

Alaskan Halibut



- >> WILD, OCEAN CAUGHT
- >> DELICATE FLAVOR, FIRM TEXTURE
- >> PORTION CONTROLLED



Alaskan Halibut

Longline caught in the icy, clear waters off Alaska, Trident Seafoods wild halibut is portioned and vacuum packed at the very peak of freshness. With its delicate flavor and firm texture, halibut is sure to be a winner with all your customers.

With Trident Seafoods Alaskan Halibut in the freezer, there's no limit to your menu. You can sauce fillets with a sour cream drizzle or braise them Marengo-style. Broil halibut steaks with Parmesan crumbs or portion and fry up in a tasty beer batter. Equally successful is a quick sauté in a sweet and sour sauce, or served in a toasty grilled sandwich. Or how about chunks of halibut in a chowder, cioppino or fish pie? With its "just-caught" flavor, you'll find it a versatile addition to any menu.

Features & Benefits

- >> **POPULAR, HIGH-END WHITEFISH**
firm, white and flavorful
- >> **SPECIALY CUT FOR CONSISTENT PORTIONS**
uniform cook time and tight portion control
- >> **LOW FAT, HIGH PROTEIN**
perfect for the health conscious consumer
- >> **VACUUM PACKED**
highest quality; freshness assured

Species Information

The largest of Pacific flatfish, Alaskan Halibut can easily weigh in at 300 pounds. Longline caught and certified sustainable by the Marine Stewardship Council, Alaskan Halibut offers a clean white flake and succulent mild flavor.

COOKING & HANDLING INSTRUCTIONS

Keep frozen at 0° F or below until ready to use. For best results, thaw before cooking. To thaw, remove all packaging and refrigerate below 38° F for 8-10 hours or overnight. Oven temperatures vary. Cook to an internal temperature of 145° F.

POACH: Allow 10 minutes of cooking time per inch of thickness on thawed product; 20 minutes per inch on frozen product.

BAKE: Place halibut in baking dish in a preheated oven at 400°F. It is not necessary to turn halibut during cooking. Brush with butter or sprinkle with herbs if desired.

SAUTÉ: Sauté halibut in oil, butter or margarine over medium-high heat. Turn halfway through cooking for even browning.

POACH: Cover halibut with boiling, salted water. Add flavorings such as lemon slices, white wine or herbs to the poaching liquid.

GRILL: Place halibut on well-greased grill a few inches above hot coals. Turn once halfway through cooking time. Brush with oil, butter, margarine or marinade several times during cooking.

BROIL: Broil halibut 4 inches from heat. Brush with oil, butter, margarine or marinade several times during cooking.



HALIBUT STEAK



HALIBUT FILLET



HALIBUT FLETCH

Halibut steak, fillet and fletch photos courtesy of Alaska Seafood Marketing Institute

PACK INFORMATION

ITEM #	DESCRIPTION	PORTION SIZE	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
485829	Halibut Fillets Skinless/Boneless — Vac Pac	6oz.	1/10 lb.	27	0 00 28029 85829 7
485748	Halibut Fillets Skinless/Boneless — Vac Pac	8oz.	1/10 lb.	20	0 00 28029 85748 1
450618	Halibut Steaks, Loin Cut — 2 per Vac Pac	4oz.	1/10 lb.	40	0 00 28029 50618 1
433209	Halibut Steaks, Loin Cut — Vac Pac	6oz.	1/10 lb.	27	0 00 28029 33209 4
433101	Halibut Steaks, Loin Cut — Vac Pac	8oz.	1/10 lb.	20	0 00 28029 33101 1
432261	Halibut Steaks, Loin Cut — Vac Pac	10oz.	1/10 lb.	16	0 00 28029 32261 3
411708	Halibut Steaks, Regular Cut — Vac Pac	4oz.	1/10 lb.	40	0 00 28029 11708 0
432857	Halibut Steaks, Regular Cut — Vac Pac	6oz.	1/10 lb.	27	0 00 28029 32857 8
432903	Halibut Steaks, Regular Cut — Vac Pac	8oz.	1/10 lb.	20	0 00 28029 32903 2
472492	Halibut Fletch (Fillets) Sknls IQF — Vac Pac	1-3 lb.	1/20 lb.	10	0 00 28029 72492 9
406725	Halibut Fletch (Fillets) Sknls IQF — Vac Pac	3-5 lb.	1/20 lb.	5	0 00 28029 06725 5
433324	Halibut Fletch (Fillets) Sknls IQF — Vac Pac	5-7 lb.	1/20 lb.	3	0 00 28029 33324 1
10 LB. CASE: DIMENSION: (L x W x D) 15" L x 10" W x 6" D		GROSS WEIGHT: 12 lb.		CUBE: .52	TI HI: 12 x 7
20 LB. CASE: DIMENSION: (L x W x D) 24" L x 13" W x 6.63" D		GROSS WEIGHT: 22 lb.		CUBE: 1.197	TI HI: 5 x 7

Nutrition Facts — Halibut	
Serving Size 4 oz. (113g)	
Amount Per Serving	
Calories	120
Calories from Fat	20
% Daily Value**	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	46%
Vitamin A 4%	Vitamin C 0%
Calcium 6%	Iron 6%
*Contains less than 2% of the daily value.	
**Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: Halibut. Contains fish (Halibut)



5303 SHILSHOLE AVE NW, SEATTLE, WA 98107
 (800) 367-6065 (206) 783-3474
 FAX: (206) 782-7246 E-MAIL: Sales@TridentSeafoods.com www.TridentSeafoods.com

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