

# Tilapia

The mild, sweet tasting, lean-meated tilapia has a slightly firm, flaky texture. Many compare the mild taste of tilapia to that of another farm-raised success story, catfish. Raw meat is white to pinkish-white and may have a thin layer of darker muscle tissue just below the skin side of fillets. The cooked meat is white and lean with tender flakes. Water quality and feed are critical to the raising of premium tilapia.



## Product Details

Pack Size	Various
Cooking Methods	Bake, Broil, Sauté, Steam
Texture	Medium/Firm
Flavor	Mild
Availability	January - December
Scientific Name	Tilapia spp.
Location	Africa, China, Colombia, Costa Rica, Ecuador, Honduras, Indonesia, Jamaica, Thailand