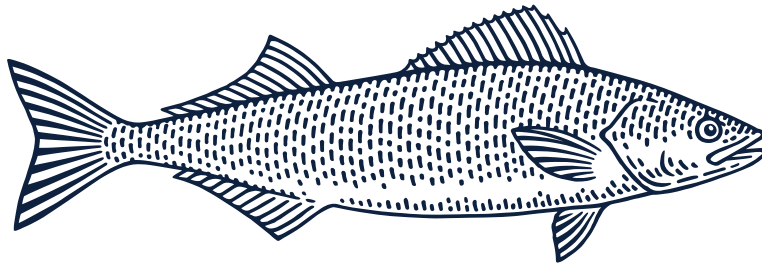




SUPERIOR

CATCH OF THE WEEK



BLACK COD

Anoplopoma fimbria

Description: Black cod (sablefish) is a deep-sea fish with a long, slender body and smooth, velvety skin that ranges from dark charcoal to deep brown or black. Its flesh is notably rich and ivory-white, with a silky, almost buttery texture thanks to its high natural fat content.

Habitat: They thrive in the cold, deep waters of the North Pacific. They're typically found along the continental slope and abyssal plains, living at impressive depths—often between 600 and 3,000 feet. They inhabit areas from Alaska down to California and across to Japan, where the frigid, nutrient-rich environment supports their slow-growing, long-lived nature.

Harvesting: Primarily harvested using longline and pot fisheries, helping to ensure high quality and reduce bycatch. Available year-round.

Nutritionals:

- Rich in omega-3s
- Lean, high-quality protein-rich
- Natural dose of vitamin D
- Low in mercury

Texture & Flavor Profile:

- Buttery, melt-in-your-mouth texture
- Rich, silky, high-fat flesh
- Delicate, mildly sweet flavor
- Tender, large flake when cooked

Recommended Cooking Methods: Pan-searing, Roasting, Baking, Grilling, Poaching, Sashimi.



SUPERIOR

FEATURED PRODUCT

#13189

BLACK COD FILLETS

*Wild-Caught, Boneless, Skin-On,
Previously Frozen*

Product of the USA

1/10 lb.

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

MENU INSPIRATIONS



Recipe & Photo from: www.cookingwithwineblog.com

ROASTED BLACK COD

*with a miso butter sauce, chives,
and stir-fried baby bok choy*

Pairs well with a ripe Viognier



Recipe & Photo from: www.montereybayfisheriestrust.org

SEARED BLACK COD

*with a fennel-apple relish, rosemary-apple puree,
and sauteed kale and farro*

Pairs with an off-dry Gewürztraminer