



Pacific Halibut

The Pacific halibut is the largest of all flatfish species and can grow up to 8 feet long and weigh up to 600 pounds. It is long-line harvested in the deep, pristine waters of Alaska and British Columbia. The International Pacific Halibut Commission manages the sustainability of this species and regulates catch volumes by a quota system. The season for Pacific halibut is March through November, and premium frozen-at-sea product is available year-round. The delicate texture and mild, sweet flavor of this denizen of the deep makes it popular with chefs and food connoisseurs worldwide.

* For custom product information, please contact your Cannon Fish Company sales representative.

Common Name Pacific halibut
Market Name Halibut
Scientific Name *Hippoglossus stenolepis*



Sustainability Information 
Responsible Fisheries Management - RFM

PRODUCT INFORMATION

Value Added Products

- Private Label
- Retail Bag Line
- Signature Portions®

Steaks and Portions (skin-on or skinless)

- Sizes: 4-oz. / 6-oz. / 8-oz. / 10-oz. / market cuts
- Pack Types: Vacuum-Packed / Layer-Packed / Bulk IQF
- Pack Sizes: 10-lb. / 25-lb. / Custom-Packed

Filletts and Fletches (skin-on or skinless)

- Sizes: 1- to 3-lb. / 3- to 5-lb. / 5- to 7-lb. / market cuts
- Pack Types: Bulk IQF
- Pack Sizes: 50-lb. / Custom-Packed

H & G - Whole Pacific Halibut

- Contact your Cannon Sales Representative for availability -

Recipes

- Alaska Halibut with Tangy Fruit Salsa
- Grilled Halibut with Tomatillo Sauce
- Halibut Baked with Herbs
- Pan Sauteed Halibut with Curried Corn and Tomato Chutney

Nutritional Facts

Serving Size: 3.5 oz. (raw)
Calories: 110
Fat Calories: 20.7
Total Fat: 2.29 g
Cholesterol: 32 mg
Protein: 20.81 g
Iron: .84 mg
Sodium: 54 mg
Omega-3: 0.428 g

