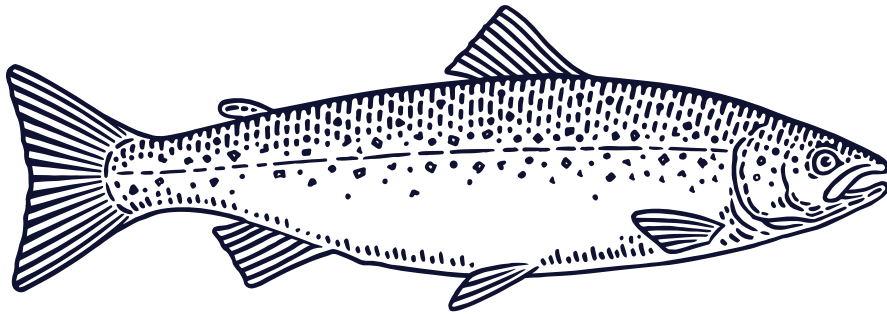




# SUPERIOR

## CATCH OF THE WEEK



VÅRLAKS

# NORWEGIAN SALMON

*Salmo salar*

**Description:** Norwegian salmon is a premium Atlantic salmon known for its rich flavor, vibrant color, and firm, buttery texture. Raised in the cold, clear waters of Norway, it is prized for its consistent quality and versatility across a wide range of culinary applications.

**Habitat:** Norwegian salmon is raised along Norway's rugged coastline and in its cold, clear fjords and coastal waters. These conditions provide excellent water quality, strong currents, and an ideal environment for healthy salmon growth.

**Harvesting:** Vårlaks salmon is farm-raised in Norway and carefully harvested at peak quality. Norwegian salmon typically reaches market size after approximately two to three years of growth, with strict standards governing fish health, welfare, and aquaculture practices.

### Nutritionals:

- Rich in Omega-3 Fatty Acids
- High-quality protein
- Good source of Vitamin B12 and D
- Good source of selenium and iodine

### Texture & Flavor Profile:

- Rich, buttery flavor
- Mild, clean finish
- Firm, moist texture
- Vibrant pink-orange flesh

**Recommended Cooking Methods:** Pan-searing, baking/roasting, grilling, poaching, and smoking.



# SUPERIOR

## FEATURED PRODUCT



#68199 and #68378

## NORWEGIAN SALMON FILLETS

*Fresh, Farm-Raised, Boneless, Skin-On  
Product of Norway*

1/35 lb.

1/10 lb.

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

# MENU INSPIRATIONS



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

## CREAMY SALMON SOUP

*with potatoes & herbs*

*Pairs well with a dry Cider*



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

## SALMON TAGLIATELLE

*with a creamy lemon & dill sauce*

*Pairs well with a oak-aged Vermentino*