

# Halibut

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.



## Product Details

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| Pack Size       | Various                                |
| Cooking Methods | Bake, Boil, Grill, Poach, Sauté, Steam |
| Texture         | Firm                                   |
| Flavor          | Mild                                   |
| Availability    | January - December                     |
| Scientific Name | Hippoglossus stenolepsis               |
| Location        | Canada, Russia, United States          |