

Fun Fish of the Month

SUSTAINABLY SOURCED BY SEATTLE FISH CO.



Greenland Turbot

Available through the month of June 2022

Scientific name: *Reinhardtius hippoglossoides*

SFC sources it from: *Niceland Seafood in Iceland (MSC-Certified)*

First PO: *Friday, June 3rd*

Fun Facts:

- ✓ Greenland Turbot is part of the right-eye flounder family, which contains the Atlantic and Pacific Halibut. However, in the USA it has to be sold as "Greenland Turbot" due to FDA regulations.
- ✓ They look similar to Atlantic Halibut except for having a straight lateral line and being smaller in size.
- ✓ Iceland catches decent quantities of the species as a bycatch from March through August, so it can be sold fresh vs refreshed.
- ✓ Greenland Turbot feed on prawns, fish and squid at average depths of 500 to 1000 meters but can be found at depths up to 2,200 meters.

Cooking:

- ✓ Its diet of sweet creatures gives it a sweet, yet mild flavor similar to halibut, but with a more delicate and soft texture, and snow white appearance both raw and cooked.
- ✓ It is more similar to Halibut in texture, but more delicate and flakey (like a cross between cod and flounder). Firm, but not too dense.
- ✓ Niceland suggests pan-searing the fish as the best cooking method, but it can also be steamed, baked, broiled or served raw.
- ✓ This fish holds a good portion of its healthy fat between the skin and fillet.

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