



Halibut

description

Halibut is the largest in the flat fish family. There are two kinds of true halibut, the Atlantic or the Eastern halibut and the Pacific or Western halibut. One can distinguish the Atlantic from the Pacific halibut in that the Atlantic halibut has a darker belly than the Pacific. Halibut meat cooks up bright white.

interesting fact

The female halibut is usually larger than the male.

other information

Almost all Atlantic halibut and a good deal of Pacific halibut is sold fresh. An individual boat quota system for the Pacific fishery (called ITQs), allows fishing vessels to fish their quotas throughout the March 15-November 1 season, bringing a steady stream of fish into the market.

alternatives

Other steak fish such as tuna and swordfish can be substituted for halibut.

source

The Atlantic halibut is found primarily around Atlantic Canada, and the Pacific halibut can be found in the Gulf of Alaska and south to California. Frozen product also comes from Japan and Russia.

harvest method

The majority of halibut are caught by longliners with the fish being dressed on-board immediately after they are caught.

harvest season

Fresh Pacific halibut is available from March to November, and Atlantic halibut is available year-round.

flavor

Halibut meat is very mild and sweet.

texture

Halibut meat is fine-grained with firm flakes.

preparation

Halibut can be grilled, baked, broiled, sautéed, or poached, and because its meat is so firm, it is perfect for kebabs.

quality control

The belly cavity of a fresh halibut should always be filled with ice or gel packs to prevent the growth of bacteria.

market segments

Halibut is appropriate for casual dining, fine dining, hotels, and resort/clubs.

nutritional facts

3.5 oz (100g) raw, edible portion

Calories 128; Calories from Fat 18; Total Fat 2g; Saturated Fat 0g; Cholesterol 41mg; Sodium 70mg; Total Carbohydrates 0g; Protein 27g; Potassium 572mg.



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