



Dorade

Mediterranean Sea Bream

Premium Greek Fish

www.NireusSelect.com



This is a combination of two classic Greek dishes: lemon roasted fish and artichokes à la Grecque. For a modern twist, puree the vegetables with white balsamic.

 **Serves 4-6**

 **Preparation**

Ingredients

- 4 Nireus Select whole dorade (Mediterranean seabream), about 450g-500g (16oz-18oz) each, gutted and scaled
- Juice and grated peel of 1 large lemon
- 2 tablespoons + 1 teaspoon olive oil
- salt and pepper to taste

For the artichokes à la Grecque

- 8 trimmed fresh or frozen artichokes
- 2 tablespoons fresh chopped dill
- 4 sliced scallions
- 1 sliced carrot
- 1 cubed medium potato
- 3 tablespoons olive oil
- 60ml (1/3 cup) white wine
- Juice of 2 lemons
- Salt and pepper to taste
- 1 tablespoon white balsamic vinegar (optional)

- 1. Cook the fish** Make 2 slashes on each side of the fish and season inside and out with salt and pepper. Place in a pan covered with tin foil or baking paper and greased slightly with 1 teaspoon olive oil. Combine remaining olive oil with lemon zest and lemon juice and drizzle inside and over the top of the fish. Let it marinate for 30'. Broil or grill for 10' on each side, or bake in a preheated oven at 200°C (400°F) for 20'-30', basting occasionally with the marinade.
- 2. Prepare the artichokes à la Grecque** Sauté the vegetables in olive oil for 8'-10'. Add the lemon juice, wine and dill. Let it simmer for 5' more. Add 1 cup of water, cover and cook in low heat until tender and all the water evaporates – about 30'. Serve warm. To give it a modern twist, strain the vegetables and purée in the blender or food processor with white balsamic vinegar.
- 3. To serve** Serve the dorade with the artichokes à la Grecque on the side.

Chef tips

- Artichokes à la Grecque can be served as a delicious first course with any dinner.

Sautéed dorade fillets on tomatoes, olive paste and feta cheese



This recipe may look fussy, but it's actually easy and elegant. And the colors of the finished plate are gorgeous. It is great for guests or for a special family meal.

 **Serves 4**

 **Preparation**

Ingredients

For the fish cakes

- 4 Nireus Select dorade fillets, about 90g-120g (3oz-4oz) each, skin on
- 2 scallions, chopped
- 1 teaspoon olive oil
- 1 lb. (450g) potatoes, boiled, peeled and mashed
- 1 red bell pepper, diced
- 1 teaspoon mustard
- 3 tablespoons flour
- 1 egg
- 1 teaspoon salt and freshly ground pepper

For the pea purée

- 200g (7oz) frozen peas
- ½ cup water or vegetable broth
- 1 tablespoon (20g) butter
- salt and pepper to taste
- 2 teaspoon chopped dill for garnish

- 1 For the fish cakes** Season the fillets with salt and pepper and layer on a covered and greased cookie sheet. Bake in a preheated oven at 200°C (400°F) for 15'. Remove from the oven and let them cool to room temperature. Remove the skin. Sauté the scallions in 1 teaspoon olive oil for 3'-4'. In a bowl, combine all ingredients for fish cakes and place in the freezer for 15' to harden slightly. Form 8 fish cakes and place on a covered and greased cookie sheet. Bake in a preheated oven at 200°C (400°F) for 15'. Serve warm.
- 2 For the pea purée** Boil the peas in the water or vegetable broth to soften. Add the butter and stir to melt. Reserve 2-3 tablespoon for garnish. Add the butter to the remaining peas and season with salt. Cream the pea mixture in the blender or food processor.
- 3 To serve** Serve the fish cakes with the pea purée on the side. Garnish the purée with the reserved whole peas and the chopped dill.

BBQ Dorade with wine sauce



Dorada: the sacred fish of Aphrodite, the Greek goddess of love

Nireus Select® Dorade (Mediterranean Sea Bream) is a premium quality fish raised to the highest European Union and environment-friendly standards in the clear waters of the sea of Greece.

Dorada (*Sparus auratus*) is extremely popular in Mediterranean cooking and pairs perfectly with Italian, French, Spanish and Moroccan flavors. It is prized for its high quality, savory taste and incredible versatility since antiquity. Images of dorade are depicted in Pompeii's mosaics and it was the sacred fish of Aphrodite, the Greek goddess of love.

Dorada 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.

Dorada is best cooked whole, stuffed or baked, grilled or barbecued. It is excellent poached in wine. Since it holds well, it is the fish traditionally featured in bouillabaisse and in stews. Its fillets have a delicate and flavorful white flesh that cooks quickly. They are best paired with fresh herbs, olive oil and regional vegetables to highlight their delicious taste.

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

Nutrition Facts

Serving Size: 3.5 oz raw (100g)

Amount per serving		
Calories	193	Calories from Fat 113
		% Daily Value *
Total Fat	12.6g	19.4%
Saturated Fat	2.54g	12.7%
Cholesterol	44.6mg	14.9%
Sodium	45mg	1.9%
Total Carbohydrate	0g	0%
Protein	20g	40%
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.

Lemon roasted dorade with artichokes à la Grecque



Greek feta, olives and tomatoes complement the delicate flavor of dorade to make a traditional Mediterranean dinner.

Serves 4 Ingredients

For the fish rolls

- 8 Nireus Select fillets of dorade (Mediterranean seabream), about 90g-120g (3oz-4oz) each, skin on
- 2 tablespoons olive oil
- Juice of 2 lemons
- 1 teaspoon thyme or oregano
- Salt and pepper to taste

For the tomato slices

- 8 thick tomato slices – from 2 medium-large tomatoes
- 1 200g (7oz) jar prepared olive paste or make your own (instructions below)
- 150gr (5oz) crumbled feta cheese or sliced chèvre
- 1 teaspoon olive oil

To garnish: 2 tablespoons fresh basil leaves

Preparation

- 1 Prepare the tomato – olive paste – cheese slices** Heat the broiler for 5'. Line a cookie sheet with tin foil or baking paper and grease slightly with 1 teaspoon olive oil. Arrange the sliced tomatoes in a single layer and spread the olive paste on the tomato slices. Top with feta or chèvre cheese. Place pan as close to the heating element as possible and broil for 4' to 5' or until cheese melts. Keep warm until serving.
- 2 Cook the fillets** Season the fish fillets with salt and pepper. Heat the olive oil in a sauté pan. Add the fillets and cook skin side down for 3'. Turn the fillets over and cook for another 1-2'. Remove pan from the heat, sprinkle the fish with lemon juice and thyme or oregano.
- 3 To serve** Serve fillets on top or side of broiled tomato slices. Sprinkle with fresh basil leaves and accompany with rice or green vegetables.

Fish cakes with green pea purée



Dorada is ideal for BBQ. It holds well and its skin is beautiful with a nice-scorched pattern.

Serves 4 Ingredients

- 4 Nireus Select whole Dorade (Mediterranean seabream), about 450g-500g (16oz-18oz) each, gutted and scaled
- 1 thinly sliced lemon
- Grated peel and juice of 2 lemons
- 4 tablespoons olive oil
- salt and pepper to taste

For the wine sauce

- 1 cup (240ml) white wine
- 1 cup (240ml) tarragon vinegar
- 1 cup (240ml) water
- 1 medium onion, finely chopped
- 2-4 scallions, finely chopped
- 1 teaspoon cornstarch
- 3 tablespoons milk
- ¼ teaspoon ground white pepper
- 2 tablespoons hot mustard
- ½ teaspoon salt

Preparation

- 1 For the fish** Make 2 slashes on each side of the fish, season with salt and pepper and tuck 1-2 thin lemon slices per each side. Place in a pan covered with tin foil or baking paper. Combine olive oil with lemon zest and lemon juice and drizzle with inside and over the top of the fish. Let it marinate for 30'. Broil or grill for 10' on each side, or bake at a preheated oven (200°C, 400°F) for 20', basting occasionally with the marinade.
- 2 For the wine sauce** Put in a pot the wine, vinegar, water, onions, white pepper and salt; simmer until the liquid is reduced by 1/3. Strain the vegetables giving them a press to make sure you get all the liquid. Add the mustard. Dissolve the cornstarch in the milk. Add to the strained sauce liquid and heat over very low heat until sauce thickens and is heated through.
- 3 To serve** Serve the fish with a green salad and the wine sauce on the side.