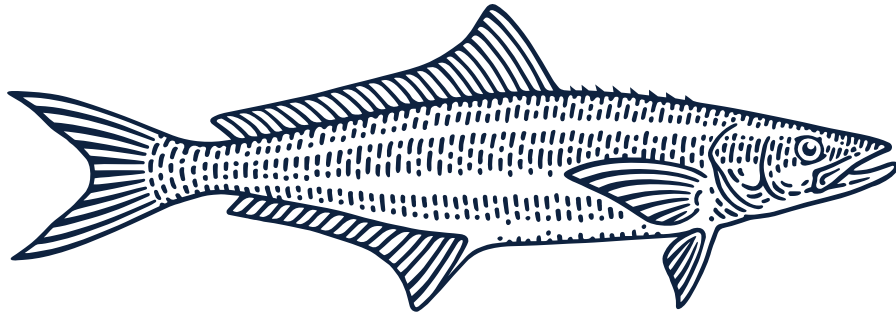




SUPERIOR

CATCH OF THE WEEK



COBIA

Rachycentron canadum

Description: Cobia is a single dorsal fin fish that can grow up to a length of over 6 feet and weigh up to 150 lbs. but normally weigh around 60 lbs. They are generally gray or blue in color with dark stripes going down their torpedo-like body. Cobia fish are aggressive predators that feed on squid, octopus, shrimp, crabs, and small fish.

Habitat: Cobia can be found in the Atlantic Ocean from Florida to Brazil. During the colder months, they do migrate south. Cobia can not only be found in saltwater but in freshwater, as well.

Harvesting: Normally fished off the coasts of Brazil and areas of the Caribbean. Small-scale commercial fishing with an annual harvest of around 65,000.

Nutritionals:

- High in protein
- High Omega-3 Fatty Acids
- A good source of selenium
- Contains vitamins B6 and B12

Texture & Flavor Profile:

- Firm and flaky meat
- Sweet, buttery, but mild flavor
- Light tan when raw, which turns to snowy white when cooked
- Oil content similar to Coho salmon that makes for moist meat

Recommended Cooking Methods: Grilling, Baking, Broiling, and Pan Searing



SUPERIOR

FEATURED PRODUCT



#74259

COBIA FILLETS

Fresh, Wild-Caught, Boneless, Skin-On, 1-3 lb.

Product of Brazil

1/10 lb.

\$15.99/lb.

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

MENU INSPIRATIONS



Recipe & Photo from: www.openblue.com/blogs

COBIA SOUVLAKI

with couscous, veggies, kalamata olives,
feta, lemon, and tzatziki

Pairs well with a mineral forward Chablis



Recipe & Photo from: www.seatopia.fish/blogs/seafood-recipes

BAKED COBIA

with honey, cilantro,
lime & tomatoes

Pairs with a light, crisp Lager