



SUPERIOR

CATCH OF THE WEEK



SWORDFISH

Xiphias gladius

Description: Their distinctive look comes from their flat bill that resembles a long blade. This exquisite looking fish will grow on average of about 10 ft. and 1,000 lbs. They are hunters of a variety of fish including mackerel, rockfish, and herring.

Habitat: Swordfish is a non-schooling fish that roams temperate and tropical seas worldwide and is fished in more than 30 nations.

Harvesting: These are very rare buoy-caught swordfish off the coast of St. Augustine, Florida. Read more for **A CLOSER LOOK!**



Nutritionals:

- Good source of Omega-3 source
- Vitamins including B12, Zinc, and Niacin
- Protein-rich
- Excellent source of selenium (antioxidant for heart and immune health)

Texture & Flavor Profile:

- The flesh should be firm with no ragged edges
- Moist with a slightly sweet taste
- Moderately high oil content resulting in a firm, meaty texture

Recommended Cooking Methods: Grilling, Baking, Pan-searing, Broiling



SUPERIOR

FEATURED PRODUCT



#72206

SWORDFISH LOINS

*Fresh, Wild-Caught, A Grade, Center Cut
Product of the USA*

1/10 lb.

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

A CLOSER LOOK...

Sourced just 60–100 miles off St. Augustine, FL, these rare buoy-caught swordfish are harvested exclusively by Beacon Fisheries boats. Unlike longline methods, each swordfish is individually hooked on a buoy, tracked via GPS, and quickly retrieved, ensuring the fish is exceptionally fresh and never left sitting in the water for long. With limited domestic availability, these swords represent a premium, line-caught alternative to traditional harvests.

**Beacon
Fisheries**



Photo: sportfishingmag.com

