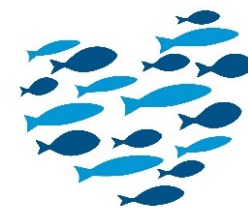




# Federation of Greek Maricultures

## Gilthead Sea Bream (*Sparus aurata*)



**Cultivated with Care**  
European Sea Bream and Sea Bass



### **Description:**

Round body of bright silvery skin with hints of pink and gold. Bright golden arc above the eyes, like a brow (hence the second part of the binomial name “aurata”)

Lean fish with pinkish opaque flesh and flaky sweet taste-cooks up moist and tender.

### **Nutritional value:**

Excellent source of high quality protein, folic acid, calcium and potassium.

### **Sustainability:**

Certified as being produced sustainably on farms in Europe and the Mediterranean by NGO Friend of the Sea  
The fish received a “good” choice rating from the WWF.

### **Availability / preparation:**

Can be prepared in a variety of ways (grilled, fried, raw, poaching, steaming)

Year-round availability in consistent sizes from 300g to 1kg.

### **Known with a variety of names:**

Dorada (Spain), Orata or Dourada (Portugal and Galicia), Daurade or dorade (France), Orata (Italy), Goldbrasse or Dorade (Germany), Tsiπούρα (Greece)