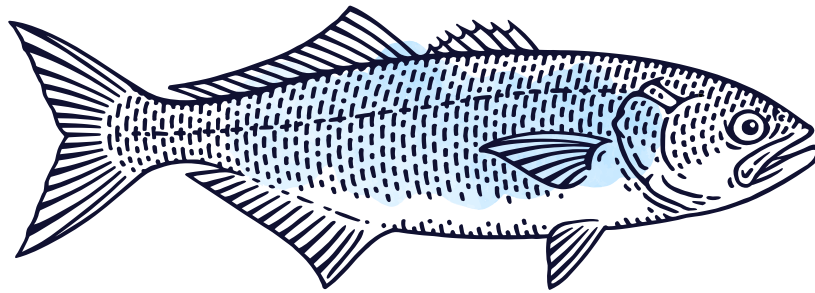




SUPERIOR

CATCH OF THE WEEK



BLUEFISH

Pomatomus saltatrix

Description: Sometimes called “marine piranhas” for their aggressive feeding habits, Bluefish are sleek, powerful predators with a bluish-green back, silvery sides, and a deeply forked tail. They have a large mouth filled with sharp, pointed teeth and can grow up to 39 inches in length, though the average size is around 20 inches.

Habitat: Bluefish are highly migratory and found along the U.S. Atlantic coast and Gulf of Mexico. They prefer temperate coastal waters and often gather in large schools near the surface, frequenting bays, estuaries, and offshore areas.

Harvesting: They are harvested using a variety of methods, including gillnets, hook and line, and trawls. **This catch was caught by Capt. Darren Saletta from F/V Ryesing Son in Chatham, MA.**

Nutritionals:

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

Texture & Flavor Profile:

- Dense, firm flesh
- Moist, tender meat when cooked
- Mildly sweet flavor
- Rich without being overly greasy

Recommended Cooking Methods: Pan-searing, baking, grilling, broiling.



SUPERIOR

FEATURED PRODUCT



#51214

ATLANTIC BLUEFISH FILLETS

*Fresh, Wild-Caught, Skin-On, Boneless
Product of the USA*

1/10 lb.

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

MENU INSPIRATIONS



Recipe & Photo from www.epicurious.com

SEARED BLUEFISH

with a bold and flavorful smoky charred corn and
vibrant warm tomato salad

Pairs well with a light, citrus-forward Wheat Beer



Recipe & Photo from www.americastestkitchen.com

BROILED BLUEFISH

brightened with tangy preserved lemon and finished
with a bold, herbaceous kick of zhoug

Pairs with a crisp, acidic Riesling