

Meet Fillet Royal

We invited chefs from multiple countries to work with our Greenland halibut. The feedback was clear, the quality of the fish is excellent, but can you help us with the prep work?

Based on their recommendation we have developed a convenient product that is even more fit for busy kitchens because it is:

- **Pre-portioned**: Cut into equal pieces from the thickest part of the fillet
- Serving size: **2 uniform sizes**: 90-120 g or 120-150 g
- **No kitchen waste**: no offcuts, only uniform meat
- No skin or bones
- **Easy to cook**: Greenland halibut does not dry out, even when slightly overdone
- IQF packed: Easy to store and use continuously
- Certified **sustainable** by MSC
- Fished and processed in West Greenland



Comments from the chefs*:

"It is really easy to work with – both for preparation and cooking"

"The mild flavour makes it great for adapting spices and marinades, it can be used for both traditional and modern recipes"

- "The quality of the frozen fish is really good
- it feels just like a fresh fish"

It is important for me that it is also fished sustainably"



About Greenland halibut

Greenland halibut is becoming increasingly popular for its snow-white meat, succulent, mild flavour and versatility in the kitchen. It has a high natural content of the healthy omega-3 fatty acids (2.36 g/100 g) and potassium.

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 overdone.

This Greenland halibut origins from our own fisheries and processing locally in West Greenland.







Fillet Royal, Greenland halibut 90-120 g, IQF 5 kg, Net weight excl. Glaze Art.nr. 121 135 151

Fillet Royal, Greenland halibut 120-150 g, IQF 5 kg, Net weight excl. Glaze Art.nr. 121 135 152