CHEEKY FISH

HALIBUT CHEEKS, which are cut from the fish’s head near and around the lower eye. Many describe them as somewhat like scallops in both texture and shape, and they provide a sweet and luxurious flavor. Also like scallops, they take particularly well to grilling, roasting, and pan-frying and cook quickly. Cheeks vary in size depending on the size of the halibut. They range from a small size (like a scallop) to larger sizes (like a burger patty). They are a seafood-lover favorite so grab them whenever you see them!

SUSTAINABILITY

In Alaska, protecting the future of both the halibut stocks and the environment takes priority over opportunities for commercial harvest. Halibut management in Alaska is a collaborative process, in which the International Pacific Halibut Commission (IPHC) assesses stocks and sets catch limits annually. From these limits, the North Pacific Fishery Management Council (NPFMC) allocates quota to fishermen. For nearly 100 years, the IPHC has set sustainable catch limits to ensure WILD ALASKA HALIBUT ARE AVAILABLE in ALASKA for GENERATIONS TO COME.

CERTIFIED

The Alaska halibut fishery is certified under two independent certification standards for sustainable fisheries:

- ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)
- MARINE STEWARDSHIP COUNCIL (MSC)
**GASTRONOMY**

**MILD BUT FLAVORFUL**

“Halibut is one of my favorite Alaskan fish to work with because of its VERSATILITY, and long season. From Spring to Fall, it pairs well with nearly everything out of the garden!”

CHEF TRAVIS HAUGEN
Southside Bistro | Anchorage, Alaska

**FUN FACT**

HALIBUT PRODUCE 4 FILLETS AND ARE COMPOSED OF A HIGHER PERCENTAGE OF MUSCLE THAN MOST FISH.

THIS COMBINED WITH THEIR SIZE MAKES THEM ONE OF THE HIGHEST YIELDING INDIVIDUAL FISH AVAILABLE!

**COOKING PROFILE**

**METHOD** Baking, grilling, searing, sautéing, steaming

**LEAN AND MEAN** Do not over cook or overhandle

**WILD HABITAT**

The Pacific Halibut:

- Females can grow to be over 8 feet long and weigh over 500 lbs.
- A long-lived species with a lifespan of up to 55 years
- Like flounder and sole, they are flatfish with two eyes on one side of their head
- Nearly all halibut have their eyes on the right, but 1 in 20,000 will have them on the left

DUE TO THEIR STAGGERING SIZE, Alaska halibut are often referred to as ‘barn doors’ by the fishermen responsible for hauling them up!

**NUTRITION**

PACIFIC HALIBUT IS PACKED WITH LEAN, HIGH QUALITY PROTEIN.

<table>
<thead>
<tr>
<th>3.0 oz. of PACIFIC HALIBUT</th>
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<tbody>
<tr>
<td><strong>19 g</strong> PROTEIN (38% DV)</td>
</tr>
<tr>
<td><strong>201 mg</strong> OMEGA 3s DHA &amp; EPA</td>
</tr>
<tr>
<td><strong>5.0 mcg</strong> VITAMIN D (33% DV)</td>
</tr>
<tr>
<td><strong>47 mcg</strong> SELENIUM (85% DV)</td>
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DV = Daily Value // 3.0 oz = 85g
Source: USDA Standard Reference Release 28

THE HIGH PROTEIN CONTENT OF WILD ALASKA HALIBUT IS easily digestible, and has all nine amino acids the body can’t produce itself – a complete protein of the highest quality.

**34° Se**

Benefits of Selenium

- Acts as a powerful antioxidant
- Prevents cognitive decline
- Vital for thyroid health
- Boosts the immune system
- May reduce risks of cancers
- May protect against heart disease

**Recipes**

Seared Halibut with Pickled Blueberries | Alaska Halibut Chili
Miso Alaska Halibut with Soba Noodle Stir-fry | Lemongrass-poached Alaska Halibut
Find these and more at WILDALASKASEAFOOD.COM/RECIPES

ALASKA SEAFOOD MARKETING INSTITUTE | WWW.ALSKASEAFOOD.ORG