

## 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

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