



## Atlantic Halibut

**Hippoglossus hippoglossus**

Halibut is the largest of the flounder fish, long, with a large mouth and powerful tail fin. The halibut has a grey eye side and a white blind side. The young fish can be found on the coast and in relatively shallow water, while bigger halibut usually keep to depths of 1,000 to 6,600 feet. Spawning occurs during late winter in deep water along the Norwegian coast.

Halibut is a species that is very vulnerable to over fishing; it is attached to one locality, grows slowly and reaches maturity late. Today farming of halibut ensures a steady, high-quality access to the market. The meat is white, firm and savoury. Halibut that is cut into thin strips and dried is called 'rekling and is considered a delicacy.

### **Nutritional Content**

The fat content of halibut varies but it usually contains about one gramme of Omega 3 fatty acids per 100 g filet and is a good source of vitamin D. Halibut is an excellent source of protein and is rich in selenium.

