

**ATLANTIC HALIBUT**  
*HIPPOGLOSSUS HIPPOGLOSSUS*



**DESCRIPTION:**

Atlantic Halibut, also known as East Coast Halibut, inhabit the ocean floor along the eastern coast of North America from Virginia to New Jersey and north to Greenland. Atlantic Halibut is a long-lived, late maturing flatfish that lies on its left side. It 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 Main-Georges Bank region.

**EATING QUALITIES:**

There isn't much of a taste difference between Atlantic Halibut and Pacific Halibut. Atlantic 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 AND REGULATIONS:**

Atlantic Halibut is caught by longline. It was heavily over fished in the 19th and early 20th century. There is currently no directed fishery for Atlantic 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 Atlantic Halibut is managed under the New England Fishery Management Council's Multispecies Fishery Management Plan.

**SOLD AS:**

Whole, Fillets, Portions

**NUTRITIONAL INFORMATION**  
 3.5 oz raw portion

Calories	115
Fat Calories	32
Total Fat	3.5 g
Saturated Fat	0 g
Protein	21 g
Sodium	53 mg
Cholesterol	32 mg
Omega-3	400 mg

**COOKING METHODS**

- Sautéed
- Broil
- Grill
- Poach
- Bake
- Steam

**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.

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