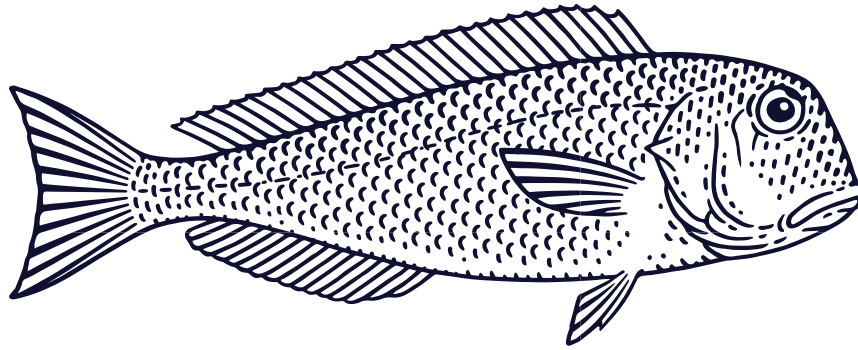




# SUPERIOR

## CATCH OF THE WEEK



# GOLDEN TILEFISH

*Lopholatilus chamaeleonticeps*

**Description:** Sometimes known as “the clown of the sea”, the Golden Tilefish are colorful with iridescent blue-green backs, bright yellow and gold spots, and a distinguishable large crest on their heads. They can grow up to 43 inches in length, but their average size is around 24 inches.

**Habitat:** Found throughout the East Coast of the U.S. and Gulf of Mexico. They live in deep waters (250 to 1,500 ft.). They live around rock beds and vertical burrows.

**Harvesting:** Management councils control catch limits and fishing times throughout the habitats of the Tilefish. Main fishing is in the Mid-Atlantic/southern New England areas. The majority of commercial harvesting is through bottom longline fishing.

### Nutritionals:

- Good source of Vitamin B-12
- High in protein
- High in Selenium
- High in Mercury levels (pregnant and nursing women, along with children should avoid)

### Texture & Flavor Profile:

- Moist and tender
- Firm, flaky, white flesh
- Rich and buttery flavor
- Mildly sweet

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



# SUPERIOR

## FEATURED PRODUCT



#56205

## GOLDEN TILEFISH FILLETS

*Fresh, Wild-Caught, Skin-On, Boneless  
Product of Brazil*

1/10 lb.

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

# MENU INSPIRATIONS



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

### GRILLED TILEFISH

*with a bright chow chow  
and purple basil*

*Pairs well with a dry Rosé*



### PAN SEARED TILEFISH

*with pear & fennel slaw, wilted greens, fried shiitakes,  
buttery squash purée, and chive oil*

*Pairs with a unoaked Chardonnay*