

Escolar

Escolar is in a culinary class with Chilean sea bass, sablefish, and other rich, highly prized fish. The meat is oil-rich and flavor-intensive. Raw flesh is a bright white to light-cream color and cooks up snow white. True escolar filets are whiter than filets of *Ruvettus pretiosus*, which turn yellowish when cooked. Though slightly gelatinous, escolar flesh should have some elasticity and spring back when pressed.



Product Details

Pack Size	Various
Cooking Methods	Bake, Broil, Grill, Poach, Steam
Texture	Medium/Firm
Flavor	Full
Availability	April - November
Scientific Name	<i>Lepidocybium flavobrunneum</i>
Location	Australia, Ecuador, Indonesia, United States