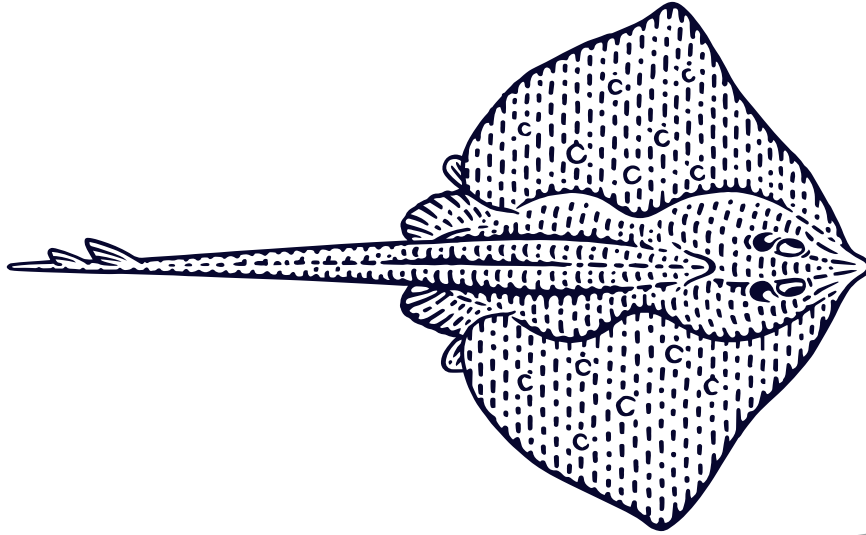




SUPERIOR

CATCH OF THE WEEK



SKATE

Dipturus batis

Description: Skates are bottom-dwelling cartilaginous fish related to sharks. They are easily distinguished by their flat, diamond or kite-like bodies, large wing-like pectoral fins, and short, fleshy tails. Unlike stingrays, skates lack stinging barbs and are harmless to humans.

Habitat: They can be found at a wide range of depths, from shallow coastal shallows to the extreme deep sea (down to 3,000 meters/9,840+ feet). They are more diverse at higher latitudes and in cold, deep waters.

Harvesting: Skate fish are primarily harvested in two ways: commercially for human consumption (focusing on their pectoral fins or “wings”) and for lobster or crab bait.

Nutritionals:

- Protein powerhouse
- Low fat
- Low calorie count

Texture & Flavor Profile:

- Mild, subtly sweet flavor
- Delicate, shellfish-like notes similar to scallops or crab
- Tender and fibrous

Recommended Cooking Methods: Grilling, Poaching, Pan-searing.



SUPERIOR

FEATURED PRODUCT



#64226 (#64225)

SKATE FILLETS

Wild Caught, Skinless, Boneless, 4-6 oz.

Product of Gulf of Maine

1/10 lb. (1/5 lb.)

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

MENU INSPIRATIONS



Recipe & Photo from www.fultonfishmarket.com

PAN-SEARED SKATE WING

with caper butter sauce

Pairs well with a French Sauvignon Blanc



Recipe & Photo from www.olivemagazine.com

ROASTED SKATE WING

with charred leeks and samphire

Pairs well with a classic Chablis