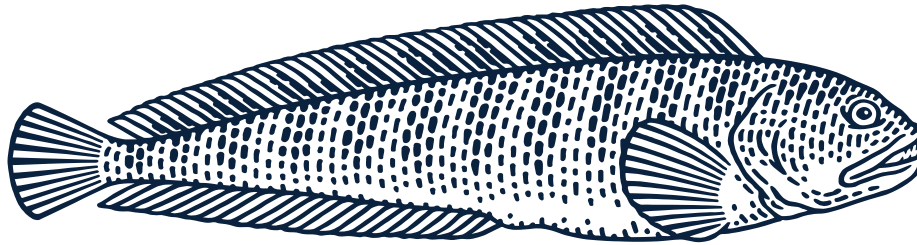




# SUPERIOR

## CATCH OF THE WEEK



# WOLFFISH

*Anarhichas lupus*

**Description:** Wolffish are long-bodied, bottom-dwelling fish recognized for their large rounded heads, powerful jaws, and prominent canine-like teeth used to crush shellfish and crustaceans. Their bluish-gray bodies feature dark vertical markings and a tapered, eel-like shape.

**Habitat:** Wolffish inhabit the cold, rocky waters of the North Atlantic and North Pacific, typically living along the seafloor in deep, rugged habitats ranging from coastal ledges to depths exceeding 1,000 feet.

**Harvesting:** Most wolffish are harvested as bycatch in cold-water groundfish fisheries targeting cod, haddock, and other bottom species, though Iceland also supports a directed commercial fishery. They are commonly caught using bottom trawls and longline gear.

### Nutritionals:

- High in lean protein
- Rich in omega-3 fatty acids
- Good source of vitamin B12
- Contains selenium and phosphorus

### Texture & Flavor Profile:

- Firm, dense texture
- Mildly sweet flavor
- Large, moist flakes
- Rich & buttery

**Recommended Cooking Methods:** Grilling, Roasting, Pan-searing, Poaching, and Steaming.



# SUPERIOR

## FEATURED PRODUCT



#52216

## WOLFFISH FILLETS

*Fresh, Wild-Caught, Boneless, Skinless,*

*12 oz-Up*

*Product of Iceland*

1/10 lb.

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

# MENU INSPIRATIONS



Recipe & Photo from: [www.arcticas.no/recipes](http://www.arcticas.no/recipes)

### BAKED SPRING WOLFFISH

with cherry tomatoes, pea puree, sugar snap peas, asparagus beans and basil sauce

*Pairs well with mineral-driven Sauvignon Blanc*



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

### GRILLED WOLFFISH

with roasted garlic mayo, lemon, and dill

*Pairs well with an unoaked Chardonnay*