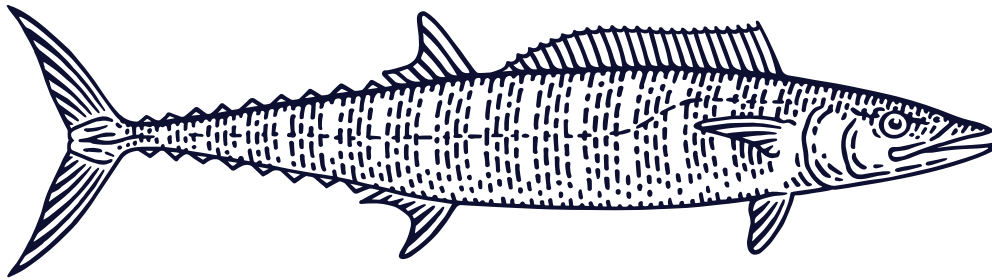




# SUPERIOR

## CATCH OF THE WEEK



# WAHOO

*Acanthocybium solandri*

**Description:** Wahoo, often referred to as 'Ono' in Hawaii which translates to 'good to eat', is a member of the Scombridae family. It's torpedo-shaped body and shiny silver scales with iridescent blue back, make it a very distinguished looking fish. Wahoo vary in size quite a bit, from 6 to 100 pounds. It's considered a sustainable fish that grows and replenishes quickly in fished areas.

**Habitat:** Found in small groups, located in offshore, warm-water environments. Wahoo can be found throughout the Atlantic coast from New Jersey to Colombia. They will migrate north in the summer and south in the winter to find warmer climates.

**Harvesting:** The preferred method among anglers is long-line fishing while trolling at higher speeds.

### Nutritionals:

- Extra-lean protein
- Rich in Niacin, Vitamin B6, Vitamin B12, phosphorus, and selenium
- Good source of Omega-3's

### Texture & Flavor Profile:

- Taste similar to Mackerel
- Firm white flesh
- Mildly sweet, delicate, and flaky
- Not oily or gamey like other fish in the mackerel family

**Recommended Cooking Methods:** Baking, grilling, broiling, poaching, sautéing, blackened, crudo, ceviche.



# SUPERIOR

## FEATURED PRODUCT



#74236

## WAHOO FILLETS

*Fresh, Wild-Caught, Boneless, 4-8 lb.*

*Product of Ecuador*

1/10 lb.

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

# MENU INSPIRATIONS



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

### WAHOO CEVICHE

with a lime, tomato, jalapeño,  
japanese cucumber, avocado, and cilantro

*Pairs well with a crisp, clean Lager*



Recipe & Photo from [www.thefishsociety.co.uk/](http://www.thefishsociety.co.uk/)

### SPICED WAHOO

with warm couscous & roasted veggies

*Pairs with a light-bodied Grenache Blend*