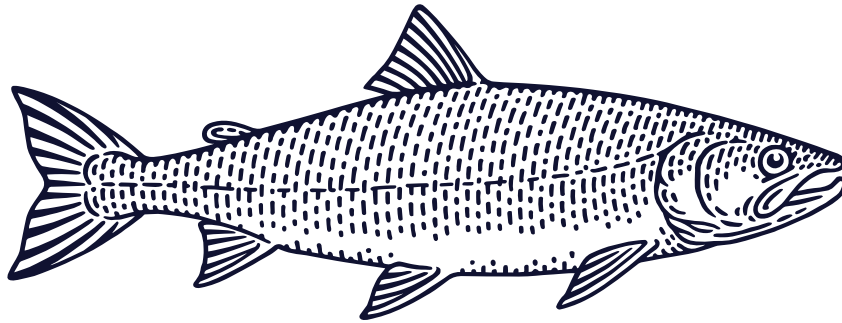




# SUPERIOR

## CATCH OF THE WEEK



# ARCTIC CHARR

*Salvelinus alpinus*

**Description:** The Arctic charr is a slender member of the salmon and trout family. Usually dark on the back, lighter on the belly, and having light spots on the sides. During breeding season, both sexes become highly colored.

**Habitat:** From July to mid-September, Arctic charr will be found in deeper water where temperature and oxygen are sufficient for survival.

**Harvesting:** The latter part of September can be a great time to fish for Arctic charr. Depending on weather patterns, surface waters may have cooled enough to allow fish to move about the water column after a long summer period of dwelling in deep water. .

### Nutritionals:

- Good source of Omega-3
- Vitamins including niacin, B6, E, B12, thiamin, and riboflavin
- Protein rich
- Good source of Vitamin D

### Texture & Flavor Profile:

- Mild flavor
- Fairly oily
- Delicate texture
- Pinkish red flesh

**Recommended Cooking Methods:** Grilling, Baking, Pan-searing, Poaching, Smoking, Sushi



# SUPERIOR

## FEATURED PRODUCT



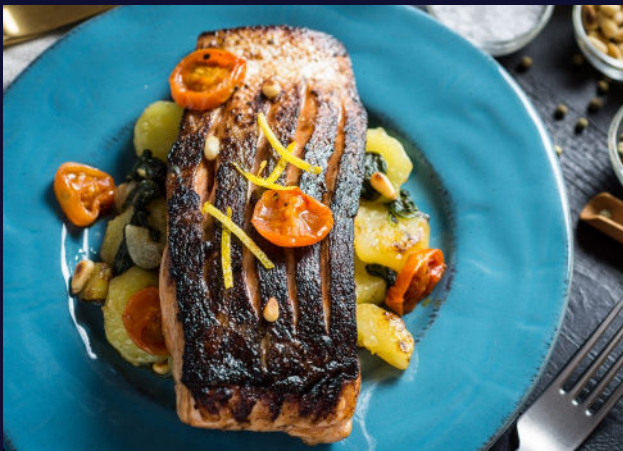
## ARCTIC CHARR FILLETS

*Fresh, Hand-Cut, Farm-Raised, 12-14 oz.  
Product of Iceland*

**#28238** 1/10 lb.

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

# MENU INSPIRATIONS



### ROASTED ARCTIC CHARR

*with lemon zest, roasted tomatoes,  
citrusy potato salad, and toasted pine nuts*

*Pairs well with a dry Sauvignon blanc*



### PAN-FRIED ARCTIC CHARR

*with caramelized onion tart, pearl couscous, roasted  
red pepper coulis, and toasted almonds*

*Pairs well with a bright Pinot Gris*