

ALASKA HALIBUT

CUTTING BROCHURE



ALASKA HALIBUT

Halibut from Alaska's icy, clear waters is one of the world's premium whitefish. It is naturally lean with firm, snow-white flesh and a delicate, slightly sweet flavor. Alaska halibut is highly regarded by the growing number of Americans concerned about health and fitness because it's low in fat, sodium and calories. It's also an excellent source of high-quality protein; a four-ounce portion supplies nearly half of an adult's daily requirement.

THAWING

Proper thawing is very important. For best seafood quality, always thaw slowly. Place frozen halibut in a tray with drain holes. Thaw overnight (12 hours or so) in a room kept at 32-35°F. The room temperature should not rise above 40°F.

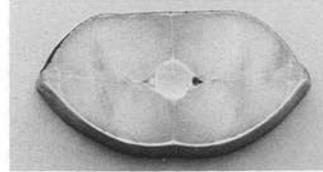
Quick-thaw methods result in excessive drip loss to frozen seafood, and adversely affect flavor, aroma, tastes and texture. *Never* thaw seafood directly in water. (You can thaw frozen seafood in a water-tight plastic bag by soaking it in 32-35°F water.)

PREPARATION

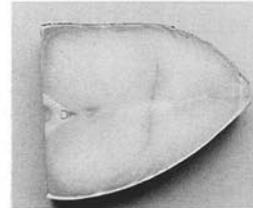
Your customers can prepare Alaska halibut any number of ways. Baking, broiling, grilling, poaching, sautéing and simmering are all popular methods. A general rule is to allow 10 minutes cooking time per inch of thickness (measured at its thickest part) or until halibut flakes easily when tested with a fork. Halibut can also be microwaved according to manufacturer's directions.

TRADITIONAL FORMS OF HALIBUT STEAKS

FULL MOON

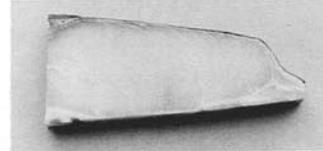


HALF MOON



(If smaller steaks are desired, half moons can be sliced into loin or regular cuts.)

LOIN CUT



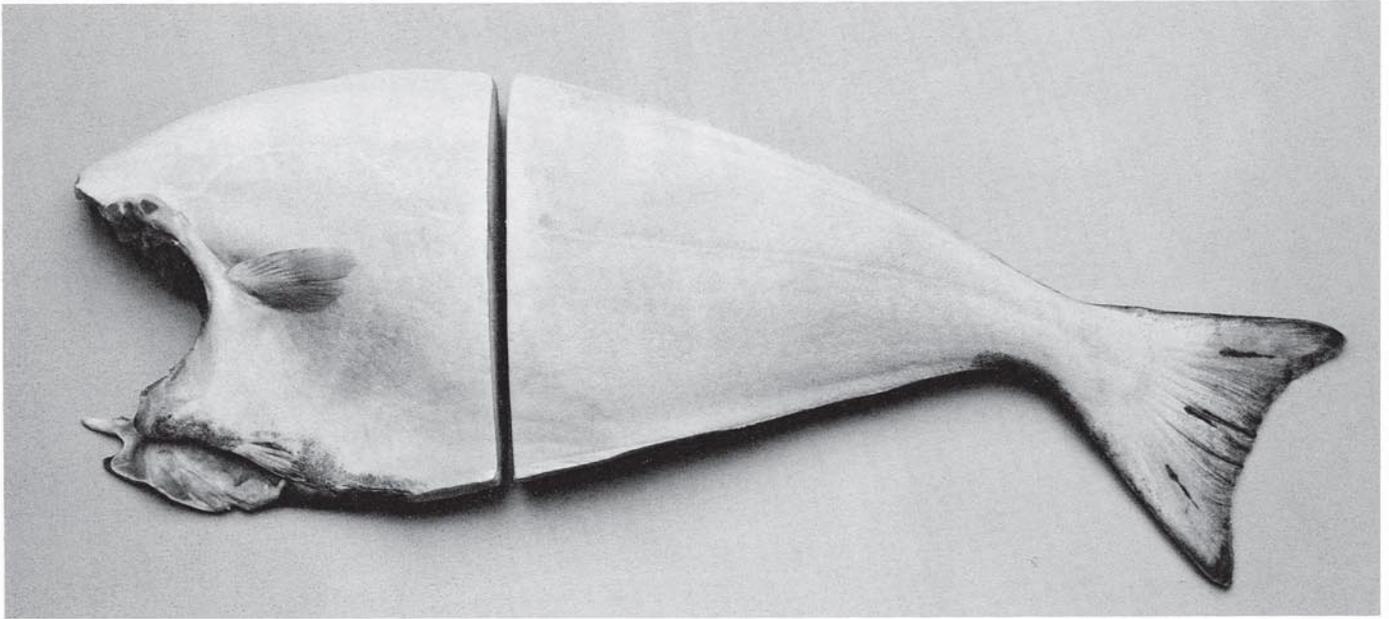
REGULAR CUT



ROAST



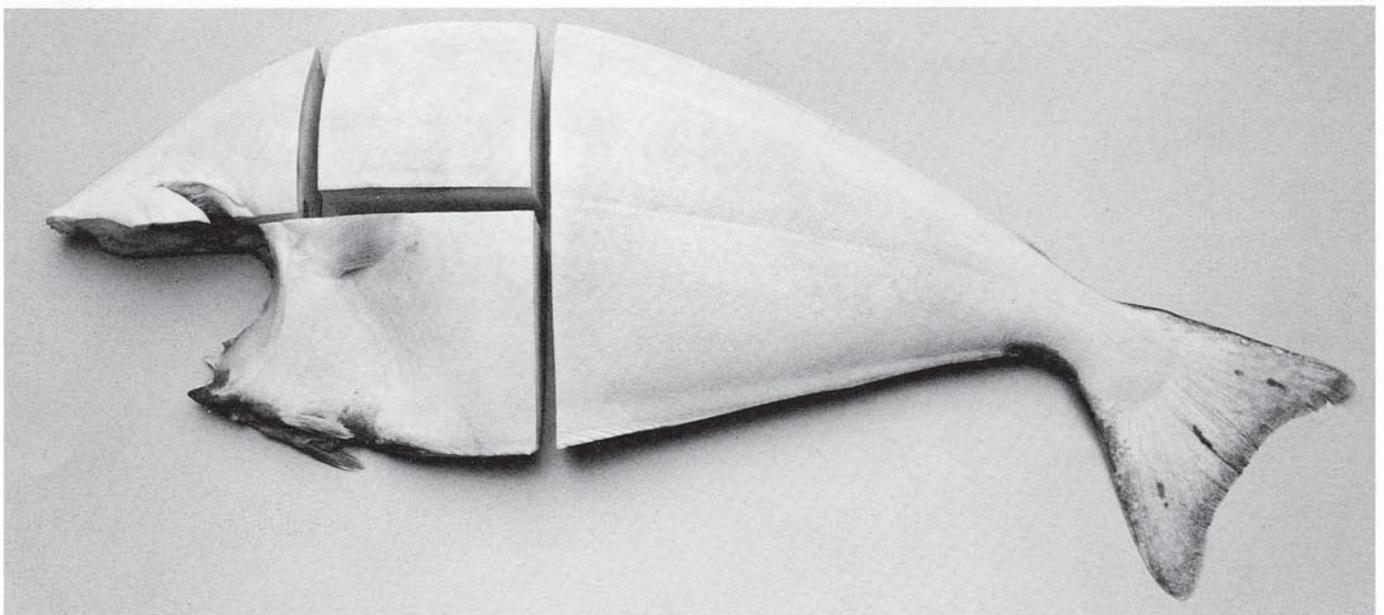
HOW TO STEAK A HALIBUT



1

Starting with a dressed, trimmed halibut, locate the depression on the white side of the fish. This is the belly area.

CUT A: The first cut breaks the fish in half. This cut should be made directly behind the depression so you don't cut into the belly cavity.

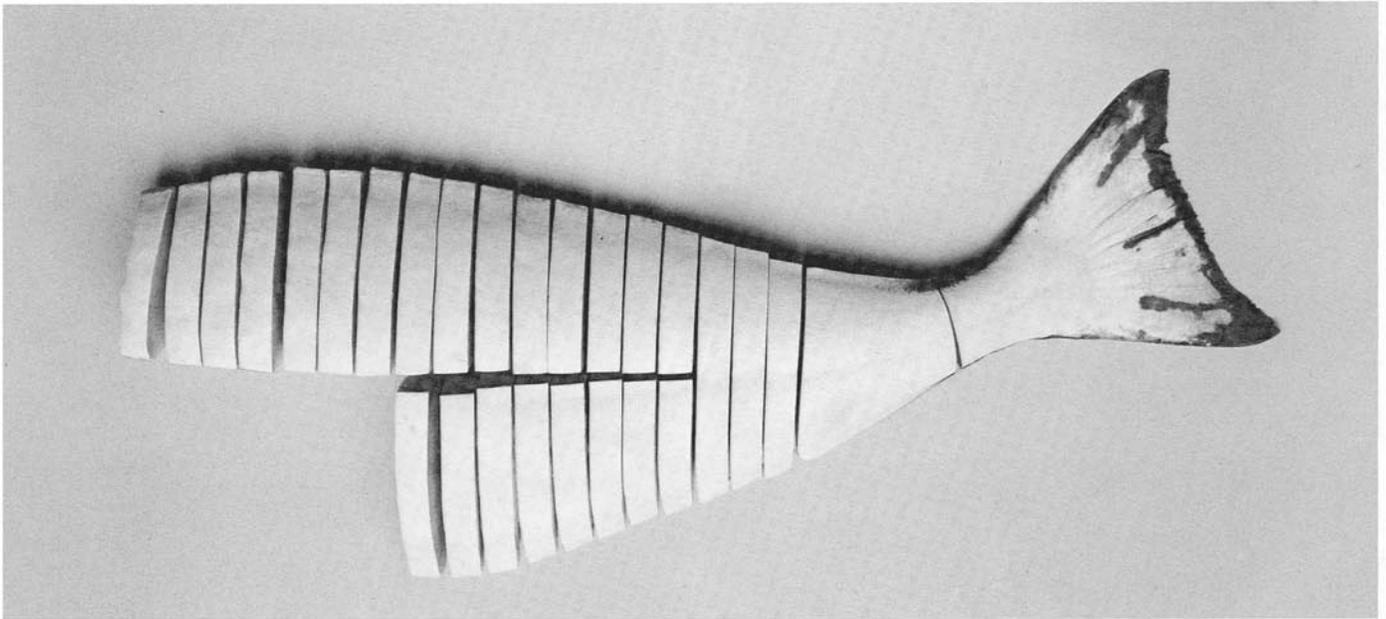


2

Next, remove the belly, which can be discarded or thawed and filleted.

CUT B: Cut along just underneath the backbone to remove the belly.

CUT C: Next, make a cut perpendicular to the belly cut directly after the cartilage in the tip.



3

Now slice the fish vertically for halibut steaks. The remaining fish is sold as a roast.

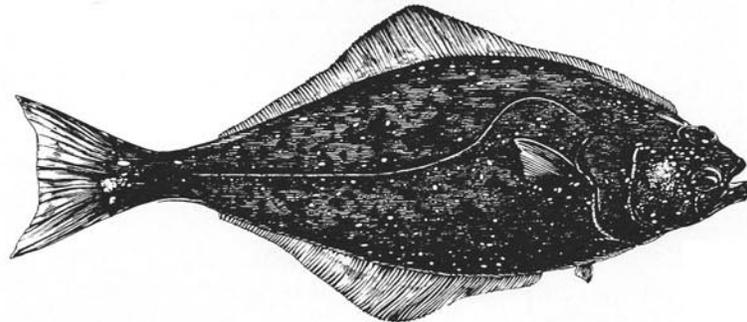
CUT D: Cut steaks approximately $\frac{3}{4}$ " to 1" thick.

CUT E: If smaller steaks are desired, make this horizontal cut.

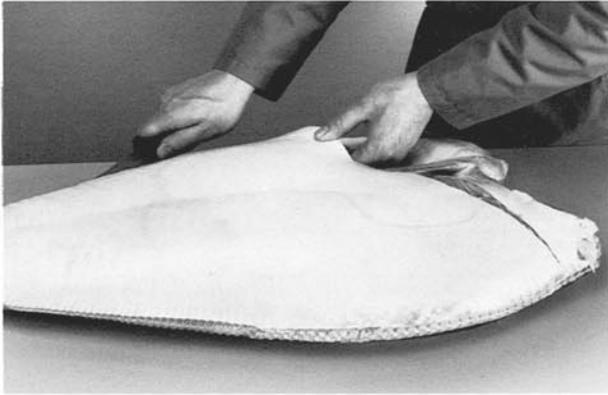
CUT F: Remove the tail. The remaining roast is usually 1-1½ pounds.

You can use trim pieces for stock, kabobs or fish and chips.

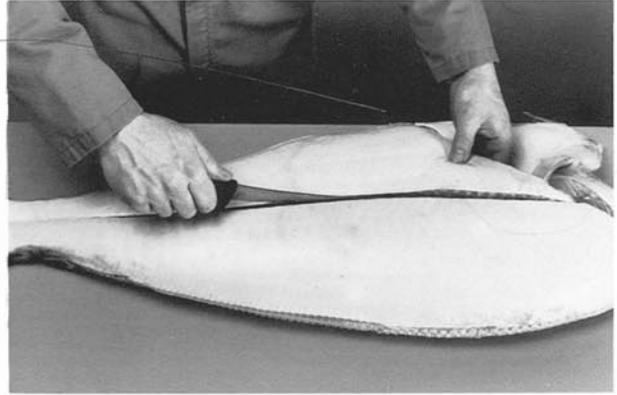
ALASKA
HALIBUT



HOW TO FLETCH A HALIBUT



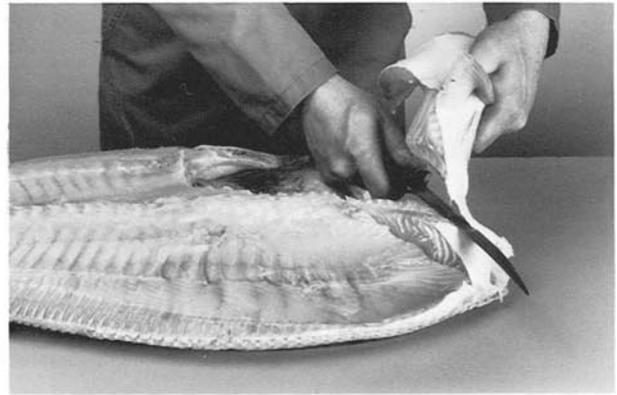
1. Cut around the perimeter above fins.



2. Cut on lateral line, clearly visible on both sides of fish. Cut down to spine.



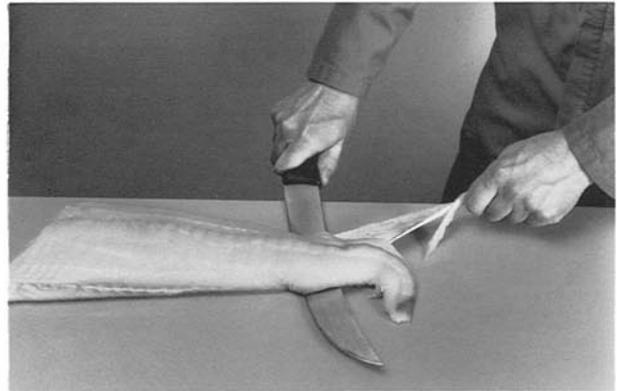
3. Starting from the tail, cut meat from bone with small slices from outside to the spine.



4. Cut nape from the fish.



5. Trim fat from fletch.



6. Knife under fletch to remove skin from tail to the nape. (Press the knife down hard on the skin.)

Repeat entire fletching process on other side of fish to produce a total of four fletches per halibut.



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