

Tilefish

This species is sometimes called the rainbow tilefish for its lovely blue, green, rose and yellow coloration. Out of the water, the colors fade. Tilefish yield thick fillets with a row of pin bones. The raw meat is pinkish-white but cooks up white with a firm, flaky texture. The flavor is mild but distinctive, often compared to lobster or crab, which is not surprising, since the tilefish's diet is largely crustaceans.

Product Details

Pack Size	Various
Cooking Methods	Bake, Broil, Fry, Poach, Sauté
Texture	Medium
Flavor	Mild
Availability	January - December
Scientific Name	Lopholatilus chamaeleonticeps
Location	United States

Image
Coming
Soon