



Wild
ALASKA

FLOUNDER, SOLE, AND OTHER FLATFISH



PRODUCTS

FRESH

* very small amount is fresh



H&G



ROUND

FROZEN



H&G



H&G/T



ROUND



SPECIES

**MORE THAN 10 SPECIES
ARE HARVESTED, WITH THE
largest IN volume BEING:**

Yellowfin Sole: 276 mil lbs (~125k MT)

Arrowtooth Flounder:
71 mil lbs (~32k MT)

Rock Sole:
54 mil lbs (~25.5k MT)

Flathead Sole:
38 mil lbs (~17k MT)

Alaska Plaice (BSAI):
34 mil lbs (~15.5 MT)

Source: NOAA

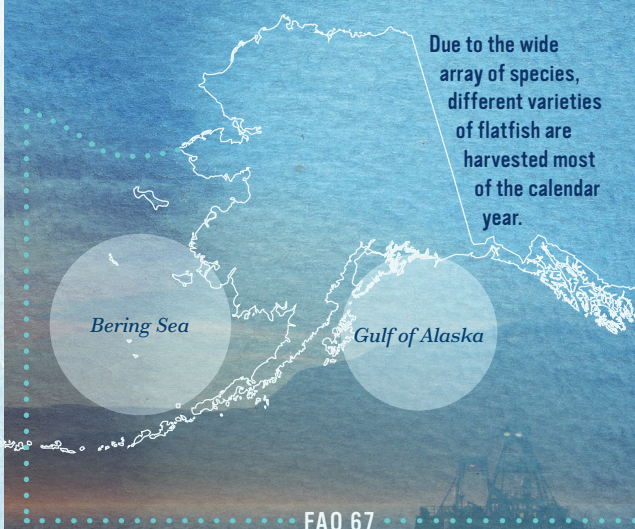
HARVEST PROFILE

HARVEST SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Gulf of Alaska

Bering Sea



FAO 67: The world's boundaries of the major fishing areas established for statistical purposes.

ECONOMY

Source: NOAA

flatfish jobs



~1200

flatfish vessels



~65

GEAR TYPE

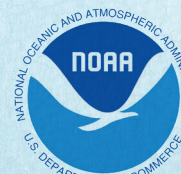


SUSTAINABILITY

Due to the varied types of flatfish available in Alaska waters, STATE AND FEDERAL AGENCIES **COLLABORATE**

and divide the species into management groups based on habitat and distribution. Quotas are set for each species and allocated among fishermen. This quota is determined from the previous year's catch data and in-season monitoring through record-keeping, detailed reporting requirements, and observer monitoring. With these detailed schemes in place, Alaska's fishery

**MANAGERS ENSURE FLATFISH WILL
be SUSTAINABLY HARVESTED for
GENERATIONS TO COME.**



CERTIFIED

Nearly all Alaska flatfish are certified under two independent certification standards for sustainable fisheries:

- ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)
- MARINE STEWARDSHIP COUNCIL (MSC)





YELLOWFIN SOLE *Limanda aspera*

GASTRONOMY

DELICATE • TENDER • MILD • FLAKY



“Alaska sole lends itself incredibly well to many preparations. We love wrapping the white fillets around herbs and roasting them gently then saucing with light butter sauces. Or cooking it whole in a brick oven over branches of dried fennel and bay for a festive table side presentation.”

CHEF VITALY PALEY
Headwaters | Portland, Oregon



FUN FACT

THE VARIOUS NAMES USED
TO DESCRIBE FLATFISH
(sole, flounder, turbot, plaice)
HAVE VARYING ETYMOLOGIES,
BUT ALL MEAN THE FISH
IS A FLATFISH!

COOKING PROFILE



METHOD Poaching,
steaming, sautéing



FORGIVING AND VERSATILE
Lean and appealing

WILD HABITAT

Flathead Sole
Hippoglossoides elassodon

Rock Sole
Lepidopsetta polyxystra

Greenland Turbot
Reinhardtius hippoglossoides

Alaska Plaice
Pleuronectes quadrituberculatus

Arrowtooth Flounder
Atheresthes stomias

Rex Sole
Glyptocephalus zachirus

Yellowfin Sole
Limanda aspera

The Flatfish:

- Combined, Alaska flatfish account for the third largest landings by volume from Alaska waters.
- All flatfish have both eyes on one side of their head so they can see even when buried on the seafloor, but which side their eyes are on varies by species.
- Though they begin life eating plankton, as they mature they feed on small fish and crustaceans on the ocean floor.

FLATFISH
start life shaped like normal fish, but
FLATTEN
within a few weeks of hatching.

NUTRITION

ALASKA FLATFISH IS
PACKED
WITH LEAN, HIGH QUALITY
PROTEIN.

3.0 oz. of FLATFISH

13 g PROTEIN

255 mg OMEGA 3s DHA & EPA

3.0 mcg VITAMIN D (20% DV)

28 mcg SELENIUM (51% DV)

DV = Daily Value // 3.0 oz = 85g
Source: USDA Standard Reference Release 28



THE HIGH PROTEIN
CONTENT OF WILD
ALASKA FLATFISH IS
easily digestible, and

has all nine amino acids the body
can't produce itself – a complete
protein of the highest quality.



Benefits of
Complete High
Quality Protein

- Build and maintain lean body mass
- Regulation of metabolism
- Improved satiation—leading to lower intake and possible weight loss
- Stronger muscles, resulting in greater mobility, strength, and dexterity

Recipes

Alaska Sole Piccata with Lemon Butter Sauce | Alaska Sole Florentine | Pan-Steamed Alaska Seafood Marseilles
Pan-Seared Alaska Sole with California Raisin Mousseline | Quinoa stuffed Alaska Sole
Find these and more at WILDALASKASEAFOOD.COM/RECIPES