

**GILT HEADED BREAM**  
*SPARUS AURATA*



**DESCRIPTION:**

Gilt Headed Bream, also called Dorade, can be found in the coastal waters of the Mediterranean, the Atlantic, and off the coast of Australia and New Zealand. The Bream has a large head, a silver oval body and rounded flanks. It has a black spot on its side above the operculum and a small orange spot below it. The Gilt Headed Sea Bream’s name was inspired from a bright golden arc (similar to a royal gilt) on its forehead.

**EATING QUALITIES:**

The Gilt Headed Bream 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. The delicate white flesh of the Bream is rich, succulent, juicy, and suitable for a wide variety of dishes. Bream can be substituted for snapper, sole or sea bass in any recipe. The grilled skin is incredibly delicious, and the flesh stays moist because there is a layer of fat between the skin and flesh.

**FARMING METHODS:**

The Gilt Headed Bream is farm raised in pristine waters off the coast of Greece. The farm is fully integrated with its own hatchery and is fully traceable. The fish are fed a nutritious, GMO-free feed composed of fishmeal and fish oil derived from wild caught fish from certified fisheries. The farmers have a passion for raising top quality fish and they take necessary measures to minimize their environmental impact.

**SOLD AS:**

Whole Fish  
 Fillets

**NUTRITIONAL INFORMATION**  
 3.5 oz raw portion

<b>Calories</b>	<b>118</b>
<b>Fat Calories</b>	<b>41</b>
<b>Total Fat</b>	<b>4.6 g</b>
<b>Saturated Fat</b>	<b>1 g</b>
<b>Protein</b>	<b>19 g</b>
<b>Sodium</b>	<b>58 mg</b>

**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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