

The Wild Salmon Seafood Market's Guide to Halibut, Cod & Sole

Halibut

The mother of all flatfish, Halibut can weigh in at over 600 lbs. However, the average market size fish will range between 20-40 lbs. A lover of cold northern waters Halibut are harvested from the Washington coast and the waters of Alaska via long-line fishing methods. Halibut offers sparkling white, firm meat. When cooked it loses its glossy appearance but remains firm. Halibut offers a mild flavor and lean meat with a big flake. Halibut is amenable to a variety of cooking methods including broiling, baking, grilling, sautéing, poaching or steaming. Care should always be taken not to overcook. Available as whole fish, fillets and steaks.

Lingcod

If a fish ever had an identity crisis, it's got to be Lingcod. Although commonly referred to as Lingcod, Lingcod is not a cod at all, but rather a greenling. Regardless of its name, Lingcod is a superior white fish offering lean white meat with an exquisite mild flavor. Excellent when baked, broiled poached or sautéed. A Northwest favorite that rivals Halibut by many a seafood connoisseur. Available as whole fish and fillets.

True Cod

True cod, also known as, Pacific cod, is an abundant fish harvested from the waters of Washington and Alaska. True Cod offers firm white meat with a slightly sweet, mild flavor. Cod cooks quickly and benefits from moist heat preparations such as baking, sautéing, steaming, poaching and deep frying. Because of its abundant harvest, True Cod is also a great value. Available as whole fish and fillets. Flash frozen fillets hold well in your freezer.

Petrals Sole

Petrals Sole, a favorite fish of the Northwest, is not actually a sole but rather a flounder. How it became known as Petrals Sole, we do not know. However, whatever you call it, Petrals Sole is a superior fish. Highly prized for its excellent flavor and fine-firm texture. Primarily sold as skinless, boneless fillets, Petrals Sole is excellent when lightly breaded and pan-fried or "stuffed" and baked.

Dover Sole

Dover Sole received its name from the English town of Dover where the fish first gained popularity. West coast Sole is now commonly referred to as Dover Sole. Primarily sold as skinless, boneless fillets, Dover sole has a mild, sweet flavor. The texture is firm and lean. Dover Sole is excellent when lightly breaded and pan-fried, although other methods such as baking and poaching should not be overlooked.

Northwest White Fish

Although each of the above fish has its own uniqueness, they all offer superior, mild flavor and excellent texture with white meat. True Cod and Dover Sole offer your best values. Lingcod and Petrals Sole have limited availability being most abundant in the winter months. Halibut is available year -round with peak season occurring April through September.

Please see reverse side for cooking instructions and recipes.

WILD SALMON SEAFOOD MARKET

206-283-3366 or toll free 1-888-222-FISH www.wildsalmonseafood.com

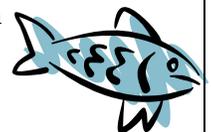
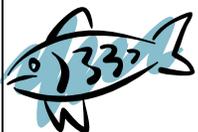
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See back side of this sheet for additional Galley Tips.





Recipes

Halibut with Cilantro & Ginger

4 - 8 oz. Halibut fillets
 4 tbsp. Olive oil 1 tbsp. Fresh ginger, minced
 3 cloves of garlic, minced 2 tbsp. Fresh cilantro, minced
 1 large tomato, diced Juice of one lemon
 2 tbsp. Butter salt and pepper to taste

Remove skin from halibut and season with salt and pepper. Heat the olive oil in a large skillet and cook the halibut 2-3 minutes per side. Remove fish and keep warm. Add ginger, garlic, tomatoes, cilantro, lemon juice and butter to the pan. Simmer for 3 minutes. Return Halibut to pan and warm. Spoon sauce over fish and serve. Serves 4.

Basic Poached Whitefish

4 - 8 oz fillets of halibut, cod or sole
 2 cups of water 3 cloves garlic, crushed
 1 cup dry white wine 4 tbsp. sherry vinegar
 1 bay leave 3 lemon slices
 4 whole peppercorns 1 tbsp. salt

Combine all ingredients, except fish, in a large sauce pan and simmer for 15 minutes. Place fish in the liquid and simmer for 10 minutes. If using sole, or thin cuts of fish, reduce cooking time to 5-6 minutes. Once cooked, let fish stand in broth for 3-4 minutes. Serve warm. Serves 4.

Pan-Fried Sole

4 - 8 oz. Sole fillets skin removed (Dover or Petrale)
 2 cups seasoned bread crumbs
 1 cup flour
 2 eggs - beaten
 Salt and pepper to taste
 Olive or vegetable oil for frying

Season fillets with salt and pepper. Dredge fillets in flour, shake off excess. Dip fillets in egg then dredge in bread crumbs shaking off excess. Heat oil in a large skillet over medium high heat. Add breaded fillets and cook approximately 3 minutes per side. Time will vary with thickness of fillets. Serve immediately. Serves 4.

Baked Lingcod with Sour Cream & Dill

4 - 8 oz lingcod fillets Lemon wedges for garnish
 5 tbs. Sour cream 2 tbs. Fresh dill chopped
 Salt and pepper to taste 2 tbsp. butter

Preheat oven to 375°F. Melt butter in a shallow baking dish. Season fillets with salt and pepper. Place fillets in dish and spread a generous dollop of sour cream over each fillet. Sprinkle with dill. Bake at 375°F for approximately 10 minutes per inch of thickness. Do not turn. Garnish with lemon wedges and serve immediately. Serves 4.

True Cod may be substituted for Lingcod.

This dish goes well with steamed baby red-rosemary potatoes.

Halibut Supreme with Baby Shrimp

4 - 8 oz halibut fillet skin removed
 5 tbsp. sour cream
 8 oz cheddar cheese-shredded
 1/2 lb. Bay shrimp - cooked
 2 tbsp. butter

Preheat oven to 375°F. Season halibut fillets with salt and pepper. Melt butter in a shallow baking dish. Place halibut in dish and coat top of each fillet with a generous dollop of sour cream. Bake for approximately 12-13 minutes. Remove fillets from oven and top each fillet with shrimp and cheddar cheese. Return to oven until shrimp are warm and cheese is melted. Serve immediately. Serves 4.

**Parmesan cheese may be substituted for cheddar*

Crab Stuffed Sole

4 - 6 oz Sole fillets (Dover or Petrale)
 1/4 lb. Dungeness Crab Meat
 2 tbsp. mayonnaise
 1/4 cup red bell pepper - finely chopped
 1 tbsp. parsley - finely chopped

Preheat oven to 400°F. Mix crab, mayonnaise, bell pepper, parsley and season with salt and pepper. Lay sole fillets flat and season with salt and pepper. Divide crab mixture among fillets, mounding on thick end of fillet. Roll fillet toward the thin end. Arrange stuffed fillets in a lightly oiled flat baking dish. Cover with foil. Bake for approximately 20 minutes or until crab stuffing is cooked thoroughly. Serve immediately. Serves 4.

To make this simpler, purchase one of our fresh made Dungeness Crab Cakes and divide into quarters and use for your crab stuffing.

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