

Flounder/Fluke

Raw flounder ranges from tan to pinkish to snow white, but cooked meat of all species is pure white, lean, boneless and flaky with a mild flavor, ranging from bland to sweet. Cooked meat of flounder is delicate, while larger species like fluke or dab are firm and meaty. The sweet taste and firm texture of yellowtail flounder is often regarded as the standard to which other flounders are compared. Lemon and gray sole aren't far behind.



Product Details

Pack Size	Various
Cooking Methods	Bake, Boil, Fry, Sauté
Texture	Delicate/Medium
Flavor	Mild
Availability	January - December
Scientific Name	Pleuronectes spp; Microstomus pacificus; Eopsetta jordani; Glyptocephalus cygnoglossus; Paralichthys dentatus
Location	United States, Iceland