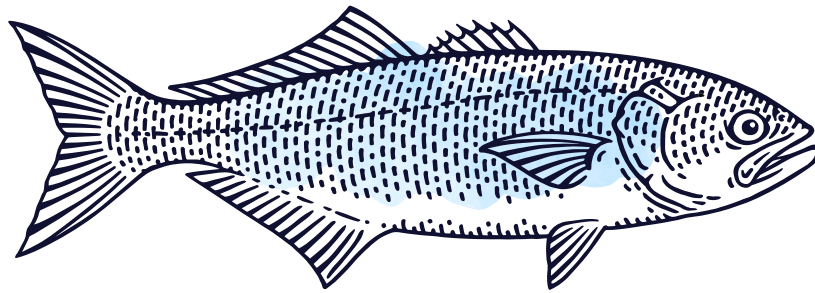




# SUPERIOR

## CATCH OF THE WEEK



# BLUEFISH

*Pomatomus saltatrix*

**Description:** Sometimes called “marine piranhas” for their aggressive feeding habits, Bluefish are sleek, powerful predators with a bluish-green back, silvery sides, and a deeply forked tail. They have a large mouth filled with sharp, pointed teeth and can grow up to 39 inches in length, though the average size is around 20 inches.

**Habitat:** Bluefish are highly migratory and found along the U.S. Atlantic coast and Gulf of Mexico. They prefer temperate coastal waters and often gather in large schools near the surface, frequenting bays, estuaries, and offshore areas.

**Harvesting:** They are harvested using a variety of methods, including gillnets, hook and line, and trawls. The majority of the catch comes from recreational fishing, but commercial fisheries also target bluefish, particularly in the U.S. Atlantic and Gulf of Mexico.

### Nutritionals:

- Rich in Omega-3 Fatty Acids
- High in protein
- Good source of Vitamin B-12
- Good source of Selenium

### Texture & Flavor Profile:

- Dense, firm flesh
- Moist, tender meat when cooked
- Mildly sweet flavor
- Rich without being overly greasy

**Recommended Cooking Methods:** Pan-searing, baking, grilling, broiling.



# SUPERIOR

## FEATURED PRODUCT



#51212

## ATLANTIC BLUEFISH FILLETS

*Fresh, Wild-Caught, Skin-On, Boneless  
Product of the USA*

1/10 lb.

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

# MENU INSPIRATIONS



Recipe & Photo from [www.epicurious.com](http://www.epicurious.com)

### SEARED BLUEFISH

with a bold and flavorful smoky charred corn and  
vibrant warm tomato salad

*Pairs well with a light, citrus-forward Wheat Beer*



Recipe & Photo from [www.americanstestkitchen.com](http://www.americanstestkitchen.com)

### BROILED BLUEFISH

brightened with tangy preserved lemon and finished  
with a bold, herbaceous kick of zhoug

*Pairs with a crisp, acidic Riesling*