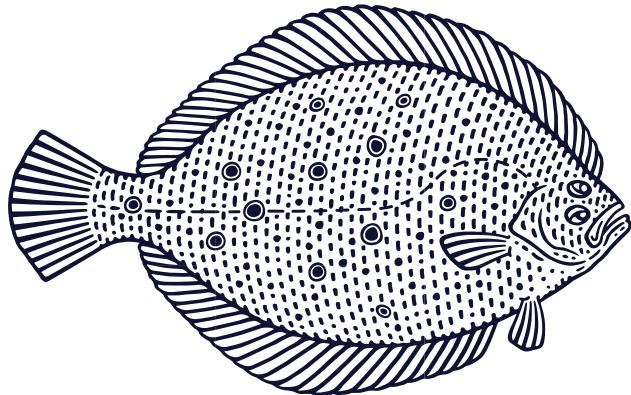




# SUPERIOR

## CATCH OF THE WEEK



# CORTEZ FLOUNDER

*Paralichthys aestuarius*

**Description:** The Cortez flounder, also known as the Cortez halibut, is a species of flatfish, specifically a large-tooth flounder, native to the Gulf of California and the Pacific coast of Baja California, Mexico. It's a popular culinary fish with top-quality meat, and there's interest in its potential for aquaculture.

**Habitat:** It inhabits sandy or muddy bottoms in shallow coastal waters, often at depths ranging from 10 to 100 meters. This demersal species prefers warm, tropical to subtropical environments where it can blend into the seafloor to ambush prey.

**Harvesting:** It is typically caught using bottom trawls, which drag nets across the seafloor in the flounder's preferred sandy or muddy habitats. Harvesting generally peaks during the shrimp season, which runs from late summer through early winter, depending on regional regulations and water temperatures.

### Nutritionals:

- Rich in Omega-3 Fatty Acids
- High in protein
- Good source of Vitamin B-12
- Good source of Phosphorus

### Texture & Flavor Profile:

- Mild, delicate flavor
- Tender, flaky texture
- Low oil content
- Good for absorbing flavors

**Recommended Cooking Methods:** Pan-searing, baking, grilling, and stuffing.



# SUPERIOR FEATURED PRODUCT

#99081

## CORTEZ FLOUNDER FILLETS

*Fresh, Wild-Caught, Boneless  
Product of Mexico*

1/10 lb.

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



## MENU INSPIRATIONS



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

### FLOUNDER PICCATA

breaded and lightly pan fried served in a lemon butter  
sauce with capers and parsley

*Pairs well with a bright Albariño*



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

### SESAME FLOUNDER

seared flounder with wilted sesame spinach,  
ginger, and soy

*Pairs with a aromatic Gewürztraminer*