

## 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

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