

PACIFIC HALIBUT
HIPPOGLOSSUS STENOLEPIS



DESCRIPTION:

The most distinguishing characteristic of the Pacific Halibut is its size. This flatfish can reach over 600 pounds and up to 8 feet long and 4 feet across. They are found along the Pacific coast from Northern California to the Bering Sea and West to Russia and the Sea of Japan.

EATING QUALITIES:

This is one of the best eating of all white meat fish. Halibut flesh is thick meaty and firm with a sweet, yet rich flavor. The grain is fine and it retains moisture nicely. It stands up to all cooking methods. The uncooked meat should be almost translucent, not dull, yellow or dried out. When cooked it turns to a snowy white and loses its glossy appearance.

FISHING METHODS AND REGULATIONS:

Pacific Halibut is almost all caught by long-line. Years of research and dedication have resulted in specific bait and hooks to make sure only Halibut is caught by the fishermen. Pacific Halibut is strictly managed by the International Pacific Halibut Commission, which is a joint effort by the United States and Canada to manage the Pacific Halibut stocks.

SOLD AS:

Whole, Fillet, Portions, Steaks, Cheeks, Collars

NUTRITIONAL INFORMATION
 3.5 oz raw portion

Calories	110
Fat Calories	21
Total Fat	2.3 g
Saturated Fat	0.3 g
Protein	21 g
Sodium	54 mg
Cholesterol	32 mg
Omega-3	428 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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