

ROYAL GREENLAND
GREENLAND HALIBUT LOIN, SKINLESS
100-120G, 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 loin is cut from the dorsal part of the fillet, which is also the thickest and leanest part. Greenland halibut loins are very uniform in size and shape, making them ideal for portion servings and a la carte.

INGREDIENTS

Greenland halibut loins (**fish**). Water (protective glaze). A few bones may remain.

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

Seines, Hooks and lines, Gillnets and similar nets, Trawls

CATCHING AREA

Northwest Atlantic (FAO 21), Northeast Atlantic (FAO 27)

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Species	Reinhardtius hippoglossoides
Item number	121184520
Net weight incl. glaze	5500 g
Net weight excl. glaze	5000 g
Glaze (%)	8 - 10
Shelflife (days)	720
Storage	Frozen

NUTRITIONAL VALUES PER 100G

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

MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	5.4
Net weight (kg)	5
Height (mm)	137
Width (mm)	299
Length (mm)	398
EAN no.	5740301035817

PALLET DETAILS

Masters in EUR 1/1 pallet	96
Masters per layer	8
Layers per pallet	12
Gross weight (kg)	540.4
Net weight (kg)	480
Height (mm)	1789
Width (mm)	800
Length (mm)	1200
EAN no.	5740301054993

LANGUAGES ON LABEL

IT, FI, SE, DK, ES, NL, DE, FR, EN