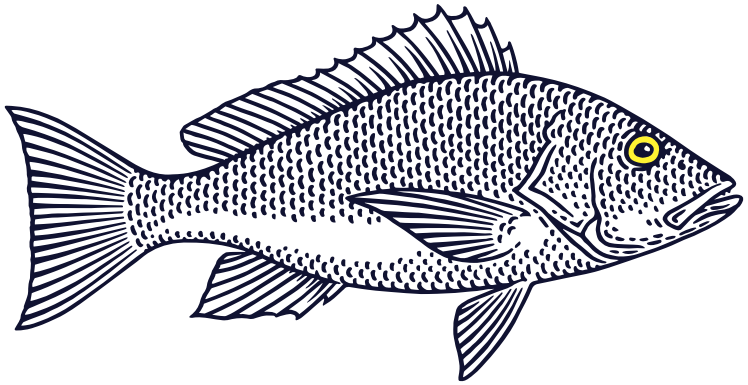
SUPERIOR
CATCH OF THE WEEK



SILK SNAPPER

Lutjanus vivanus

Description: Also known as silky snapper or seda in Spanish, has a slender red body that is slightly darker along the back with a thin yellow stripe running lengthwise along its sides. One key identifier is its bright yellow iris—unlike the red iris of Red Snapper.

Habitat: They're found in the western Atlantic Ocean, ranging from northern South America to North Carolina, including the Gulf of Mexico and Caribbean Sea. They typically inhabit deeper reef and slope environments, where they feed on crabs, shrimp, and smaller fish.

Harvesting: Commonly harvested in deeper offshore waters throughout the Caribbean and Gulf regions. Commercial fishermen typically catch them using hook-and-line methods or deep-water longlines, practices that help maintain quality and minimize damage to the fish.

Nutritionals:

- Lean, high-quality protein source
- Naturally low in fat and calories
- Heart-healthy omega-3 fatty acids
- Good source of selenium, vitamin B12, and potassium

Texture & Flavor Profile:

- Firm, flaky texture that holds up well to grilling
- Lean yet moist when cooked
- Mild, slightly sweet flavor
- Subtle nutty undertones that pair well with bright or spicy sauces

Recommended Cooking Methods: Grilling, Baking, Steaming, Broiling, Deep-Frying, Crudo.

SUPERIOR
FEATURED PRODUCT

#70270

SILK SNAPPER FILLETS

Fresh, Wild-Caught, Boneless, Skin-On, 15-24 oz.
Product of Panama
1/10 lb.

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

MENU INSPIRATIONS

FRIED SNAPPER
with peanut curry sauce, dark soy, baby bok choy and cilantro oil
Pairs well with an off-dry Riesling

GRILLED SNAPPER
with burnt butter, lemon, pickled garlic, tomatoes and radish
Pairs well with a mild Chardonnay