

FLAT OUT FACTS: WILD PACIFIC HALIBUT

SUGGESTED SERVING SIZES & PREPARATIONS

AVAILABILITY

Fresh: mid-March to mid-November

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
 FILLET	5 - 6 oz 142 - 170 g	Bake Broil Grill Poach Sauté Steam	May include skin which can be eaten or removed Boneless
 STEAK	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
 CHEEK	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
 COLLAR	½ - ¾ lb 227 - 340 g	Bake Braise Broil Grill Sauté Steam	Provides especially succulent and tender meat Eaten directly off the bone
 TRIM	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