

Barramundi

Barramundi features pearly pink flesh when raw, turning white upon cooking. This fish boasts a firm, moist texture and large flakes, prized for its sweet, buttery flavor. Smaller barramundi offer a milder taste compared to larger ones. Additionally, the fish contains few bones, which are large and easily removed.



Product Details

Pack Size	Various
Cooking Methods	Bake, Broil, Fry, Grill, Poach, Sauté
Texture	Firm
Flavor	Mild
Availability	January - December
Scientific Name	Lates calcarifer
Website	https://bit.ly/3RjhcRE
Location	Australia, Indonesia, Malaysia, Taiwan, Thailand, United States