



Wild Alaska

HALIBUT

AN ELEGANT WHITEFISH, DELICATE YET SUBSTANTIAL

The largest of all flatfish, Alaska Halibut can grow to an impressive size—well over 500 pounds or more, although the average weight is 25 pounds—helping to establish its reputation as the world's premium whitefish. Its mild, slightly sweet flavor and unique firm texture have made Alaska Halibut a favorite of chefs and consumers alike.

HARVESTED SEASONALLY, AVAILABLE YEAR-ROUND

All Alaska Seafood is wild and pure, responsibly managed for continuing abundance. Alaska provides the largest supply of domestic halibut, which is strictly regulated through seasonal harvest and the exclusive use of longline gear. Alaska Halibut is available fresh from March through mid-November, and frozen year-round.

SURPRISINGLY EASY TO PREPARE

Alaska Halibut's ease of preparation belies its spectacular results, whether it's grilled, roasted, sautéed, or poached. Known for its firm, flaky texture and delicate flavor, Alaska Halibut is equally delicious in preparations ranging from simple sandwiches and soups to elegant entrées. Additionally, Alaska Halibut maintains its shape during cooking, making it suitable for all types of cooking methods, yielding dependable, high-quality results.

SUSTAINABLY SOURCED

Alaska has pioneered the standard for sustainable, eco-friendly fisheries management. Unlike many of the world's other fish populations, Alaska's are managed for protection against overfishing and sources of habitat damage. By proactively ensuring a healthy, wild and sustainable harvest, Alaska is protecting its superior seafood for future generations.



Wild, Natural & Sustainable®

The Alaska Seafood logo affirms your support for **SUSTAINABLE FISHERIES**.

HALIBUT



NUTRITION FACTS

Serving Size: 3.5 oz. (100g)
Cooked, Edible Portion

Calories	140
Protein	27g
Total Fat	3g
Saturated Fat	<.05g
Sodium	70mg
Cholesterol	40mg
Omega-3 Fatty Acids	460mg



COMMON MARKET NAME(S):

- Alaska Halibut
- Pacific Halibut

SCIENTIFIC NAME:

- Hippoglossus stenolepis

HARVESTING SEASONS:

- Harvested March through mid-November

SIZES:

- Average size: 25 lbs.; range 10-500 lbs.
- Fletches/filletts 1-3 lbs.; 3-5 lbs.; 5-7 lbs.; 7-up
- Steaks/portions 4, 6, 8, 10 oz.
- Dressed/headed (H&G) grade U/20 lb.; 20/40 lb.; 40/60 lb.; 80/up

HABITAT:

- Juveniles (1 inch and larger) are common in shallow, near-shore waters 2 to 50 meters deep
- Fish move to deeper water as they age, and migrate primarily eastward and southward

HARVEST METHOD:

- Longline

FOOD SAFETY:

- HACCP

ADDITIVES:

- None

PRODUCT FORMS:

- Fresh or frozen: dressed/headed (H&G); fletches/filletts, skin-on or skin-off; steaks and loins; cheeks

PRODUCT PACKING:

- Larger fish glazed, smaller fish glazed and boxed in 100 to 150 lb. cartons
- Steaks, fillets and loins can be individually vacuum packed in 10 to 20 lb. cartons
- IQF fletches glazed and bagged in 50 lb. cartons
- Cheeks frozen in 5 lb. blocks

FOOD SOURCE:

- Includes other fish such as cod, pollock, black cod, rockfish, herring, octopus, crab, clams, and occasionally smaller halibut

OTHER INFORMATION:

- Firm, flaky texture with delicate flavor

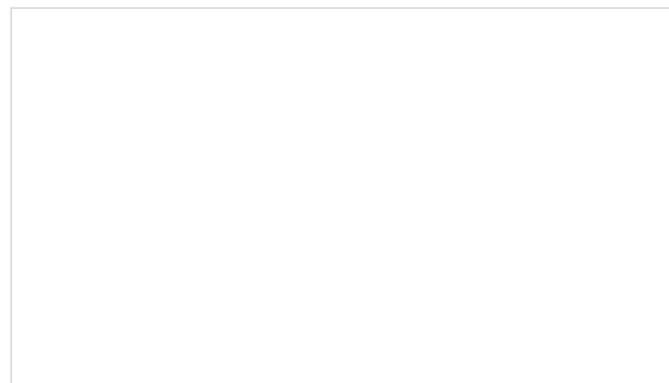


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For more information and promotional materials, visit the Alaska Seafood Marketing Institute at www.alaskaseafood.org