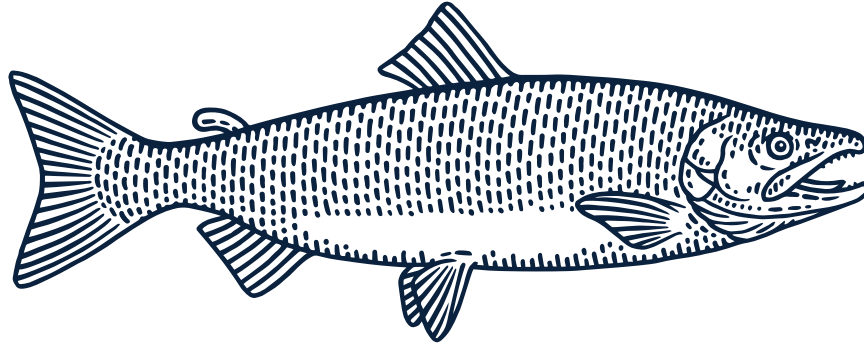




# SUPERIOR

## CATCH OF THE WEEK



# COPPER RIVER SOCKEYE

*Oncorhynchus nerka*

**Description:** Copper River Sockeye Salmon is a premium wild-caught salmon known for its rich flavor, vibrant red color, and high oil content. Sourced from Alaska's Copper River, it's prized for its firm texture and exceptional taste, making it a favorite among chefs and seafood lovers.

**Habitat:** Copper River Sockeye Salmon inhabit the cold, fast-flowing waters of Alaska's Copper River. This challenging environment helps them build strength and fat reserves, contributing to their rich flavor and firm texture.

**Harvesting:** They're harvested sustainably by a small fleet of independent fishermen using set nets and drift nets. The short fishing season, tightly regulated for quality and conservation, ensures the salmon are caught at peak freshness and supports the long-term health of the fishery.

### Nutritionals:

- Rich in Omega-3 Fatty Acids
- High in protein
- Good source of Vitamin B-12, D, and B6
- Low in saturated fat

### Texture & Flavor Profile:

- Rich, robust flavor
- Firm texture
- Naturally oily
- Vibrant color, clean finish

**Recommended Cooking Methods:** Pan-searing, baking/roasting, grilling, poaching, cedar plank cooking.



# SUPERIOR

## FEATURED PRODUCT



#68267

## COPPER RIVER SOCKEY SALMON FILLETS

*Fresh, Wild-Caught, 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.copperriversalmon.org](http://www.copperriversalmon.org)

### CRISPY SKIN SALMON

with squid ink bucatini, veggies, basil,  
and a white wine sauces

*Pairs well with an oak aged Chardonnay*



Recipe & Photo from [www.copperriversalmon.org](http://www.copperriversalmon.org)

### SHEET PAN SALMON

with spring asparagus, lemon, and capers

*Pairs with a fuller-bodied Rosé*