

ROYAL GREENLAND
GREENLAND HALIBUT FILLET, SKIN-ON, MSC
300-500G, 5 KG, FROZEN

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Species	Reinhardtius hippoglossoides
Item number	121113515
Net weight incl. glaze	5500 g
Net weight excl. glaze	5000 g
Glaze (%)	8 - 12
Shelflife (days)	720
Storage	Frozen
MSC certificate no.	MSC-C-57420

NUTRITIONAL VALUES

Energy	682 kJ / 164 kcal
Fat	12 g
- of which saturates	2.4 g
Carbohydrates	0 g
- of which sugars	0 g
Protein	14 g
Salt	0.2 g

ALLERGENS

Fish

CASE DETAILS

Sales unit	Case
Gross weight (kg)	5.5
Net weight (kg)	5
Height (mm)	138
Width (mm)	300
Length (mm)	400
EAN no.	5740301169833

PALLET DETAILS

Cases in UK/US pallet	120
Cases in one pallet layer	10
Layers in one pallet	12
Gross weight (kg)	686
Net weight (kg)	600
Height (mm)	1782
Width (mm)	1000
Length (mm)	1200

LANGUAGES

FR, DK, DE, CHN, IT, EN

Greenland halibut has a sweet and buttery umami flavour and a soft, pleasant texture. The meat is very white and the flavour fully developed, due to the slow growth in the ice-cold waters of the North Atlantic and Arctic Oceans. Greenland halibut has a high natural content of the healthy omega-3 fatty acids (2.36 g/100 g) and potassium.

The fillets are uniform in quality and appearance. They are versatile in use either as whole fillets or easily cut into smaller portions ideal for buffets.

INGREDIENTS

Greenland halibut fillets (**fish**). Water (protective glaze)

SERVING

Greenland halibut is easy to handle in the kitchen; it adapts flavours from marinades and spices very well, is easy to cook and never goes dry, even when slightly overcooked.

COOKING INSTRUCTIONS

Defrost in refrigerator and prepare in oven at low heat or on pan at moderate heat.

CATCHING GEAR

Trawls

CATCHING AREA

Northwest Atlantic (FAO 21)