

Perch-Yellow

Fresh perch has moist, translucent, deep-pink flesh with no fishy odor. Cooked, the lean meat is white, with a mild, sweet flavor and firm but flaky texture. Although farmed fish have a higher fat content and lower protein level than wild, the taste is essentially identical.



Product Details

Pack Size	Various
Cooking Methods	Bake, Broil, Fry, Grill, Poach, Sauté
Texture	Medium/Firm
Flavor	Mild/Moderate
Availability	March - November
Scientific Name	Perca flavescens
Location	Canada, United States