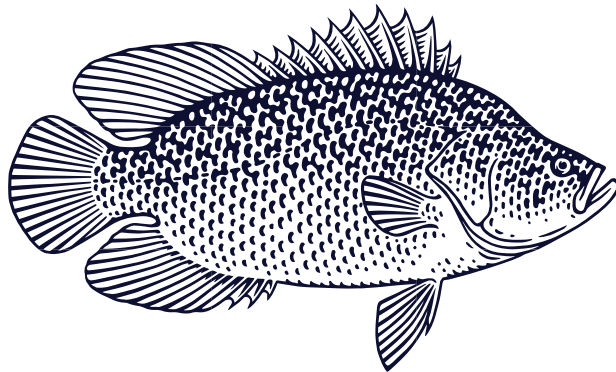




SUPERIOR

CATCH OF THE WEEK



TRIPLETAIL

Lobotes surinamensis

Description: Commonly known as the Atlantic Triple Tail it's a medium-sized saltwater game fish. It has an olive color mixed with dark or white blotches. Its caudal fin has a round shape and both its anal and rear dorsal fin have a round shape that extends toward the back. The appearance of the rear dorsal fin and anal fin has the same shape as the caudal fin, hence the name tripletail.

Habitat: The tripletail is found in the tropical and subtropical waters of oceans around the world. In the western Atlantic, their range is from Massachusetts to Argentina. Adults are mainly found in offshore waters and bays.

Harvesting: The tripletail is slowly becoming a popular game fish in the fly fishing world. Anglers often target weed lines to find them.

Nutritionals:

- Good source of Omega-3 source
- Vitamins including B12 and D
- Good source of protein
- Excellent source of selenium, phosphorus, potassium, and magnesium

Texture & Flavor Profile:

- Tough skin and firm flesh
- Mild delicate flavor
- Similar to snapper and grouper

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



SUPERIOR

FEATURED PRODUCT



#61201

TRIPILETAIL FILLETS

Fresh, Wild-Caught, Boneless, Skin-On

Product of Brazil

1/10 lb.

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

MENU INSPIRATIONS



BLACKENED TRIPILETAIL SANDWICH

with red cabbage slaw, spicy mayo, and arugula

Pairs well with a balanced Brown Ale



PARMESAN-CRUSTED TRIPILETAIL

panko and parmesan crusted, stuffed with leeks, mushrooms, and spinach

Pairs with a dry Chenin Blanc