and herbs
in a delicate broth

Pairs with a medium-bodied Viognier