

ROYAL GREENLAND
GREENLAND HALIBUT
FILLET, INTERLEAVED, MSC

200-400G, SKINLESS, 2 X 15 LBS (2 X 6,804 KG), FROZEN



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**).

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

Prepare in oven at low heat or on pan lightly dusted medium heat

THAWING INSTRUCTIONS

Defrost in refrigerator at max 5°C

CATCHING GEAR

Trawls

CATCHING AREA

Northwest Atlantic (FAO 21)

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Species	Reinhardtius hippoglossoides
Item number	121135201
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

Units in one case	2
Sales unit	Case
Gross weight (kg)	14.2
Net weight (kg)	13.6
Height (mm)	125
Width (mm)	260
Length (mm)	490
EAN no.	5740301144991

UNIT DETAILS

Gross weight (kg)	7.071
Net weight (kg)	6.804
Height (mm)	60
Width (mm)	250
Length (mm)	480
EAN no.	5740301144984

LANGUAGES

FR, ES, NL, FI, DK, IT, DE, EN