



# Bronzini

Mediterranean Sea Bass



Premium Greek Fish

[www.NireusSelect.com](http://www.NireusSelect.com)



Cook your bronzini in the style of the Greek islands – light and healthy, simple but never plain, and full of the Greek sea flavor.

## Serves 4

### Ingredients

- 4 medium Nireus Select whole bronzini, about 450g-500g (16oz-18oz) each, gutted and scaled
- 2 medium onions, sliced
- 2 cloves garlic, finely chopped
- 2 large ripe tomatoes, chopped
- ½ cup parsley, finely chopped
- 4 tablespoons olive oil
- 1 teaspoon dry oregano
- 130ml (½ cup) dry white wine
- salt and pepper to taste
- 100g pitted, sliced olives (optional)
- 2 tablespoons rinsed capers (optional)

## Preparation

- 1 Preheat oven at 200°C (400°F). Oil a baking pan with 1 table-spoon olive oil and layer with sliced onions. Rinse fish with water and place on onion layer. Season the fish inside and out with salt and pepper. Mix remaining ingredients and spoon over fish.
- 2 Cover the pan with aluminum foil and cook in preheated oven for 20'. Remove the foil and cook uncovered for 10' more.
- 3 Serve warm.

### Chef tips

- Want to make this ahead so you are not rushed at the end? Prepare and place on the baking pan; cover and refrigerate until it's time to cook.
- Accompany this wonderful easy to cook bronzini dish with warm boiled green vegetables sprinkled with lemon juice and olive oil, or a simple green salad.

## Bronzini rolls with egg lemon sauce



Fillets of bronzini are marinated in ginger and soy sauce and then grilled, broiled or sautéed in a pan. It is an easy, Asian-inspired recipe that showcases the bronzini versatility.

## Serves 4

### Ingredients

- 8 Nireus Select bronzini fillets, about 90g-120g (3oz-4oz) each, skin on
- For the marinade
- 6 tablespoons sunflower oil
- 4 tablespoons sesame oil
- 6 tablespoons cider vinegar
- 5 tablespoons soy sauce
- 3 tablespoons freshly grated ginger

#### For the mayonnaise

- ¾ cup (180ml) ready mayonnaise
- 1 teaspoon honey
- 1 teaspoon freshly grated ginger

#### To garnish (optional)

- 1 tablespoon mustard seed + coarsely ground pink or black peppercorns

## Preparation

- 1 Stir mayonnaise with honey and ginger. Refrigerate.
- 2 Place the fillets in a pan. Combine all marinade ingredients and pour over the fillets. Let them stand at room temperature for 30'. Preheat the broiler for 5'. Cover a baking pan with parchment paper or tin foil. Remove the fish fillets from the marinade and layer in pan. Grill or broil for 5'. Alternatively, you may sauté the fillets in a heavy skillet with 1 tablespoon of oil, skin down for 3' and then skin up for 2'.
- 3 Transfer fillets to the plates and sprinkle with mustard seeds and ground peppercorns. Serve the fillets with cooked basmati rice and the ginger-honey mayonnaise.

## Bronzini fillets with mushroom sauce and potato pancakes



# Bronzini: an elusive European delicacy

Nireus Select® Bronzini (Mediterranean Bronzini) is a premium fish raised to highest European Union and environment-friendly standards in the strong and clear currents of the sea of Greece.

Bronzini (*dicentrarchus labrax*) is a popular Mediterranean fish, sought-after since antiquity. For Greeks, bronzini is a rare delicacy, a near mythical fish and always elusive. When a journalist snags an exclusive story he calls it “a lavraki”, comparing his luck to that of an angler when catching this fish.

Bronzini is nutritious, tasty, rich in protein, and low in carbohydrates. Each serving contains 2.5g of Omega-3 fatty acids that help maintain the health of your heart and less than 200 calories.

Bronzini is prized by the most discerning chefs around the globe for its delicate texture, superb taste and distinct flavor. In Japan it is served raw as sashimi. Asian chefs favor the bronzini fillets as they are firm and deliciously moist. Since its fat content is relatively low, it can dry out easily and it is best steamed, baked or sautéed.

**Substitute dorade for bronzini if you can't find it. They are similar.**

## Nutrition Facts

Serving Size: 3.5 oz raw (100g)

| Amount per serving        |        | % Daily Value *        |              |
|---------------------------|--------|------------------------|--------------|
| <b>Calories</b>           | 140    | Calories from Fat 67.5 |              |
| <b>Total Fat</b>          | 7.5g   |                        | <b>11.5%</b> |
| Saturated Fat             | 1.9g   |                        | <b>9.5%</b>  |
| <b>Cholesterol</b>        | 49.7mg |                        | <b>16.6%</b> |
| <b>Sodium</b>             | 45mg   |                        | <b>1.9%</b>  |
| <b>Total Carbohydrate</b> | 0g     |                        | <b>0%</b>    |
| <b>Protein</b>            | 23g    |                        | <b>46%</b>   |
| Vitamin A                 | 0%     | Vitamin C              | 0%           |
| Calcium                   | 0%     | Iron                   | 0%           |

Fish provide negligible amounts of trans fat, dietary fiber, and sugars.  
\* Percent Daily Values are based on a 2,000 calorie diet.

## Whole roasted bronzini Greek island style



*Egg lemon is one of the classic sauces of the Eastern Mediterranean cuisine. In Arabic it is called tarbiya, in Sephardic Jewish agristada, in Italian bagna brusca and in Greek avgolemono.*

 **Serves 4**

### Ingredients

#### For the fish rolls

- 8 Nireus Select bronzini fillets, about 90g-120g (3oz-4 oz) each, skin on
- 2 carrots cut in matchstick size (julienne)
- 2/3 cup (160ml) white wine
- salt and pepper to taste

#### For the egg-lemon sauce

- 1 medium onion, finely chopped
- 6-8 stems of lovage or 1 chopped stick of celery
- 2 tablespoons olive oil
- 1 cup (240ml) white wine
- 1 ½ cup (360 ml) vegetable broth
- 1 ½ tablespoons cornstarch
- 2 egg yolks
- 1/3 cup lemon juice
- salt and pepper to taste

 **Preparation**

- 1 Cook the fish rolls** Remove the skin from the fillets, place the julienned carrots in the middle and wrap them in tight rolls. Seal with toothpicks, place in a shallow pan and season with salt and pepper. Pour the wine over the rolls and simmer in a swallow pan for 8'-10'. Keep warm.
- 2 Prepare the egg-lemon sauce** Sauté the onion and lovage in olive oil. Add the wine and vegetable broth and cook uncovered until the liquid is reduced to 1½ cup. Strain and squeeze the vegetables; keep the broth hot. To thicken the sauce, dissolve the cornstarch in the lemon juice. Whisk the egg yolks in a medium bowl and slowly whisk in the lemon-cornstarch mixture. Ladle one cup of the hot broth into the egg-lemon mixture to temper the eggs. Add egg-lemon mixture stirring gently. Heat over very low heat until sauce thickens and is heated through. Take care not to allow the sauce to boil or the eggs will curdle.
- 3 To serve** Serve the bronzini rolls with wild rice and celery and the egg-lemon sauce on the side.

## Ginger-soy bronzini fillets with honey mayonnaise



*Succulent bronzini fillets are grilled or broiled and served with potatoes and mushroom sauce. An easy and delicious dinner any day of the week.*

 **Serves 4**

### Ingredients

- 8 Nireus Select bronzini fillets, about 90g-120g (3oz-4 oz) each, skin on

#### For the mushroom sauce

- 250g (1/2 lb) thinly sliced mushrooms
- 2 tablespoons (30g) butter or margarine
- 1 medium scallion finely chopped
- ½ cup (120ml) white wine
- 1 cup (240ml) reduced fat cream

 **Preparation**

- 1 Prepare the mushroom sauce** Melt the butter over low heat. Sauté the mushrooms and scallions for 5'. Add the wine and cream and simmer over low heat stirring occasionally until liquid is reduced by half (about 20'). Season with salt and pepper. Keep warm until serving.
- 2 Cook the fillets** Cover a baking pan with parchment paper or tin foil. Season the fish fillets with salt and pepper and layer in pan. Grill or broil for 5'. Alternatively, you may sauté the fillets in a heavy skillet with 1 tablespoon of oil, skin down for 3' and skin up for 2'.
- 3 To serve** Transfer the fillets to the plates. Serve warm with potato pancakes, French fries or hash browns, mushroom sauce on the side.