

# FLAT OUT FACTS: WILD PACIFIC HALIBUT

## SUGGESTED SERVING SIZES & PREPARATIONS

### AVAILABILITY

Fresh: March to December

Frozen: year round

### TASTE






Sweet with a mild, delicate flavour

### TEXTURE

Firm and tender with a large flake

## PREPARATION

Wild Pacific halibut's distinctive taste and texture, and selection of product forms provide great versatility and endless opportunities in the kitchen.

PRODUCT CUT	SERVING SIZE PER PERSON	PREP METHODS	NOTES
 <b>FILLET</b>	5 - 6 oz 142 - 170 g	Bake Broil Grill Poach Sauté Steam	May include skin which can be eaten or removed  Boneless
 <b>STEAK</b>	5 - 6 oz 142 - 170 g  about 1-inch (2.5 cm) thick each	Bake Braise Broil Grill Poach Sauté Steam	Always surrounded by a strip of skin, which can be eaten or removed  Contains a section of the backbone and possibly rib bone  Bones are easy to remove
 <b>CHEEK</b>	5 - 6 oz (2 cheeks at 2 ½ - 3 oz each)  142 - 170 g (2 cheeks at 71 - 85 g each)	Bake Grill Poach Sauté	Very tender  No bones
 <b>COLLAR</b>	½ - ¾ lb 227 - 340 g	Bake Braise Broil Grill Sauté Steam	Provides especially succulent and tender meat  Eaten directly off the bone
 <b>TRIM</b>	Varies by recipe	Simmer	Perfect for stock, soups and stews

## PREPARATION TIPS

- BEST TIPS:**
  - Do not overcook
  - Season liberally with salt before cooking
- RULE OF THUMB:**
  - Cook 6 to 8 minutes per inch (2.5 cm) 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). [www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-internal-cooking-temperatures.html](http://www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-internal-cooking-temperatures.html)