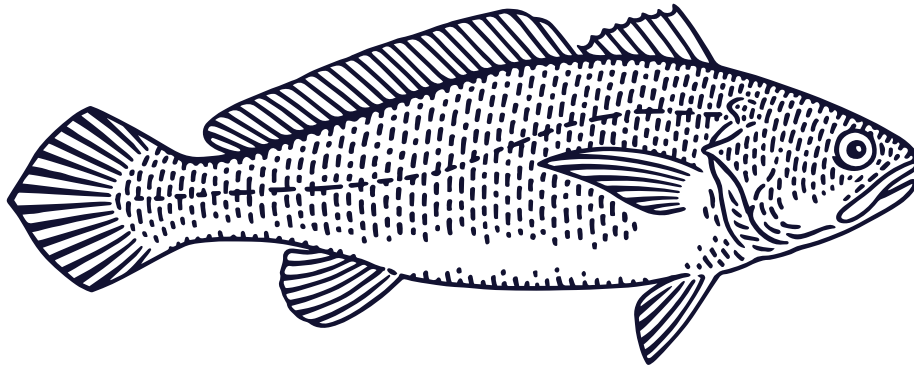




SUPERIOR

CATCH OF THE WEEK



GOLDEN CORVINA

Cilus gilberti

Description: Corvina is a generic name for a large variety of fish, including the Golden Corvina. It is a copper-bronze color which appears a lighter shade in clear waters. Typically larger in size than Red Snapper, they feed on crustaceans, fish and mollusks, and can live for up to 20 years or more.

Habitat: Golden Corvina are inshore species until they reach roughly 30 inches, which takes about 4 years. After that, they migrate to join the near shore population.

Harvesting: Mostly found in tropical coastal waters and the South American Pacific coastline it is typically available frozen year-round and fresh from April to October.

Nutritionals:

- Good source of protein
- Low in sodium
- High in omega-3 fatty acids

Texture & Flavor Profile:

- Mild, sweet taste
- Firm, large flaked flesh
- Pink/white meat

Recommended Cooking Methods: Grilling, broiling, deep-frying, or ceviche.



SUPERIOR

FEATURED PRODUCT



#74213

GOLDEN CORVINA FILLETS

Fresh, Wild-Caught, Boneless, Skin-On, 2-4 lbs.

Product of Suriname

1/10 lb.

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

MENU INSPIRATIONS



BROILED CORVINA

with a smoky spiced red pepper and tomato stew,
lemon & scallions

Pairs well with a young Rioja



Recipe & Photo from www.weekdaypescatarian.com

PAN-SEARED CORVINA

with creamy harissa chickpeas & spinach, pickled
vegetables, and crispy shallots

Pairs with an off-dry Riesling