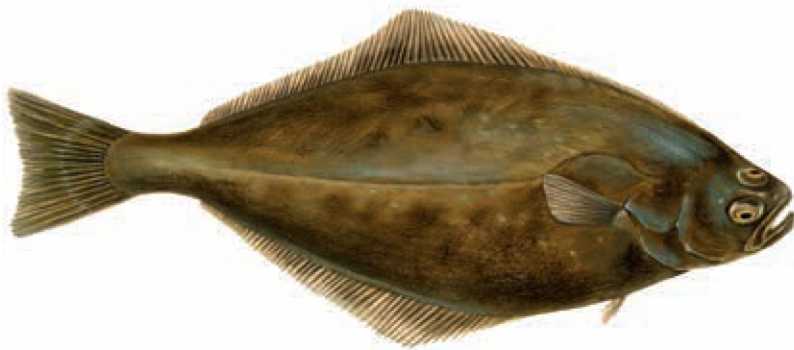


Atlantic halibut



Ten-thousand-year-old rock carvings from Stone Age settlements along the Norwegian coast bear witness to how our ancestors honoured halibut. They called it the "holy fish" or the "fish god", and the fisher population believed the halibut was a personification of the Norse god Balder.

Biology

Halibut is the largest bony fish found in Norwegian waters. The flat body has a small tail and a small head, and both eyes are located on the right side of the head. The underside of its body is white and the upper side is brown-grey, although this colour changes according to its surroundings. Atlantic halibut lives on both sides of the North Atlantic for up to 60 years of age, with young halibut living in shallow areas along the coast and older ones surviving in waters as deep as 2,000m.

Halibut tends to stay in one place, spawning within a very limited area between December and March. The female may spawn up to 7 million eggs, either on or near the seabed. After about 18 days, the eggs rise and hatch, revealing larvae resembling a normal fish body. Within a short time, however, the halibut gravitates to the seabed again where they gradually undergo a so-called eye migration and are transformed into flatfish.

Farming

Halibut production is only being carried out by a limited number of firms in Norway. Production begins on land in large tubs, where the eggs hatch after 10 days and the fry starts out by living off the yolk sac on their stomachs. Thereafter, they switch to eating live crustaceans before gradually moving on to dry feed. When they have reached a certain size, they are moved to large tubs at facilities on land, or to flat-bottomed ocean pens with special shelf systems where the fresh seawater is being held at a cool, stable temperature. Here, they remain for three to four years, until they have reached their market-ready weight of 6-7kg.

Fishery

Fishing for halibut takes place along the Norwegian coast and in the fjords and is carried out with bottom-set gillnets, trawls and lines. It is prohibited in the period between December 20th and March 31st, except for fishing with hook-and-line gear north of 62°N.

Species

Hippoglossus hippoglossus – Atlantic halibut

Family

Pleuronectidae – Flounder family

Products

Fresh (steaks, fillets and whole fish)
Frozen (steaks, fillets and whole fish)

Size

Wild halibut (females) can be over 3.5m and weigh close to 300kg. The males can be up to 50kg. Farmed fish: 6–7kg

Range

Wild fish: Young halibut live near the coast in relatively shallow water; large halibut are found both in fjords and at sea.
Farmed fish: Farmed halibut mature in pens along the Norwegian coast.

Season

Fishing for halibut is prohibited between 20 December and 31 March, except for hook-and-line gear north of 62°N.
Farmed halibut is available the entire year.

Feeds on

Halibut is a predatory fish which eats bottom-dwelling fish and pelagic fish.

Names in other languages

Latin: *Hippoglossus hippoglossus*
Norwegian: Kveite
English: Atlantic halibut
French: Flétan de l'Atlantique
German: Heilbutt
Danish: Helleflynder
Spanish: Halibut
Finnish: Ruijanpallas
Greek: Hippóglossa
Italian: Halibut
Icelandic: Flyðya
Japanese: オヒョウ
Dutch: Heilbot
Portuguese: Alabote-do-Atlântico
Polish: Halibut
Swedish: Hälleflundra
Serbo-Croatian: Konsiski jezik
Russian: Атлантический белокорый палтус
Chinese: 大西洋庸鲽
Arabic: سمك الهلبوت الأطلسي



Sustainability

Atlantic halibut fishing is not quota-regulated, and the catching of halibut often occurs as by-catch when fishing for other species. It is, however, heavily regulated: the halibut must be at least 80cm in length and the mesh size of the nets cannot be smaller than 47cm. The winter prohibition protects halibut from being fished during the spawning period, when they gather in large groups, making themselves vulnerable to exploitation. The halibut stock along the Norwegian coast, both north and south of 62°N, is considered strong and plentiful.

Farming of Atlantic halibut is mainly regulated by the Norwegian Aquaculture Act, which specifies that aquaculture is to be established, conducted and closed down in an environmentally responsible manner. Aquaculture is supervised by several authorities, such as the Norwegian Food Safety Authority, the Norwegian Directorate of Fisheries, the Norwegian Coastal Administration, the County Governor and the Norwegian Water Resources and Energy Directorate.

Food safety/quality control

The Norwegian seafood industry is subject to stringent requirements to ensure food safety. Checks are done throughout the entire food chain to ensure good quality of the fish, with the authorities laying down health and safety regulations that are supervised by the Norwegian Food Safety Authority, the Norwegian National Institute of Nutrition and Seafood Research (NIFES), the Norwegian Directorate of Fisheries and the Norwegian Ministry of Trade, Industry and Fisheries.

Nutritional content

Halibut is especially rich in:

Protein, which builds and maintains all the cells in the body.

Vitamin D, necessary for the right calcium balance in the body and which helps to maintain and strengthen the skeleton.

Vitamin B₁₂, important for the body's production of new cells, including red blood cells, and which helps prevent anaemia.

Selenium, an important element in the enzymes that combat harmful chemical processes in the body.

How to use Atlantic halibut

The halibut has large bones which are easy to remove. The flesh provides thick, white fillets with a meat-like consistency, and even the skin is tasty and healthy to eat. The firm, flaky flesh makes it a versatile seafood product, it can be boiled, steamed, grilled, fried or baked.

You can read more about halibut here:

<http://www.imr.no/temasider/fisk/kveite/kveite/nb-no>



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Nutritional content

Nutritional content in 100g raw Atlantic halibut (edible portion):

Energy: 515kJ / 123kcal

Nutrients:

Protein:	17g
Fat:	6.1g
Saturated fatty acids:	1g
Trans unsaturated fatty acids:	0g
Cis-mono unsaturated fatty acids:	3.1g
Cis-poly unsaturated fatty acids:	1.2g
Omega-3:	1g
Cholesterol:	50mg

Vitamins:

Vitamin A:	17RAE
Vitamin B ₁₂ :	0.7µg
Vitamin D:	9.7µg
Riboflavin:	0.05mg
Folate:	7µg

Minerals:

Iron:	0.2mg
Selenium:	60µg
Iodine:	10µg

More information about nutritional content can be found at:

sjomatdata.nifes.no

Source:

<http://www.matvaretabellen.no/fisk-og-fiskeprodukter-g4.1/kveite-hellefisk-raa-04.014>