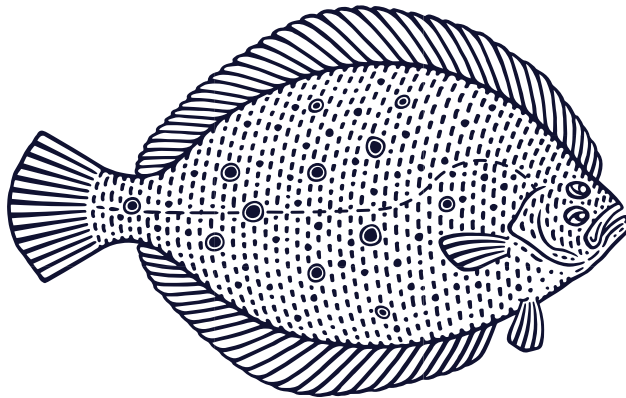




SUPERIOR

CATCH OF THE WEEK



CORTEZ FLOUNDER

Paralichthys aestuarius

Description: The Cortez flounder, also known as the Cortez halibut, is a species of flatfish, specifically a large-tooth flounder, native to the Gulf of California and the Pacific coast of Baja California, Mexico. It's a popular culinary fish with top-quality meat, and there's interest in its potential for aquaculture.

Habitat: It inhabits sandy or muddy bottoms in shallow coastal waters, often at depths ranging from 10 to 100 meters. This demersal species prefers warm, tropical to subtropical environments where it can blend into the seafloor to ambush prey.

Harvesting: It is typically caught using bottom trawls, which drag nets across the seafloor in the flounder's preferred sandy or muddy habitats. Harvesting generally peaks during the shrimp season, which runs from late summer through early winter, depending on regional regulations and water temperatures.

Nutritionals:

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

Texture & Flavor Profile:

- Mild, delicate flavor
- Tender, flaky texture
- Low oil content
- Good for absorbing flavors

Recommended Cooking Methods: Pan-searing, baking, grilling, and stuffing.



SUPERIOR

FEATURED PRODUCT



#99081

CORTEZ FLOUNDER FILLETS

Fresh, Wild-Caught

Product of the Mexico

1/10 lb.

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

MENU INSPIRATIONS



Recipe & Photo from www.skinnytaste.com

FLOUNDER PICCATA

breaded and lightly pan fried served in a lemon butter sauce with capers and parsley

Pairs well with a bright Albariño



Recipe & Photo from www.bonappetit.com

SESAME FLOUNDER

seared flounder with wilted sesame spinach, ginger, and soy

Pairs with a aromatic Gewürztraminer