

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

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