



Pacific Halibut



Pacific Halibut (*Hippoglossus stenolepis*) is the largest of all the flatfish and a member of the Flounder family. All flatfish have a very unique characteristic -- they are born upright with normally placed eyes, then as they mature one eye moves to the other side of their body. The Pacific Halibut can be very large in size. The Latin name for Halibut is Hippoglossus, which means "hippo of the sea." Fishermen often refer to very large Pacific Halibut as "whales" or "barn doors." Pacific Halibut of more than 200 pounds are not uncommon, and a 400-pound Halibut has even been recorded. The average commercial size is 30 to 60 pounds.

The Canada Pacific Halibut (British Columbia) fishery and the US North Pacific Halibut fishery are certified sustainable against 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." The "**Net Benefits**" of MSC certified Pacific Halibut are many.

Sources



Species Name
Hippoglossus stenolepis



Source
In the United States, Pacific Halibut is harvested off the Alaskan coast to the northern coast of California. Canada, Japan and Russia are also heavily involved in harvesting Pacific Halibut. Due to intense management measures, the Pacific Halibut population has returned to sustainable levels.



Seasonality
Fresh Pacific Halibut is available with good consistency from mid-March through mid-November. The Pacific Halibut fishery is closely managed by the International Pacific Halibut Commission (IPHC) and the National Marine Fisheries Service. The British Columbia Canada and Alaskan halibut fisheries operate under an Individual Transferable Quota "ITQ", which means the quota owner can fish and catch his quota any time during the season which typically runs from March 15th to November 15th.



Fishing Method
Wild Pacific Halibut is fished by hook and line, most of which is longline. The Pacific Halibut fishery is one of the world's chief longline fisheries. Although some small Halibut farms exist their economic viability is much in question.

Features



Flavor

Pacific Halibut offers a dense, moist flake and mild, sweet flavor.



Dietary Information

Pacific Halibut has very lean meat, making it an excellent menu choice for health-conscious consumers.

Serving Size per 3.5 oz raw edible portion:

Calories 91

Total Fat 1.33g

Saturated Fat 0.292g

Protein 18.56g

Sodium 68mg

Selenium 45.6mcg

Cholesterol 49mg

Omega-3 0.43g

Source: USDA



Appearance

Pacific Halibut offers a bright white meat with a large flake that is firm in texture.



Form

Fresh Pacific Halibut is available: headless, dressed, fillets, loins, portions steaks, and cheeks. Halibut fillets are commonly referred to as a “Fletch.”

Frozen Pacific Halibut is available headless dressed, Skin on fillet, Skinless fillet, and portions.

Uses



Preparation

Pacific Halibut can be prepared in a variety of ways, including baked, broiled, pan-fried, deep-fried, poached, and barbecued. Because the meat is very lean, Pacific Halibut will dry out quickly if overcooked.



Substitution

Atlantic Halibut and Fluke are likely substitutes for Pacific Halibut.



Handling

Fresh Pacific 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 Pacific Halibut are typically harvested between 10 and 60 pounds. Whole headless and gutted fish are graded 10-20 pounds, 20-40 pounds, 40-60 pounds, and 60 pounds and over. Seattle Fish Company of New Mexico will hand cut this delightful fish into fillets or portions to meet your specifications.

Frozen Pacific Halibut are graded and sold headless and gutted, 10-20 pounds, 20-40 pounds, 40-60 pounds and 60 pounds and over.

Filletted product is available in a variety of sizes and form. Portions are produced and packed in almost any size imaginable.



Pricing Scale

Pacific Halibut is one of the most highly regarded food fish with world wide demand and commands a strong price. Typically, the larger the fish, the higher the price. Strong demand, fishery management and an extended fishery season have caused prices to increase over the past few years.

Due to market and currency 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 filletted or portioned product should be used in 3-4 days.

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

Market Names
Pacific Halibut, Northern Halibut, Alaska Halibut. Large fish over 100 pounds are sometimes referred to as Barn Doors.
Where Caught
Top producing countries of Pacific Halibut: US, Canada, Japan, Russia.
How Caught
Most Pacific Halibut is caught with bottom longlines that cause little habitat damage and have low levels of accidental catch.





+ Indicates some or all this fishery is certified as sustainable to the Marine Stewardship Council standard. [Learn More.](#)