CATANESE CLASSICS

HALIBUT

ABOUT

Size is the most distinguishing characteristic of the Pacific halibut. The largest of all flatfish, halibut can stretch up to 8 feet long and 4 feet across and weigh over 600 pounds. While such sizes are exceptional, it's easy to see why fishermen refer to these fish as "whales" or "barn doors." Market sizes run anywhere from 10 to 200 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. Halibut are taken by longlines, primarily in Alaska and British Columbia. A quota system stretches the fishing season over several months, so fresh halibut is available nearly all year. For the first three months of winter, however, it's scarce.

PRODUCT PROFILE

Halibut retains its moisture well in frozen state and keeps its texture when cooked. It's a very mild, sweet-tasting, lean fish with fine-grained, dense meat that dries out if overcooked.Uncooked, the white flesh of halibut should be almost translucent, not dull, yellowish or dried out. When cooked, the snow-white meat loses its glossy appearance and is flaky and tender though still firm. It holds together well, and bones are easily spotted. Meat from larger fish may have a slightly coarser texture.

COOKING TIPS

Halibut is an extremely versatile fish, and the thick, meaty flesh holds up well to a number of cooking methods and sauces. It's ideal for skewering as kebabs. A Canadian recipe calls for baking halibut with sour cream. Place fish in a greased, shallow baking dish. Season with salt, pepper and tarragon; dot with butter and sprinkle with chopped shallots. Cover with sour cream and bake at 375°F until fish flakes when tested with a fork. Before serving, garnish with parsley or chives or sprinkle with paprika.



NUTRITION FACTS

Calories	110
Fat Calories	20.7 g.
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.

PRIMARY PRODUCT FORMS

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

GLOBAL SUPPLY

Canada, Russia, United States

COOKING METHODS

✓ Bake	Boil	✓ Broil	Fry	✓ Grill
Pate	✓ Poach	✓ Saute	Smoke	✓ Steam