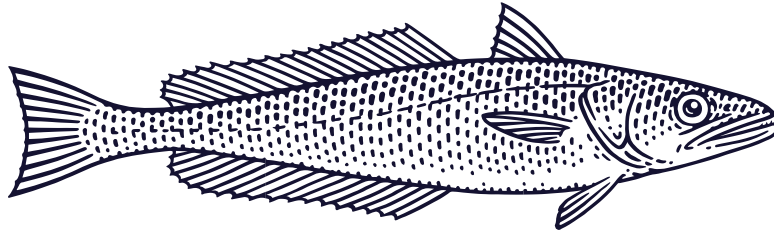




SUPERIOR

CATCH OF THE WEEK



ATLANTIC HAKE

Merluccius bilinearis

Description: Atlantic hake (also called silver hake or New England hake) is a slender, elongated groundfish with silvery-gray coloring and a slightly darker back. It typically reaches under ~30 in (75 cm).

Habitat: Atlantic hake inhabit the northwest Atlantic continental shelf from North Carolina to Newfoundland. They are demersal (bottom-oriented) fish found over sandy or muddy ocean floors and make seasonal movements.

Harvesting: Silver hake are harvested in U.S. waters under federal fishery management plans that regulate catch limits, seasons, and gear to support sustainability. Typical commercial harvest methods include trawling, with monitoring and quotas designed to help maintain healthy stocks and minimize bycatch.

Nutritionals:

- Low in fat
- Lean protein
- Low calories
- Good source of potassium selenium

Texture & Flavor Profile:

- Mild, sweet flavor
- Soft, tender flesh
- Fine flake
- Delicate mouthfeel

Recommended Cooking Methods: Pan-searing, Baking/Roasting, Grilling, Poaching, Steaming, and Frying.



SUPERIOR

FEATURED PRODUCT



#53294

HAKE FILLETS

*Fresh, Wild-Caught, Boneless, Skinless, 12 oz up
Product of the USA*

1/10 lb.

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

MENU INSPIRATIONS



Recipe & Photo from: www.greatbritishchefs.com

PAN-FRIED HAKE

with curried mussels

Pairs well with a Witbier



Recipe & Photo from: www.bonappetit.com

SEARED HAKE

with baby potatoes and green sauce

Pairs well with a crisp Verdejo