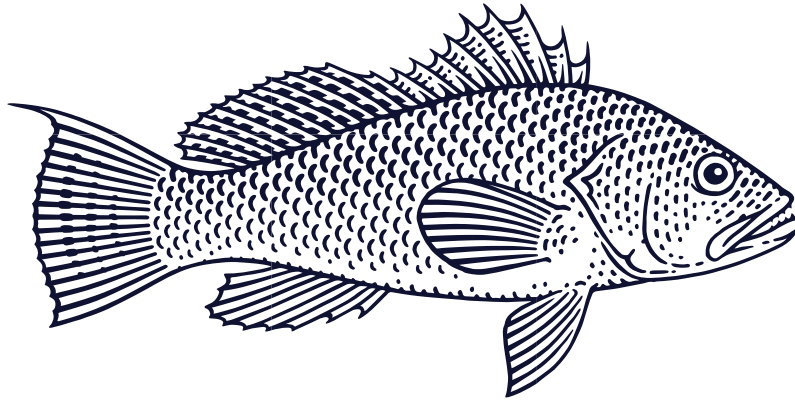




# SUPERIOR

## CATCH OF THE WEEK



# GOLD SPOTTED SAND BASS

*Paralabrax auroguttatus*

**Description:** The Gold Spotted Sand Bass is a robust, saltwater fish known for its distinctive golden spots and dark vertical bars along its body.

**Habitat:** They are commonly found along the rocky reefs, kelp beds, and sandy bottoms of the Eastern Pacific, particularly from Southern California to the Gulf of California in Mexico. It thrives in coastal waters at depths ranging from 30 to 300 feet, often sheltering among rocks and crevices.

**Harvesting:** Typically harvested using sustainable fishing methods, such as hook-and-line techniques or spearfishing, which help minimize the impact on the surrounding marine environment. They are harvested year-round, but peak from late spring through early fall.

### Nutritionals:

- Very lean
- Rich in Vitamin B12, phosphorus, and selenium
- Good source of Omega-3's

### Texture & Flavor Profile:

- Taste similar to Grouper
- Delicate, moist, flakey
- Mild and slightly sweet
- Not overly "fishy"

**Recommended Cooking Methods:** Baking, Broiling, Grilling, Poaching, Steaming, and Frying.



# SUPERIOR

## FEATURED PRODUCT



#99880

## GOLD SPOTTED SAND BASS FILLETS

*Fresh, Farm-Raised, Skin-On, 7-14 oz*

*Product of the USA*

*1/10 lb.*

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

# MENU INSPIRATIONS



### ROASTED SAND BASS

Perfectly crisp skin with herb salt and  
lemon-herb beurre blanc

*Pairs well with a fruit forward Pinot Grigio*



### MOQUECA CAPIXABA

Brazilian fish stew with tomatoes, onions,  
and herbs in a delicate broth

*Pairs well with a medium-bodied Viognier*