

## DORADE ROYAL

*LITHOGNASUS MORMYRUS*



### DESCRIPTION:

The dorade, also called sea bream, can be found in the coastal waters of the Mediterranean, the Atlantic as well as off the coast of Australia and New Zealand. The dorade has a large head, an oval body and rounded flanks. Well-known for its culinary value, it has captured the imaginations of European cooks for centuries. The dorade is a lean fish and an excellent source of high quality protein and provides a considerable amount of folic acid, vitamins B9 and B12, calcium, phosphorus, iron, magnesium and potassium. Culinary travelers have met varieties of dorade under many names. In the United States, it is marketed as dorade, but it is also called sea bass, sea bream or red drum. In Italy, it is called orata, in France, one variety of the fish is known as dorade gris, a major ingredient -- many would say essential -- in Provence's classic bouillabaisse.

### EATING QUALITIES:

The delicate white flesh of the dorade is succulent and juicy, and is suitable for a wide variety of dishes. The dorade is equally delicious in sashimi, ceviche or simply smoked. It can be fried, roasted, poached, grilled, oven-baked or steamed. The dorade can be substituted for snapper, sole or sea bass in any recipe. Dorade is a small fish with tender white flesh, shimmering silver skin and, when grilled or braised, a rich, succulent, meaty flavor, similar to that of pompano or red snapper. The grilled skin is incredibly delicious, and the flesh stays moist because there is a layer of fat between the skin and flesh.

### FISHING METHODS AND REGULATIONS: FARMED

**SOLD AS:** WHOLE FISH   FILLETS

### NUTRITIONAL INFORMATION

3.5 oz raw portion

Calories	91
Fat Calories	36
Total Fat	.5 g
Saturated Fat	0 g
Protein	20 g
Sodium	54 mg
Cholesterol	60 mg
Omega-3	.5 g

### COOKING METHODS

Sautéed  
 Broil  
 Grill  
 Poach  
 Bake  
 Steam

### HANDLING

Whole fish should be packed in flaked ice. Whole fish and Fillets should be stored in a drain pan in the coldest part of the walk-in. Fillets should also be covered in ice although with a barrier, so the ice never touches the flesh.

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