Atlantic Halibut

Atlantic Halibut (*Hippoglossus hippoglossus*) is a member of the Flounder family and one of the largest of the flatfish species. Like other flatfish, its eyes are located on one side of its body. To help with camouflage, the eyeside of the fish is darker than the blindside. It lives on both sides of the north Atlantic. In North America it ranges from Labrador, Canada to Virginia.

There are two species of Halibut, Pacific Halibut (*Hippoglossus stenolepsis*) and Atlantic Halibut. Halibut are fast swimmers, unlike other flatfish species. Pacific Halibut is more abundant than Atlantic Halibut due to overfishing in the Atlantic. Atlantic Halibut has been commercially fished in the U.S. since the 1830s and population levels are now very low. Due to strict regulations aimed at improving the population levels of Atlantic Halibut, it is mostly caught in the U.S. as by-catch in other fisheries.

Atlantic Halibut is a long-lived species capable of reaching 50 years of age. The Monterey Bay Aquarium Seafood WATCH® rates Atlantic Halibut from the U.S. Atlantic coast as “Avoid” because they are “overfished.” The Canada Atlantic Halibut fishery is certified sustainable to the standards of the Marine Stewardship Council (MSC). All MSC-certified fisheries, at a minimum, meet Monterey Bay Aquarium Seafood WATCH®’s requirements for a "Good Alternative."

**Sources**

- **Species Name**
  Hippoglossus hippoglossus

- **Source**
  Atlantic Halibut is found in temperate waters of the north Atlantic. It ranges from Barents Sea to the Bay of Biscay and around Iceland in the eastern Atlantic and from Labrador to Virginia and Greenland in the western Atlantic. In North America it is most abundant in South Grand Banks and the Scotian Shelf. Atlantic Halibut lives in depths of 100 to 700 meters on sand, gravel or clay bottoms.

- **Seasonality**
  Atlantic Halibut is available year-round.
**Fishing Method**
The Atlantic Halibut fishery in the US is currently heavily restricted and closed in many areas to allow the stock time to rebuild. However, it is caught as by-catch in other bottom trawl, hook-and-line and gillnet fisheries in the US and is a fishery in other countries. It is also fished recreationally. There is an increasing amount available in the market from aquaculture.

**Features**

**Flavor**
Atlantic Halibut has a mild, sweet and rich flavor and a firm, large, moist flake. It is nearly impossible to tell the difference between Atlantic and Pacific halibut when cooked.

**Dietary Information**
Per 100g raw, edible portion:
- Calories 110
- Fat 2.29g
- Saturated Fat 0.325g
- Protein 20.81g
- Sodium 54mg
- Selenium 36.5mcg
- Cholesterol 32mg
- Omega-3 0.42g

Source: USDA

**Appearance**
Atlantic Halibut is a large right-eyed flatfish that can reach 7 to 9 feet and 320 kilograms. The average market size is 30 to 60 pounds. It has a large mouth and the eyeside of the body is uniformly brown or black, although it has pale spots when young. It has a darker belly than Pacific Halibut. Cooked meat is white and tender.

**Form**
Fresh Atlantic Halibut are most typically sold head-on dressed. Primary processors and distributor / processors fillet into Skin-on fillets and skin-on portions.

**Uses**

**Preparation**
Atlantic Halibut can be grilled, baked, broiled, sautéed, poached, or steamed. Since the flesh is firm, it works well for kebabs.

**Substitution**
Pacific Halibut can substitute for Atlantic Halibut. Other flatfish like Petrale Sole and Dover can also work as substitutes.
Handling
Fresh Atlantic Halibut should be refrigerated at 30-34 degrees F. Whole fish should be surrounded with fresh ice in a perforated pan which allows any water to drain away from the product for maximum shelf life. Never directly ice a Halibut fillet. Filleted product should be stored in a sealed plastic container and surrounded with ice.

Market

Sizes and Cuts
Fresh wild-capture Atlantic Halibut are typically sold ocean run and will range from 10-30 pounds.

Frozen wild-capture Atlantic Halibut is seldom available as strong demand absorbs all fresh production.

Pricing Scale
Atlantic Halibut the prices can vary greatly and are most often much more expensive than Pacific Halibut. Due to market fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information, availability and current pricing.

Shelf Life
Fresh Halibut whole which has been handled and stored properly should retain optimum quality for 5-7 days. Once filleted or portioned product should be used in 3-4 days.

Frozen Atlantic Halibut can be commercially stored for up to one year.

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<tr>
<th>Market Names</th>
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<tr>
<td>Atlantic Halibut, Halibut</td>
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<table>
<thead>
<tr>
<th>Where Caught</th>
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<tbody>
<tr>
<td>Northern Atlantic including Canada, New England, Iceland and Norway</td>
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<table>
<thead>
<tr>
<th>How Caught</th>
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<tbody>
<tr>
<td>Trawl, hook-and-line, gillnet, some aquaculture</td>
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