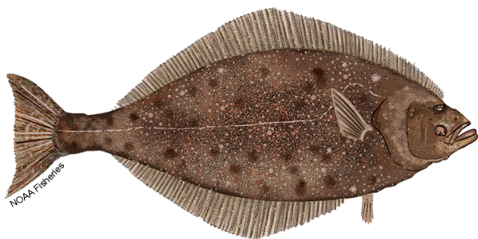




**FISHWATCH**® FRESH FACTS.  
SMART SEAFOOD.

## PACIFIC HALIBUT



U.S. wild-caught Pacific halibut is a smart seafood choice because it is sustainably managed and responsibly harvested under U.S. regulations.

The U.S. commercial fishery for Pacific halibut started in 1888. Although the halibut fishery has changed substantially over the years, the science-based management of the fishery has remained constant, sustaining this fishery for nearly 100 years. As such, it is considered to be among the best-managed fisheries in the world.

Halibut is low in saturated fat and sodium and is a very good source of protein, niacin, phosphorus, and selenium. The main sources of this mild, sweet-tasting white fish are the United States and Canada.

[www.fishwatch.gov](http://www.fishwatch.gov)



# Potato-Crusted Halibut

## Ingredients:

6 filets of halibut (6 ounces each)  
3 eggs, whisked with  $\frac{1}{4}$  cup water  
2 cups of all natural dehydrated potato flakes  
 $\frac{1}{4}$  cup corn flakes, finely chopped  
2 pinches of fresh rosemary, chopped  
2 pinches of fresh thyme, chopped  
Salt and pepper  
 $\frac{1}{2}$  cup canola oil  
Juice of one lemon



1. Combine potato and corn flakes with the herbs. Season with salt and pepper.
2. Dip fish, flesh side only, into whisked eggs. Place that side into the flake mixture and press gently to coat the filet.
3. In a large skillet, heat the oil over high heat for 30 seconds to 1 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.
4. Allow to cook for 2 more minutes, squeeze lemon into pan, but not onto fish, and gently swirl.
5. Serve hot, and enjoy!

Recipe credit: Chef Michael Schlow, The Great American Seafood Cookoff



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