

Orange Roughy

Orange Roughy has a mild, delicate flavor and moist, large-flaked meat that holds together well after cooking. Raw Orange Roughy flesh is pearly white, and it cooks up to an opaque white. The skin side of the fillets often sports a faint, orange-brown band of color.



Product Details

Pack Size	Various
Cooking Methods	Bake, Broil, Poach, Sauté, Steam
Texture	Medium
Flavor	Mild
Availability	June - August
Scientific Name	Hoplostethus atlanticus
Location	Australia, New Zealand