

Opah

One opah has four types of flesh, each a different color. The tender meat of the loin, which runs along the backbone from eye to tail, is a light salmon-orange. The less-tender, stringy side flesh is the same color as the loin at the top but becomes paler at the bottom. The cheek meat is dark red. All cook up white except for the bright-red breastplate meat, which turns brown. Opah has a rich, creamy taste and firm, fatty texture. The flavor is a cross between tuna and swordfish — distinctive but not overpowering.



Product Details

Pack Size	Various
Cooking Methods	Bake, Fry, Grill, Sauté, Smoke, Steam
Texture	Medium/Firm
Flavor	Moderate
Availability	January - December
Scientific Name	Lampris guttatus
Location	Australia, Fiji, New Zealand, Tahiti, United States