

# Halibut Cheeks



**THAWING:** The best way to thaw your halibut cheeks is to leave them in the refrigerator overnight allowing at least 8-10 hours. Trying to rush the process by thawing at room temperature or placing the frozen pouch in warm water is NOT recommended, as it can cause the halibut cheek to lose flavor and texture. If you must thaw your halibut cheeks quickly, place the frozen pouch in a bowl of cool water for 30-45 minutes, and then continue thawing in refrigerator

**PAN SEARED:** Melt 1 tablespoon butter in large nonstick skillet over medium-high heat. Dip each halibut cheek in a bit of flour (this is a great method although not necessary) and brown over high heat 1-2 minutes per side; until center is opaque. Sprinkle with salt and pepper and serve.

**BAKED:** Preheat oven to 450. Brush halibut cheek with butter and a dusting of breadcrumbs if desired. Place tray high in oven and bake for 3-4 minutes until opaque in center. Sprinkle with salt and pepper.

**GRILLED:** Brush grill with olive oil PRIOR to heating. Season halibut cheek with salt and pepper. Once the grill is medium hot place it, uncovered, and cook over medium heat for 1-2 minutes on each side or until it is firm and cooked through.



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