

## Rockfish

Rockfish has a delicate, nutty, sweet flavor. The meat is lean and medium-firm in texture, with a fine flake. Deep-skinned rockfish with the fat line removed have the most delicate flavor. The skin should be shiny and bright. Rockfish generally fall into two categories: red-fleshed and brown-fleshed. Red-fleshed fillets are generally considered more desirable, because they are less oily and have a longer shelf life.



### Product Details

<b>Pack Size</b>	Various
<b>Cooking Methods</b>	Bake, Fry, Poach, Sauté, Steam
<b>Texture</b>	Medium
<b>Flavor</b>	Mild
<b>Availability</b>	January - December
<b>Scientific Name</b>	Sebastes spp.
<b>Location</b>	Canada, Russia, United States