

## Porgy

Red porgy has white, tender meat with a large flake and mild, sweet flavor. It has been compared to snapper in taste and texture. Porgies contain lots of small bones, which makes them difficult to fillet. Porgy is a versatile fish that can be used in many preparations, and its mild flavor works well with a variety of flavor accents. Dressed fish and steaks can be stuffed and baked. Whole fish are good cooked on the grill or oven roasted; these methods soften the bones and allow the meat to slide off them more easily.



### Product Details

<b>Pack Size</b>	Various
<b>Cooking Methods</b>	Bake, Fry, Grill, Sauté, Steam
<b>Texture</b>	Delicate/Medium
<b>Flavor</b>	Mild
<b>Availability</b>	January - December
<b>Scientific Name</b>	Pagrus pagrus
<b>Location</b>	Argentina, Brazil, Greece, Spain, Turkey, United States, Uruguay