

# Pacific Halibut

## **Fish Watch** *U.S. Seafood Facts*



*Pacific halibut populations are healthy. They are not overfished, and overfishing is not occurring.*

*Pacific halibut is managed by a treaty between the U.S. and Canada through recommendations of the International Pacific Halibut Commission.*

*Halibut is low in saturated fat and sodium and is a very good source of protein, niacin, phosphorus, and selenium.*

*A total of 97 percent of all halibut landed in the U.S. in 2005 were Pacific halibut.*

**Get the facts**  
***fishwatch.noaa.gov***

# Potato Crusted Halibut

## Ingredients:

6 filets of Halibut (6 oz. each)  
3 eggs, whisked with 2 oz. water  
2 cups of all natural dehydrated potato flakes  
1/4 cup finely chopped corn flakes  
2 pinches of fresh chopped rosemary  
2 pinches of fresh chopped thyme  
salt and pepper  
4 oz. canola oil  
Juice of one lemon



Combine potato and corn flakes with the herbs, season with salt and pepper. Season the fish, then dip fish, flesh side only, into whisked eggs. Place that side into the flake mixture and press gently. In a large skillet, heat the oil over high heat for 30 seconds to a minute. Place the fish, potato crust side down, into the oil. Allow the crust to turn golden brown (about 2-3 minutes), then lower the heat to medium and gently flip the fish. Allow to cook for 2 more minutes, squeeze lemon into pan, but not onto fish, and gently swirl.

Make informed seafood buying choices.  
Go to [fishwatch.noaa.gov](http://fishwatch.noaa.gov) and get the facts.

