FLOUNDER, SOLE, AND OTHER FLATFISH

MORE THAN 10 SPECIES ARE HARVESTED, WITH THE LARGEST IN VOLUME BEING:

- **Yellowfin Sole**: 276 mil lbs (~125k MT)
- **Arrowtooth Flounder**: 71 mil lbs (~32k MT)
- **Rock Sole**: 54 mil lbs (~25.5k MT)
- **Flathead Sole**: 38 mil lbs (~17k MT)
- **Alaska Plaice (BSAI)**: 34 mil lbs (~15.5 MT)

Due to the varied types of flatfish available in Alaska waters, STATE AND FEDERAL AGENCIES COLLABORATE and divide the species into management groups based on habitat and distribution. Quotas are set for each species and allocated among fishermen. This quota is determined from the previous year's catch data and in-season monitoring through record-keeping, detailed reporting requirements, and observer monitoring. With these detailed schemes in place, Alaska's fishery MANAGERS ENSURE FLATFISH WILL be SUSTAINABLY HARVESTED for GENERATIONS TO COME.

**CERTIFIED**

Nearly all Alaska flatfish are certified under two independent certification standards for sustainable fisheries:
- **ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)**
- **MARINE STEWARDSHIP COUNCIL (MSC)**

**SUSTAINABILITY**

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**ECONOMY**

- **flatfish jobs**: ~1200
- **flatfish vessels**: ~65

**FAO 67**

FAO 67: The world's boundaries of the major fishing areas established for statistical purposes.

**GEAR TYPE**

- **bottom trawl**

Trawlers use sophisticated devices to detect and identify fish underwater, allowing vessels to avoid catching non-targeted species and determine where to tow the gear in relation to the fish and the ocean floor. Vessels tow the net just above the ocean floor using rollers to avoid harming the habitat.

**PRODUCTS**

- **FRESH**
  - HEG
  - ROUND

- **FROZEN**
  - HEG
  - HEG/T
  - ROUND

**HARVEST PROFILE**

<table>
<thead>
<tr>
<th>Harvest Season</th>
<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
<th>APR</th>
<th>MAY</th>
<th>JUN</th>
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<th>SEP</th>
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<tbody>
<tr>
<td><strong>Gulf of Alaska</strong></td>
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<td><strong>Bering Sea</strong></td>
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**Source:** NOAA
**Fun Fact**

The various names used to describe flatfish (sole, flounder, turbot, plaice) have varying etymologies, but all mean the fish is a flatfish!

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**Cooking Profile**

- **Method**: Poaching, steaming, sautéing
- **Forgiving and Versatile**: Lean and appealing

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**Wild Habitat**

- Flathead Sole
  - *Hippoglossoides elassodon*
- Rock Sole
  - *Lepidopsetta polyxystra*
- Greenland Turbot
  - *Reinhardtius hippoglossoides*
- Alaska Plaice
  - *Pleuronectes quadrituberculatus*
- Arrowtooth Flounder
  - *Atheresthes stomias*
- Rex Sole
  - *Glyptocephalus zachirus*
- Yellowfin Sole
  - *Limanda aspera*

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**Nutrition**

**Alaska Flatfish is packed with lean, high quality protein.**

- **3.0 oz. of Flatfish**
  - **13 g Protein**
  - **255 mg Omega 3s DHA & EPA**
  - **3.0 mcg Vitamin D (20% DV)**
  - **28 mcg Selenium (51% DV)**

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**Benefits of Complete High Quality Protein**

- Build and maintain lean body mass
- Regulation of metabolism
- Improved satiation—leading to lower intake and possible weight loss
- Stronger muscles, resulting in greater mobility, strength, and dexterity

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**Recipes**

- *Alaska Sole Piccata with Lemon Butter Sauce*
- *Alaska Sole Florentine*
- *Pan-Steamed Alaska Seafood Marseilles*
- *Pan-Seared Alaska Sole with California Raisin Mousseline*
- *Quinoa stuffed Alaska Sole*

Find these and more at WILDALASKASEAFOOD.COM/RECIPES

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**Gastronomy**

**Delicate • Tender • Mild • Flaky**

“Alaska sole lends itself incredibly well to many preparations. We love wrapping the white fillets around herbs and roasting them gently then saucing with light butter sauces. Or cooking it whole in a brick oven over branches of dried fennel and bay for a festive table side presentation.”

**Chef Vitaly Paley**

Headwaters | Portland, Oregon

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**The Flatfish:**

- Combined, Alaska flatfish account for the third largest landings by volume from Alaska waters.
- All flatfish have both eyes on once side of their head so they can see even when buried on the seafloor, but which side their eyes are on varies by species.
- Though they begin life eating plankton, as they mature they feed on small fish and crustaceans on the ocean floor.

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**Flatfish**

Start life shaped like normal fish, but flatten within a few weeks of hatching.

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**Wild Habitat**

Alaska Plaice
- *Pleuronectes quadrituberculatus*

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**The High Protein Content of Wild Alaska Flatfish is easily digestible, and has all nine amino acids the body can't produce itself—a complete protein of the highest quality.**

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**Alaska Seafood Marketing Institute**

- **Website**: www.alaskaseafood.org

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