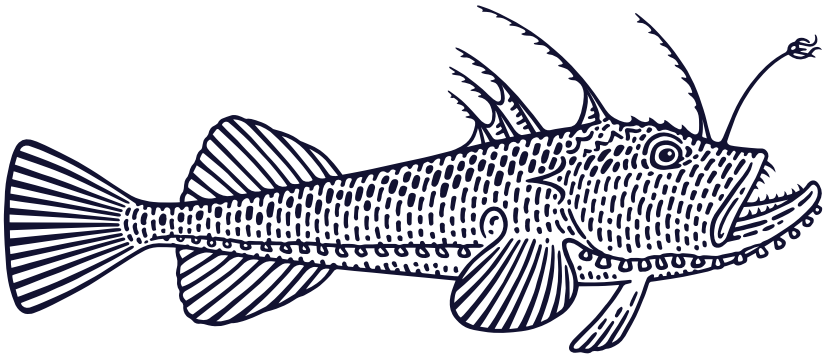
SUPERIOR
CATCH OF THE WEEK



MONKFISH

Lophius americanus

Description: Monkfish is a striking deep-water species known for its broad, flattened head, wide mouth, and signature “angler” lure that extends from its snout. Despite its unusual appearance, the tail yields firm, pearly white flesh with a dense, lobster-like texture.

Habitat: They’re a bottom-dwelling fish found in large groups. They prefer soft areas so that they can bury themselves such as mud, sand, or shell. They live along continental shelves and can be found along the Atlantic coast from Newfoundland down to North Carolina in North America.

Harvesting: Primarily harvested in the North Atlantic and coasts of Norway and The Mediterranean. Fisheries use bottom trawls, sink gillnets, and scallop dredges to fish Monkfish.

Nutritionals:

- Low in fat
- Packed with beneficial minerals
- High in protein and vitamins
- Good source of selenium (antioxidant for heart and immune health)

Texture & Flavor Profile:

- Tight, meaty white meat (“the poor man’s lobster”)
- Mild, sweet flavor
- No fishiness

Recommended Cooking Methods: Pan-frying, Roasting, Grilling, Poaching.

SUPERIOR
FEATURED PRODUCT



#64220

MONKFISH FILLETS

Fresh, Wild-Caught, Large
Product of the USA
1/10 lb.

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

MENU INSPIRATIONS



Recipe & Photo from: www.food52.com

SUMAC & ZA'ATAR ROASTED MONKFISH

with a zesty cucumber pomegranate salad

Pairs well with an oaked Chardonnay



Recipe & Photo from: www.cooking.nytimes.com

ROASTED MONKFISH

with rosemary, thyme, and olive medley

Pairs with a bright Vermentino