

REINHARDTIUS  
HIPPOGLOSSOIDES

# GREENLAND HALIBUT



BY APPOINTMENT TO THE ROYAL DANISH COURT

**Royal Greenland®**





Greenland halibut, (*Reinhardtius hippoglossoides*), is a large flatfish found in the North Atlantic and Arctic Oceans, especially in Greenland, Iceland and Northern Norway. Here, it thrives in the ice-cold, clear depths of the vast fiords as well as in the open sea. The cold environment makes it grow very slowly, which intensifies the flavour.

Greenland Halibut primarily lives near the bottom, but unlike other flatfish it is also found pelagically. It is a ferocious predator and eats almost anything from shellfish to other Greenland halibut. It can grow up to 45 kg, but the normal catching size is 1,5-6 kg. Greenland halibut is often confused with Atlantic

halibut, but it is a totally different species. Greenland halibut is a fatty fish with a high content of Omega-3 and a tender texture, whereas Atlantic halibut is lean and quite firm.

Royal Greenland's Greenland halibut comes from the northernmost parts of the Atlantic and Arctic Ocean, where it is caught in the oceans around Greenland, Norway and Eastern Canada with either offshore trawl or inshore with line or nets. There is a century's long tradition for fishing for Greenland halibut in Greenland and many small communities are dependent on it as a source of income and food during the long, harsh winter months.





## Frozen at Sea

Frozen at Sea Greenland halibut is of exceptional quality. The fish is caught by our own trawlers operating the seas around Greenland, fishing far from shore. The fish are hauled onboard, graded, sorted, headed/gutted and frozen directly in the on-board factory – all within a matter of a few hours. The fish are sold as whole fish, j-cut or fillets, but is also used as raw material for processing elsewhere. The very short and fast process from catch to frozen product provides fish of excellent fresh quality.

## Smoked

Greenland halibut is excellent for smoking and is a great alternative to smoked salmon. The rich meat works perfectly with the deep, full flavours provided by smoke. Royal Greenland's smokehouse in Hirtshals, Denmark, smokes the fish over glowing beech embers. Both cold and hot smoked varieties are available in whole side, sliced and portioned.

## Fillets

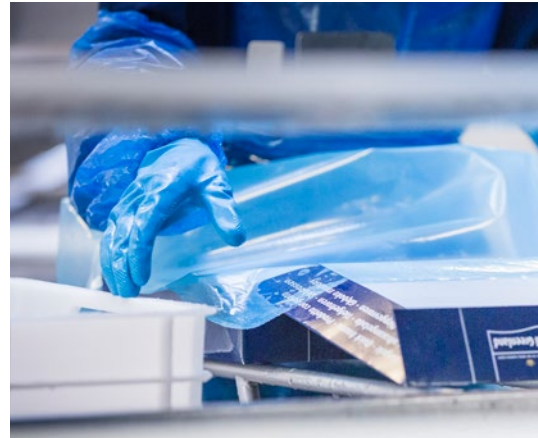
Greenland halibut is filleted in our production units on the west coast of Greenland, where catch from both our seagoing fleet of trawlers fishing offshore and from local, independent fishermen fishing inshore is landed. At the factories each fish is graded upon arrival before it is expertly filleted, packed and frozen.

The offshore fishery for Greenland halibut has been awarded with an MSC certification, enabling Royal Greenland to deliver finely trimmed, skinless fillets with the acknowledged blue MSC seal.

## Special cuts

Royal Greenland offers a range of loins, portions and other specialized cuts. These can be based on the raw material from our off-shore fishery or from inshore fishery, cut and packed to specification at our trusted partner's processing facility in Koszalin, Poland.







### Culinary Qualities

Greenland halibut offers snow-white, moist and tender meat. It provides a mild and creamy flavour with hints of sweetness and umami. It is a fatty fish and thus has a fat content of around 15%, providing a similar level of Omega-3 as salmon. The mild fish takes on spices and strong flavours very well as the fattiness provides robustness and depth.

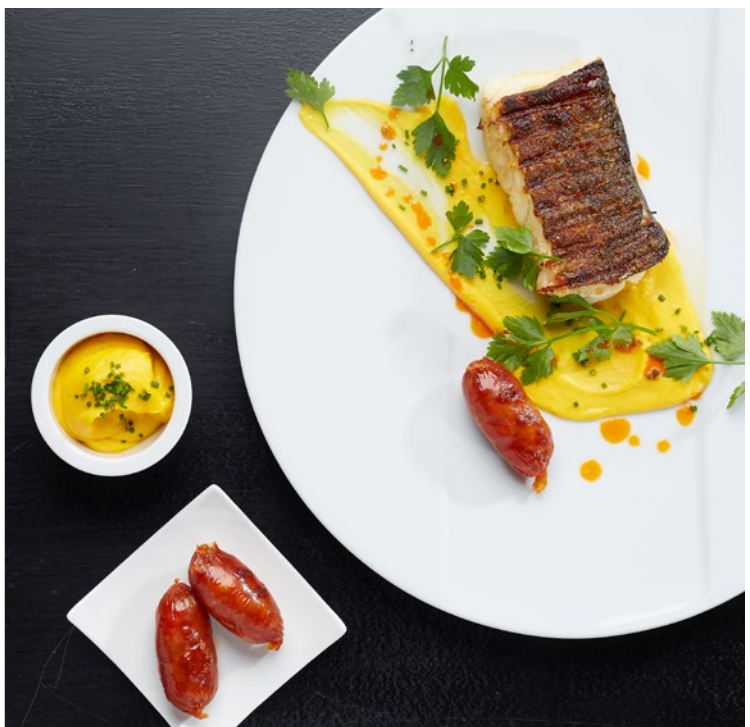
### Flavour matches

The sweet, rich fish can be kept in balance by pairing it with sour or bitter ingredients as cabbage, spinach, pickles or red currants. The juicy and tender fish sparkles when paired with crispy elements. Smoking the Greenland halibut takes the top off the fattiness and adds character.

### Cooking tips

One of the great advantages of the Greenland halibut is that it never goes dry. It can be prepared in the oven, steamed, fried, grilled or smoked. Some care has to be taken due to the softness of the fish when panfrying or grilling – choose skin-on filets or loins for this purpose and cook on the skin side.







Whole fish,  
cut to specifications



Filet,  
packed interleaved or IQF



Loins, with or without skin  
and packed IQF



Smoked & marinated, both  
cold and hot smoked varieties

