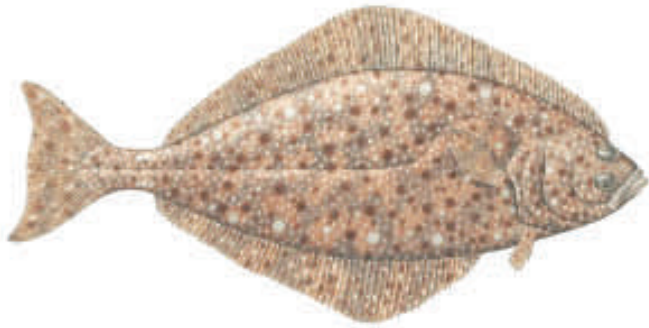


PACIFIC HALIBUT
ALASKAN HALIBUT



DESCRIPTION:

The most distinguishing characteristic of the Pacific Halibut is its size. They can reach over 600 pounds and stretch 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 and highly prized. Halibut flesh is thick meaty and firm with a sweet, yet rich flavor. The grain is fine and it retains its moisture nicely, although will dry out if overcooked. 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 the long-line method. Years of research and dedication has resulted in specific baits and hooks to make sure only Halibut is caught by the fisherman. Pacific halibut is strictly managed in Alaska and the rest of the Pacific 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:

- H&G (10-20 pounds, 20-40 pounds, 40 pounds and up)
- Fillets
- Steaks
- Cheeks
- Portions

NUTRITIONAL INFORMATION
 3.5 oz raw portion

Calories	105
Fat Calories	20
Total Fat	2.2 g
Saturated Fat	.4 g
Protein	20 g
Sodium	63 mg
Cholesterol	32 mg
Omega-3	.5 g

COOKING METHODS

- Sautéed
- Bake
- Broil
- Fry
- Grill
- Poach
- Smoke
- 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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