

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 |