

Perch-Atlantic

Ocean perch is mild tasting yet a bit sweet, with a moderately firm texture. The meat is lean, moist and flaky. Large ocean perch develop a coarse texture. Deep-skinned ocean perch with the fat line removed has the most delicate flavor. The flesh is white, though not as light as cod, and it turns opaque white when cooked. Whole fish may have bulging eyes and distended air bladders, which is a result of being brought up from great depths, not an indication of poor quality.



Product Details

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| Pack Size | Various |
| Cooking Methods | Bake, Fry, Poach, Sauté, Steam |
| Texture | Medium |
| Flavor | Mild |
| Availability | January - December |
| Scientific Name | Sebastes marinus |
| Location | Canada, Denmark, Greenland, Iceland, United States |