

Gurnard

Red Gurnard have firm pink fillets with that hold their shape and become white upon cooking. They are low in oil and fat content, while still being a good source of Omega-3. Gurnard is suitable for most cooking methods, including raw for sushi.



Product Details

Pack Size	Various
Cooking Methods	Bake, Sauté
Texture	Delicate
Flavor	Mild
Availability	April - October
Scientific Name	Chelidonichthys kumu
Location	New Zealand