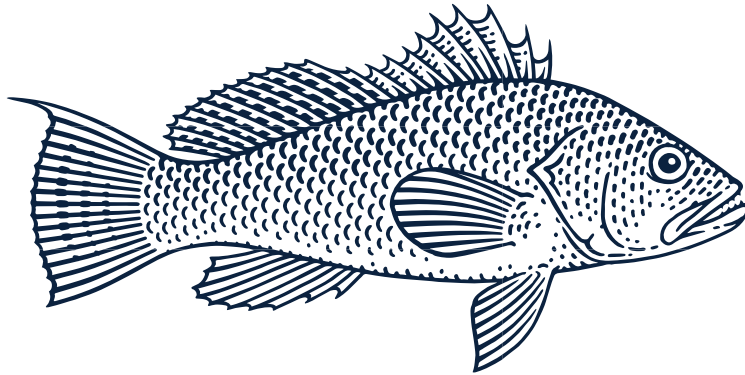




SUPERIOR

CATCH OF THE WEEK



BLACK SEA BASS

Centropristis striata

Description: Black sea bass are typically dark gray to black, with paler bellies and dark fins spotted with dusky marks. Smaller fish may appear more brownish; dominant spawning males develop blue hues and a pronounced hump. They grow to about 2 feet and 9 pounds.

Habitat: Black sea bass inhabit structured temperate Atlantic waters from Maine to Florida, favoring reefs, wrecks, and similar bottom features. They migrate seasonally, moving inshore and north in spring and offshore and south in fall. Their presence is tied to coastal and bay environments.

Harvesting: U.S. wild-caught black sea bass are sustainably managed with size, gear, season, and quota controls to prevent overfishing. Commercial harvest uses trawls, pots, and hook-and-line gear, while recreational anglers primarily fish with handlines and rods. Management measures minimize bycatch and habitat impact.

Nutritionals:

- Lean, Low-Calorie Protein
- Low in fat
- Beneficial Omega-3s
- Good source of selenium and magnesium

Texture & Flavor Profile:

- Mild, clean flavor
- Firm but tender texture
- Fine, white flake

Recommended Cooking Methods: Grilling, Broiling, Pan Searing, Steaming, and Poaching.



SUPERIOR

FEATURED PRODUCT



#20243

BLACK SEA BASS FILLETS

*Fresh, Wild-Caught, Boneless, Skin-On, Hand-Cut
Product of the USA*

1/10 lb.

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

MENU INSPIRATIONS



Recipe & Photo from: www.bonappetit.com

SEARED BLACK SEA BASS

with scallion-chile relish, cilantro,
lime, and toasted sesame seed

Pairs well with a refreshing Albariño



Recipe & Photo from: www.theoriginaldish.com

CRISPY-SKINNED SEA BASS

with spicy tomato butter,
scallion, radish, and thyme

Pairs with a low-tannin Gamay