

FLAT OUT FACTS: WILD PACIFIC HALIBUT

BUYING, STORING & PREPARING WILD PACIFIC HALIBUT



STORING TIPS

Buy fresh halibut **THE DAY YOU PLAN TO EAT IT**

Remove fresh halibut from its store packaging, **PLACE INTO A TIGHT-SEALING CONTAINER AND REFRIGERATE**

Store fresh halibut in **THE BOTTOM OR COLDEST PART OF YOUR FRIDGE**

Keep uncooked halibut for **NO LONGER THAN ONE TO TWO DAYS** in the fridge

BUYING TIPS



LOOK FOR FISH THAT:

Is sold by a respected retailer who supports sustainable seafood

Is displayed on ice

Smells clean and sea-fresh

Has firm, moist and translucent flesh with a shiny white sheen that looks almost wet

If buying frozen, has the same translucent appearance as fresh



AVOID FISH THAT:



Sits in a puddle of liquid

Smells "fishy"

Has soft, gaping flesh

Looks dull or has brown spots on the white flesh

If buying frozen, has ice crystals or frost inside wrapping

If buying frozen, has dried, cottony patches

Looks "chalky"



THAWING TIPS

TO THAW SLOWLY: Unwrap, place in pan, cover and leave in fridge for 24 hours.

TO THAW QUICKLY: Place frozen fish into a resealable plastic bag, and submerge in cold water. Use a small bowl to keep it submerged. The middle should be somewhat soft when thawed.

TO THAW MORE QUICKLY: If it will be cooked immediately after thawing — microwave it on the "defrost" setting and stop the defrost cycle when the fish is still icy but pliable.

PREP TIPS

COOKING METHODS | Can be **BAKED, STEAMED, GRILLED, POACHED, PAN-FRIED OR BROILED**

BEST TIP DO NOT OVERCOOK

RULE OF THUMB 6 TO 8 MIN PER INCH of thickness

TEST FOR DONENESS

- If it feels **HARD**, it is **OVERCOOKED**
- If it is **SOFT**, it is **NOT YET DONE**
- Turns from translucent to **WHITE** and "**FLAKY**"
- Feels **SLIGHTLY FIRM**
- Flesh starts to slightly separate into **FLAKES**
- Temperature registers at **60° C (140° F)*** for juicy fish

*Health Canada recommends fish be cooked to an internal temperature of 70° C (158° F)

2023R

"Chalky" halibut is a condition leaving the flesh looking opaquely white, dull and a little mushy. While the fish is technically not spoiled and the flavour and nutritive content are the same, the texture and moisture content are affected.



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