

## EAST COAST HALIBUT HIPPOGLOSSUS HIPPOGLOSSUS



### DESCRIPTION:

East Coast also known as Atlantic Halibut inhabit the ocean floor along the eastern coast of North America from Virginia to New Jersey north to Greenland. It is a long-lived, late maturing flatfish that lies on its left side. East Coast halibut is olive to chocolate brown in color on the upper side and pure white on the side that faces the ground. In the early 1800s, halibut supported an important commercial fishery in the Gulf of Maine-Georges Bank region.

### EATING QUALITIES:

There isn't much of a taste difference between East Coast halibut and Pacific halibut. East Coast halibut has a thick meaty firm flesh that is sweet, yet rich in flavor. The grain is fine and it retains moisture nicely. Halibut is perfect for a wide range of preparations.

### FISHING METHODS:

East Coast Halibut is caught by longline. It was heavily over fished in the 19th and early 20th century. There is currently no directed fishery for East Coast halibut within federal waters of the U.S. Some small-scale harvests occur within state waters, but most landings occur as bycatch. The U.S. fishery for East Coast halibut is managed under the New England Fishery Management Council's Multispecies Fishery Management Plan.

### SOLD AS:

Whole  
Fillets  
Portions

### NUTRITIONAL INFORMATION

Per 3.5 ounce portion

Calories	110
Total Fat	2.3 g
Protein	21 g
Sodium	54 mg
Cholesterol	32 mg
Omega-3	0.4 g

### COOKING METHODS

Bake  
Broil  
Fry  
Grill  
Sauté  
Smoke

### HANDLING

Whole fish should be packed in flaked ice. Whole fish and fillets should be stored in a drain pan in the coldest part of the walk-in. Fillets should also be covered in ice although with a barrier, so the ice never touches the flesh.

### FORTUNE FISH COMPANY

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