

Monkfish

Monkfish has a mild, slightly sweet taste. The tail meat, the only part of the fish that is used, is firm, dense and boneless. It doesn't flake readily and is firm like scallop or lobster meat. The raw flesh is off-white to pale gray, covered with a blue-gray membrane; cooked meat is white. With headless monkfish, blood is a sign of a recently caught fish.



Product Details

Pack Size	Various
Cooking Methods	Bake, Boil, Fry, Grill, Poach, Sauté
Texture	Medium/Firm
Flavor	Mild
Availability	January - December
Scientific Name	Lophius americanus
Location	Canada, France, Spain, UK, United States