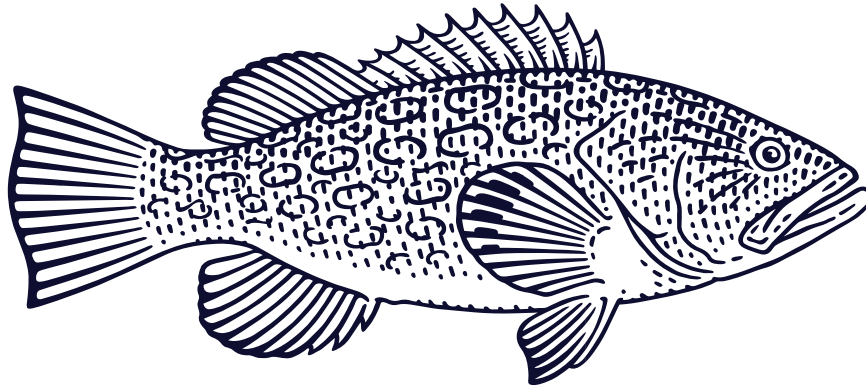




SUPERIOR

CATCH OF THE WEEK



ALASKA HALIBUT

Hippoglossus stenolepis

Description: Alaska (Pacific) halibut is the largest species of flatfish. They can weigh up to 500 lbs. and grow to more than 8 feet long.

Habitat: They live in shallow, near-shore waters but they move to deeper waters as they age. They migrate from shallow waters for feeding during the summer to deeper waters in the winter for spawning.

Harvesting: NOAA is responsible for allocating catch limits off Alaska. This has included the implementation of individual fishing quotas which allows flexibility with harvesting times. In addition, there is the community development quota program which allocates a percentage of catch to western Alaska villages which helps support a sustainable economy in these areas.

Nutritionals:

- Good source of Omega-3 source
- Vitamins including D, and several B vitamins
- High in Phosphorus
- Rich in selenium (antioxidant for heart and immune health)

Texture & Flavor Profile:

- Mild, sweet taste
- Flaky texture
- Rich white meat with a relatively low number of bones

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



SUPERIOR

FEATURED PRODUCT



ALASKA HALIBUT FILLETS

Wild-Caught, Fresh

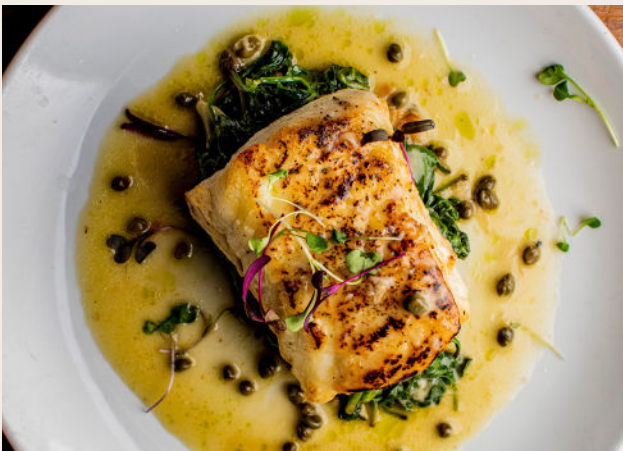
Product of United States

#59270 1/10 lb.

#59261 1/5 lb.

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

MENU INSPIRATIONS



SEARED ATLANTIC HALIBUT

with wilted spinach, lemon-caper butter
& microgreens

Pairs well with a flavorful Pinot Gris



BAKED HALIBUT

with butter-herbed petite yukon golds
and blistered cherry tomatoes

Pairs with an acidic Riesling