

ROYAL GREENLAND

GREENLAND HALIBUT FILLET, SKINLESS, MSC

200-400G, 5 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**). 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

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 | 121135251 |
| 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. | 5740301145066 |

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, EN, DE, DK, IT