# **BROWNE TRADING COMPANY**

# **SPECIES SPOTLIGHT**

# **Turbot**

(Psetta maximus)

# FARM RAISFI

## Harvest Region

Spain

# **Seasonality**

Year Round

#### Yield

(Fillet Percentage)

48 %

# Flavor Profile:

Mild, Delicate

# **Texture Profile:**

Medium Firm

# Substitute:

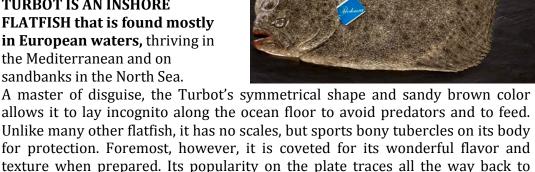
- Large Fluke
- Halibut
- Dover Sole

### Certified:

Friend of the Sea



## **TURBOT IS AN INSHORE FLATFISH that is found mostly** in European waters, thriving in the Mediterranean and on sandbanks in the North Sea.



The aquaculture of this fish now allows many to enjoy its fine qualities without the prohibitive expense and limited supply associated with wild caught turbot. STOLT Sea Farms of Galicia, Spain is at the forefront of producing these fully sustainable and traceable fish. Using the latest research and development, they have been able to duplicate the natural life cycle of the fish in controlled conditions, fully traceable from reproduction and breeding, through larval and juvenile stages, to adulthood and harvest, a process that takes up to three years to complete. Control of light, water temperature, lower density stocking and minimal invasive human contact allow them to thrive in these conditions.

Roman times, when it was called "the Pheasant of the Sea."

Raised in eco-responsible sea farms supplied with water directly pumped in from the Atlantic, these fish are all-natural, fed on a diet with no land-based animal blood or bone meal or Genetically Modified Foods. Purged before harvest and humanely terminated in low stress in a slush bath, the fish are shipped immediately and directly to us at Browne Trading Co. – and arrive in the pristine condition the left the water in, fresh and never frozen.

With its firm and delicious white flesh, the Turbot is highly regarded by many of our nation's top chefs. It's traditionally pan fried or whole roasted for best results. Sizes are 1-2 pound fish or 4-6 pound fish.

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