

Halibut (Hippoglossus Stenolepsis)



COMMON NAMES

Pacific Halibut, Northern Halibut, Alaska Halibut

SEASONAL AVAILABILITY

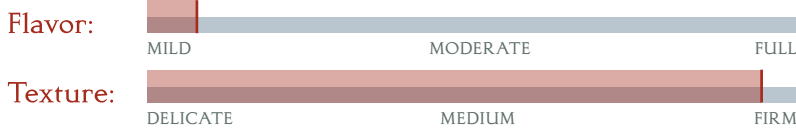
March-November

PRIMARY PRODUCT FORMS

Fresh: H&G, Fillets, Loins, Steaks, Fletches, Roasts

Frozen: H&G, Fillets, Loins, Steaks, Fletches, Roasts

PRODUCT PROFILE



COOKING TIPS

An extremely versatile fish, the thick, meaty halibut holds up well to a number of cooking methods and sauces. It is one of the mildest and most pleasant-tasting fish. It's white and flaky, contains little oil and never has an overpowering taste or smell. It can be used in just about any recipe that calls for a mild white fish and can be substituted for other types of fish.

COOKING METHODS

- | | | |
|---|---|---|
| <input checked="" type="checkbox"/> BAKE | <input checked="" type="checkbox"/> GRILL | <input type="checkbox"/> SMOKE |
| <input checked="" type="checkbox"/> BROIL | <input checked="" type="checkbox"/> POACH | <input checked="" type="checkbox"/> STEAM |
| <input type="checkbox"/> FRY | <input checked="" type="checkbox"/> SAUTÉ | <input type="checkbox"/> BOIL |

DID YOU KNOW...

Halibut is the largest of all flatfish; the largest halibut grow up to eight feet long and four feet wide, and weigh more than 600 pounds. Market sizes typically range from 10 to 100 pounds. Pacific halibut are found along the Pacific Coast from Northern California to the Bering Sea, and westward to Russia and the Sea of Japan. They are primarily taken by longlines in Alaska and British Columbia.

GLOBAL SUPPLY



NUTRITIONAL FACTS

Serving size: 100 g/3.5 oz (raw)
AMOUNT PER SERVING

Calories	110
Fat Calories	20.7
Total Fat	2.3 g
Saturated Fat	0.3 g
Cholesterol	32 mg
Sodium	54 mg
Protein	20.8 g
Omega-3	0.5 g

If it swims we have it.

SEATTLE FISH CO^{EST. 1996}

2800 Guinotte Avenue, Kansas City, MO 64120
816.920.7070 • SeattleFishKC.com