

# FLAT OUT FACTS: WILD PACIFIC HALIBUT

## FREEZING & THAWING



### FREEZING TIPS



To best maintain the quality of your wild Pacific halibut, follow these tips and use any of the following freezing methods which keep the moisture in and the air out.

- 1. Keep your halibut in the coldest part of your freezer so that it receives the least amount of exposure to warmer air when the freezer is opened.**
  - Place directly against the freezer floor and wall, and furthest away from the freezer door or lid.
- 2. To protect against excess moisture loss during thawing, pre-treat halibut portions to increase the firmness of the fish.**
  - Combine 60 mL (¼ cup) of salt with 1 litre (4 cups) of cold water and dip the halibut into the mixture for about 20 seconds. Then follow the desired freezing method.
- 3. Keep uncooked fish for no longer than six months in the freezer.**

### FREEZING METHODS



#### 1. Layer Wrapping

Wet the halibut, wrap tightly in plastic wrap, wrap again with foil, and then freeze. If you are freezing a few portions, package steaks and fillets individually or layer them with waxed paper in between for easier separation after thawing.

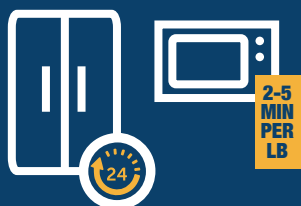
#### 2. Storing in Heavy Plastic, Self-Sealing Bag

Wet each halibut portion, place in a heavy plastic, self-sealing bag and seal with all air removed. Make sure the bag is air-tight so push or suck all the air out before sealing the bag and then place in the freezer.

#### 3. Glazing

Place the fish portions on a cookie sheet, cover with wax paper or foil, and place in the freezer. When fish is solidly frozen, quickly dip each portion into a container of ice-cold water so that it is completely covered. An ice-coating will automatically form. Place the portions back in the freezer uncovered for another 10 to 20 minutes. Repeat dipping and freezing procedure about five or six times until a glaze, about ½ cm (1/4 inch) thick, has formed. Wrap the halibut portions in heavy plastic, freezer wrap or seal in a heavy plastic, self-sealing bag and place in the freezer.

### THAWING METHODS



**TO THAW SLOWLY:** Unwrap, place in pan, cover and leave in fridge for 24 hours.

**TO THAW QUICKLY:** Place frozen fish into self-sealing plastic bag, and submerge in cold water. Use a small bowl to keep it submerged. The middle of the fish should be somewhat soft when thawed.

**TO THAW MORE QUICKLY:** If it will be cooked immediately after thawing, microwave it on the “defrost” setting and stop the defrost cycle when the fish is still icy but pliable.