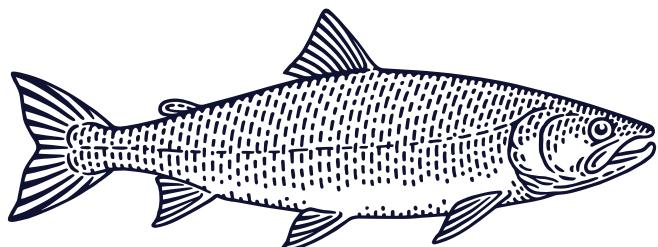




# SUPERIOR

## CATCH OF THE WEEK



# ARCTIC CHARR

*Salvelinus alpinus*

**Description:** The Arctic charr is a slender member of the salmon and trout family. Usually dark on the back, lighter on the belly, and having light spots on the sides. During breeding season, both sexes become highly colored.

**Habitat:** From July to mid-September, Arctic charr will be found in deeper water where temperature and oxygen are sufficient for survival.

**Harvesting:** The latter part of September can be a great time to fish for Arctic charr. Depending on weather patterns, surface waters may have cooled enough to allow fish to move about the water column after a long summer period of dwelling in deep water. .

### Nutritionals:

- Good source of Omega-3
- Vitamins including niacin, B6, E, B12, thiamin, and riboflavin
- Protein rich
- Good source of Vitamin D

### Texture & Flavor Profile:

- Mild flavor
- Fairly oily
- Delicate texture
- Pinkish red flesh

**Recommended Cooking Methods:** Grilling, Baking, Pan-searing, Poaching, Smoking, Sushi.



# SUPERIOR FEATURED PRODUCT



#28238

## ARCTIC CHARR FILLETS

*Fresh, Farm-Raised, Skin-On, Boneless,*

*12-16 oz*

*Product of Iceland*

*1/10 lb.*

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

## MENU INSPIRATIONS



Recipe & Photo from: [www.eye-swoon.com/blogs/recipes](http://www.eye-swoon.com/blogs/recipes)

### PAN-ROASTED ARCTIC CHARR

with chimichurri, crusty bread,  
and chickpea salad

*Pairs well with an earthy, chilled Pinot Noir*



### CRISPY SKIN ARCTIC CHARR

with pistachio gremolata and lemon

*Pairs well with a peppery Grüner Veltliner*