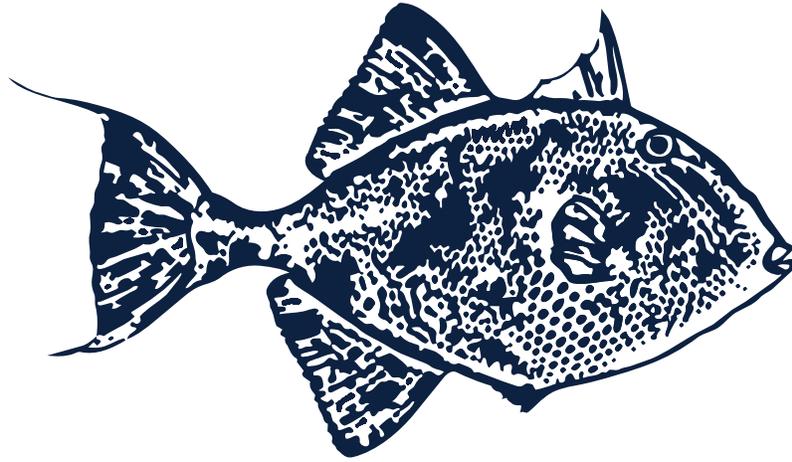


# SUPERIOR

## CATCH OF THE WEEK



# TRIGGERFISH

*Balistes capriscus*

**Description:** Triggerfish are sustainably managed fish that are harvested responsibly. Primarily olive grey in color, adults do have the ability to change color during spawning season. They can grow up to just over 2 ft. and 13.5 lbs.

**Habitat:** Found in small groups, located in and around floating objects and beds anywhere from 20-240 ft. in depth. This makes their habitat diverse with adults living on the ocean bottom, reefs, and ledges. Triggerfish mostly feed on zooplankton and sea urchins.

**Harvesting:** Populations are stable with a limited demand overall. Regulations are in place to prevent bycatch of sea turtles. Hand lines are used with electric and hydraulic reels.

### Nutritionals:

- Low in fat
- Good source of protein
- Good source of Vitamin A

### Texture & Flavor Profile:

- Clean, white meat
- Light and thin fillets
- Sweet with lots of flavor (similar to Grouper)
- Less is more for ingredients and Triggerfish (let the flavor of the fish shine)

**Recommended Cooking Methods:** Grilling, Baking, Broiling, Pan-Frying, Blackened.



# SUPERIOR

## FEATURED PRODUCT



#74244

## TRIGGERFISH FILLETS

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

1/10 lb.

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

# MENU INSPIRATIONS



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

### TRIGGERFISH SCHNITZEL

with sunchokes and greens

*Pairs well with a dry Riesling*



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

### GRILLED TRIGGERFISH

with grilled bok choy, trumpet mushrooms, onion  
velouté, carrot-ginger purée, and chervil

*Pairs well with a dry Vouvray*