

Turbot

Scophthalmus maximum



Turbot is most often found in fjords in Southern and Western Norway and along the coast northwards to Trondelag. It is a flat and almost circular member of the Scophthalmus family.

The turbot lives in tidal areas and all the way down to a depth of 262 feet, on soft, sandy or pebbly beds. It is often found partly buried for camouflage and cover. It is an active hunter which when full grown, mainly nourishes itself on other fish. The turbot has its eye side to the left, and has large bony lumps on its dorsal side. It can weigh up to 25 kg, it is the next largest in the flatfish family.

In Norway, intense research is being carried out to ascertain whether turbot can be suited to aquaculture.

Turbot meat is fat and white, and as a highly valued fish, it is considered by many to be the finest fish for human consumption.

Nutritional Content

Turbot is rich in protein and also provides a copious supply of selenium. Fat content differs to some extent, but the fish usually contains about one gramme of Omega 3 fatty acids per 100 g of fillet.

