



SANTA MONICA
SEAFOOD®
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Cortez Halibut



CHARACTERISTICS

The Cortez Halibut yields firm fillets with a mild, delicious flavor.

Alternatives include Pacific Halibut, Atlantic Halibut, Dover or Petrale sole.

FOR YOUR MENU

Like Pacific Halibut, Cortez Halibut is a very versatile fish. It tends to be a bit on the leaner side, so although it works with a variety of cooking applications, be careful not to overcook or it may dry out.

FOR YOUR WAITSTAFF

Celebrate this delicious fish and pair it with a fantastic white wine.

FOR YOUR RETAIL DISPLAY

A great option for customers looking for a milder fish to grill - Cortez Halibut is nice and firm, but not as meaty as other grilling favorites.

Species Name:

Paralichthys aestivalis

Sustainability Rating:



Red - Avoid

What:

Mexican Halibut - a delicious flat fish from Mexico.

When:

Available Year-Round

Where:

Mexico

How:

Wild caught; longline