

## Smelt

Market-sized rainbow smelts are generally around 6 inches long, with olive-green skin that has a silvery sheen. Smelts have soft bones; small, cooked, H&G smelts can be eaten bones and all. With larger smelts, the cooked meat flakes readily off the bones. The delicate skin is also eaten. Smelts have lean, white flesh that becomes white, soft and fine-flaked when cooked. It has a fresh, sweet flavor.



### Product Details

Pack Size	Various
Cooking Methods	Bake, Fry, Grill, Sauté
Texture	Delicate
Flavor	Mild
Availability	January - December
Scientific Name	Osmerus mordax
Location	Canada, United States