

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 fillets are whiter than fillets of *Ruvettus pretiosus*, which turn yellowish when cooked. Though slightly gelatinous, escolar flesh should have some elasticity and spring back when pressed.



Product Details

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|------------------------|----------------------------------------------|
| 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 |