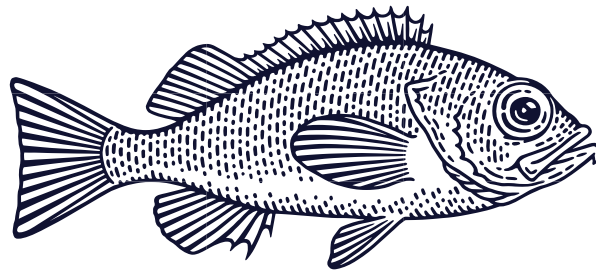




SUPERIOR

CATCH OF THE WEEK



OCEAN PERCH

Sebastes fasciatus

Description: Ocean perch, also called Arcadian redfish, is the only fish in the rockfish/ocean perch family in the Atlantic, compared to the more than 50 *Sebastes* species in the Pacific. It's a deep-sea species recognized by its vivid reddish-orange skin, large eyes, and spiny dorsal fin.

Habitat: They inhabit the cold, deep waters of the North Atlantic, typically ranging from the Gulf of Maine to the Grand Banks of Newfoundland. They prefer rocky bottoms and ledges between 300 and 1,000 feet deep, where they form dense schools along the continental shelf and slopes.

Harvesting: Ocean perch are harvested year-round by trawl in the cold North Atlantic, primarily off the coasts of the U.S. and Canada.

Nutritionals:

- Good source of Omega-3 fatty acids
- High in vitamin B12 to support energy and metabolism
- Excellent source of lean protein
- Rich in selenium and phosphorus

Texture & Flavor Profile:

- Mild, slightly sweet flavor with no strong "fishy" taste
- Firm yet flaky texture when cooked
- Moist and delicate mouthfeel

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



SUPERIOR

FEATURED PRODUCT

#65212

OCEAN PERCH FILLETS

*Fresh, Wild-Caught, Skin-On, 2-4 oz
Product of Canada*

1/10 lb.

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

MENU INSPIRATIONS



Recipe & Photo from: www.bonappetit.com

EVERYTHING-SPICED OCEAN PERCH

*with tomato salad, cucumber,
lemon yogurt sauce, and dill*

Pairs well with a crisp Chardonnay



Recipe & Photo from: www.cooking.nytimes.com

SLOW-ROASTED OCEAN PERCH

with mustard, dill, and ginger

Pairs well with an acidic Pinot Gris