

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

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