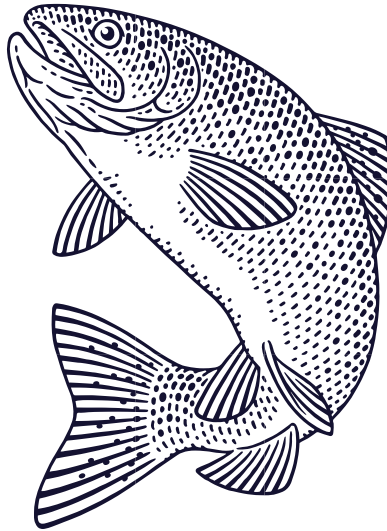




SUPERIOR

CATCH OF THE WEEK



STEELHEAD TROUT

Oncorhynchus mykiss

Description: Steelhead trout is a premium fresh-water fish prized for its vibrant pink-orange flesh, rich flavor, and versatility. Similar in appearance to salmon but milder in taste, Cole-Munro steelhead is sustainably raised in the pristine waters of Georgian Bay and Ontario's North Channel.

Habitat: Raised in the cold, clear freshwater of Georgian Bay and the North Channel in Ontario, these ideal growing conditions promote healthy fish, firm texture, and exceptional quality.

Harvesting: Harvested daily to match customer demand, each fish is processed and shipped within 36 hours to ensure peak freshness. Cole-Munro maintains complete traceability from hatchery to delivery and is both Ocean Wise Recommended and BAP Certified for responsible aquaculture.

Nutritionals:

- Rich in Omega-3 fatty acids
- High-quality lean protein
- Excellent source of Vitamin D & Vitamin B12
- Good source of selenium and potassium

Texture & Flavor Profile:

- Rich, clean flavor with mild sweetness
- Firm, flaky texture
- Moist and buttery
- Similar to salmon with a more delicate finish

Recommended Cooking Methods: Pan-searing, Grilling, Roasting, Baking, Broiling, and Cedar Plank Cooking.



SUPERIOR

FEATURED PRODUCT

#68262

STEELHEAD TROUT FILLETS

Fresh, Farm-Raised, Boneless, Skin-On, 2-3 lbs.

Product of Canada

1/15 lb.

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



MENU INSPIRATIONS



Recipe & Photo from www.zupans.com

STEELHEAD BIBIMBAP

gochujang glaze, rice, & assorted veggies

Pairs well with a slightly off-dry Riesling



Recipe & Photo from www.freshdirect.com

STEELHEAD CRUDO

with blood orange, fennel,
celery, & green olive

Pairs with a mineral-forward Vermentino