

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

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