

## 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

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