

Pompano

Though technically a round fish, the narrow-bodied pompano is structured much like a flatfish and generally weighs less than 3 pounds. The attractive, silvery skin is edible and does not require scaling. Pompano meat is firm but finely flaked, with a sweet, mild flavor. The flesh is pearly white, with a moderate fat content, and cooks up white.



Product Details

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| Pack Size | Various |
| Cooking Methods | Bake, Broil, Fry, Grill, Sauté |
| Texture | Medium/Firm |
| Flavor | Mild |
| Availability | March - October |
| Scientific Name | Trachinotus carolinus |
| Location | United States |