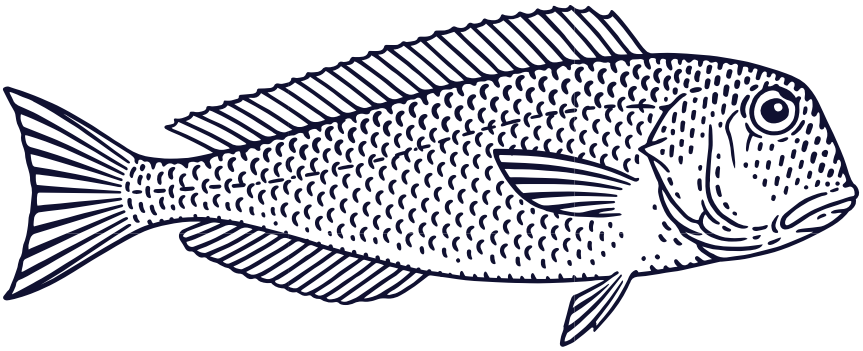
SUPERIOR
CATCH OF THE WEEK



GOLDEN TILEFISH

Lopholatilus chamaeleonticeps

Description: Sometimes known as "the clown of the sea", the Golden Tilefish are colorful with iridescent blue-green backs, bright yellow and gold spots, and a distinguishable large crest on their heads. They can grow up to 43 inches in length, but they average size is around 24 inches.

Habitat: Found throughout the East Coast of the U.S. and Gulf of Mexico. They live in deep waters (250 to 1,500 ft.). They live around rock beds and vertical burrows.

Harvesting: Management councils controls catch limits and fishing times throughout the habitats of the Tilefish. Main fishing is in the Mid-Atlantic/ southern New England areas. The majority of commercial harvesting is through bottom longline fishing.

Nutritionals:

- Good source of Vitamin B-12
- High in protein
- High in Selenium
- High in Mercury levels (pregnant and nursing women, along with children should avoid)

Texture & Flavor Profile:

- Moist and tender
- Firm, flaky, white flesh
- Rich and buttery flavor
- Mildly sweet

Recommended Cooking Methods: Pan-searing, baking, grilling, steaming, poaching.

SUPERIOR
FEATURED PRODUCT



#56205

GOLDEN TILEFISH FILLETS

Fresh, Wild-Caught, Skin-On, Boneless, Hand-Cut
Product of the USA

1/10 lb.

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

MENU INSPIRATIONS



Recipe & Photo from: www.foodandwine.com

CRISPY TILEFISH

with ponzu butter
and enoki mushroooms

Pairs well with a light, aromatic Sake



Photo from: www.georgiatrend.com

SEARED TILEFISH

with asparagus, crisp-fried chickpeas, green olive tapenade, and saffron brodo

Pairs well with a bright Albariño