Halibut is known for its sweet taste and firm, flaky texture and maintains its shape and texture during cooking. This makes it an excellent choice for baking, broiling, grilling, poaching or steaming. Prepare halibut with herbs, spices and sauces ranging from basic to more elaborate pairings. Halibut is a great source of vitamins and minerals important for a strong metabolism and healthy heart and nervous system. Low in saturated fat and sodium, halibut is both smart and delicious eating.

Why Choosing Sustainably Harvested Halibut is Important

Halibut fisheries that are not certified by the Marine Stewardship Council typically use a type of net and method that results in environmentally damaging bycatch, the unintentional trapping and killing of marine mammals and other species. Uncertified halibut may also be sourced from depleted populations.