

# Halibut Steak

*Reinhardtius hippoglossoides*



- Origin: Greenland
- Method of Capture: Longline
- Seasonality: June ~ November
- Shelf Life: 24 months (Frozen)
- Pack: IVP, IWP
- Form: Skin on, Bone in, Glazed
- Thawing Method: Place under running water until thawed.  
Do not leave soaking in water.
- Cooking Method: Baking, Steaming, Pan-frying, Broiling, Grilling



Steak size (NW)	Case NW	Units per Case
*135-175gm (4-6 oz)	10 KG (22Lbs)	57-74
*175-230gm (6-8 oz)	10 KG (22Lbs)	43-57
*240-290gm (8-10 oz)	10 KG (22Lbs)	34-41
*290-360gm (10-12 oz)	10 KG (22Lbs)	27-34

**THICK CUT**  
**3 CM**

**MEDIUM CUT**  
**2 CM**

**THIN CUT**  
**1 CM**

