

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 |