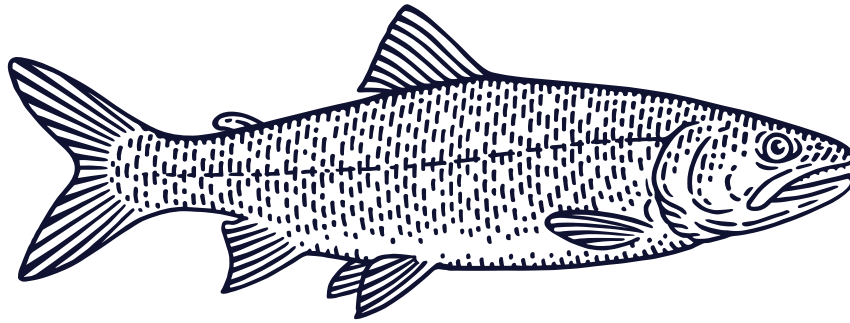




# SUPERIOR

## CATCH OF THE WEEK



# LAKE TROUT

*Salvelinus namaycush*

**Description:** A large, cold-water fish native to North America's Great Lakes and inland waters. Recognized by its elongated body, deeply forked tail, and distinctive light spots across a dark, mottled back.

**Habitat:** Found in cold, oxygen-rich waters of North America, especially the Great Lakes and deep northern inland lakes. They thrive at depths where temperatures stay cool year-round, making them a hallmark species of pristine, freshwater ecosystems.

**Harvesting:** Harvested commercially and recreationally in the Great Lakes and northern inland waters, typically using gillnets and trap nets. The peak harvest season runs from late spring through fall, when water conditions allow access to deeper, colder habitats where the fish are most abundant. Read below for **A CLOSER LOOK!**

### Nutritionals:

- Excellent source of high-quality protein
- Rich in omega-3 fatty acids
- Provides essential vitamins B12 and D
- Contains minerals like selenium and phosphorus

### Texture & Flavor Profile:

- Firm, flaky flesh
- Rich, pronounced flavor
- Slightly buttery mouthfeel
- Holds up well to smoking and grilling

**Recommended Cooking Methods:** Pan-frying, Roasting, Grilling, Smoking, Poaching.



# SUPERIOR

## FEATURED PRODUCT



## LAKE TROUT FILLETS

*Fresh, Wild-Caught, Boneless, 1.5-2.5 lbs*

*Product of the USA (Straits of Mackinac)*

**#32261** 1/10 lb.

**#32278** 1/20 lb.

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

## A CLOSER LOOK...

These Lake Trout are sourced from the Straits of Mackinac, through one of our long-standing partners and customers John Cross Fisheries. For decades their fish market in Charlevoix, MI has been synonymous with Great Lakes fish. Their close proximity to the Straits means fish move quickly from water to dock to processing, preserving the freshness and clean flavor that lake trout is prized for.

