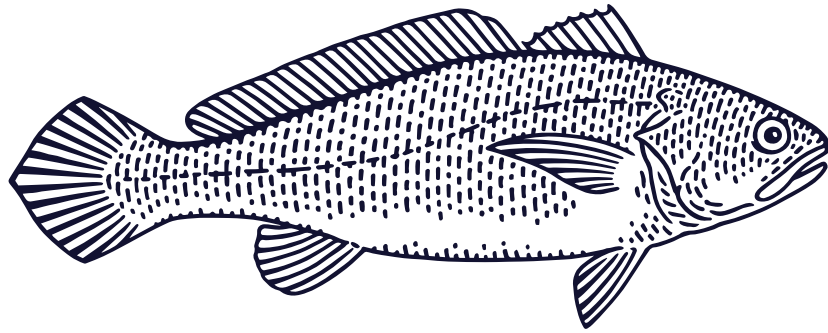




# SUPERIOR

## 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 Brazil*

*1/10 lb.*

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

# MENU INSPIRATIONS

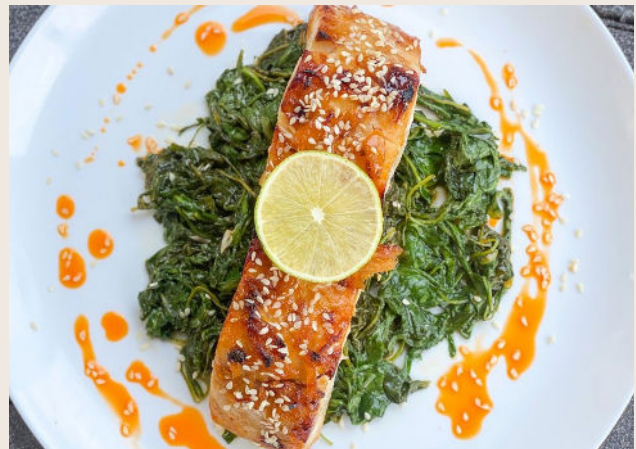


Recipe & Photo from [www.whatscookinchicago.com](http://www.whatscookinchicago.com)

### CORVINA CURRY

tangy, fresh, and spicy with fresh cilantro  
and a squeeze of lime

*Pairs well with a bright peppery Grüner Veltliner*



Recipe & Photo from [www.coastalseafoods.com/blog](http://www.coastalseafoods.com/blog)

### SWEET & SOUR CORVINA

with citrus marmalade, sesame,  
and wilted greens

*Pairs with a crisp Chablis*