

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

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