



**GREAT NORTHERN
PRODUCTS, LTD.**

CANADIAN TURBOT

Reinhardtius hippoglossoides (Greenland Halibut)



Warehouse Specifications:

Master Case Dimensions:

Gross Weight:

Pallet Configuration:

Nutritional Value:

Per 100gram serving size

Calories (kcal)

Total Fat

Saturated

Monounsaturated

Polyunsaturated

Cholesterol

Sodium

Total Carb

Dietary Fiber

Sugars

Protein

Vitamin A

Vitamin C

Calcium

Iron

General Information:

The physical aspects of this fish more closely resemble its relative, the Atlantic halibut, than the European turbot (*Psetta maxima*), but for reasons too numerous to explain, the species must be marketed in the United States as "Greenland turbot" (so as not to confuse it with Pacific halibut) and in Europe as "Greenland halibut" (so as not to confuse it with true turbot).

Latin Name:

Reinhardtius hippoglossoides

Fishing Season:

Fishing Seasons vary for region to region but the majority of turbot is caught from April-October in the Canadian Maritimes. There are many offshore quotes in the Aortic and Norway who produce FAS Fish.

Average size and Weight:

Canadian Turbot range in size from 24" - 4ft and fish weighing in excess of 150# have been caught.

Product Available / Frozen & Fresh

Fresh Fillets April-September

Frozen Fillets Graded 4/8oz 8/16oz
16oz+

Frozen (H&G) Headed & Gutted Fish

Frozen (HOG) Head-on Gutted Fish

Sensory Characteristics:

Mild white fish that is sweet and has a moist almost oily texture. Perfectly suited for a variety of recipes and cooking applications. It is a choice of chefs worldwide.

COOL: Wild caught, Canada & Norway

Ingredients: Turbot

Quality Control: HACCP & CFIA approved



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