



Dorado:

the sacred fish of Aphrodite,
the Greek goddess of love



Dorado

Mediterranean Sea Bream

Premium Greek Fish

An elegant fish, savory and versatile

Nireus Select® Dorade (Mediterranean Sea Bream) is a premium quality fish raised to Nireus' most strict standards in the clear waters of the sea of Greece. It is prized by the European chefs for its high quality, savory taste and incredible versatility and has recently seduced some of Manhattan's most visible chefs.

A Mediterranean favorite prized by the gods

Dorado (*sparus auratus*) is extremely popular in Mediterranean cooking and pairs perfectly with Italian, French, Spanish, Greek and Moroccan flavors. In Italy it is called *orata*, in Spain *dorada*, in France *dorado royale* and in Greece and Cyprus *tsipoura*. Images of dorado are depicted in Pompeii's mosaics and it was the sacred fish of Aphrodite, the Greek goddess of love.

Flavorful and highly adaptable

Dorado is best cooked whole, stuffed or baked, grilled or barbecued. It is excellent poached in wine and, because it holds well, it is the fish traditionally featured in *bouillabaisse* and in stews. The fillets of dorado 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.

Product of a unique environment

Almost all dorado on the market is farmed-raised. However, not all dorado is raised the same way or to the same standards. Nireus Select® Dorado is raised to the highest European Union and environment-friendly standards and with full traceability from sea to plate to offer stable and extraordinary quality, and a gourmet taste and feeling.

Choose Nireus Select® Dorade for truly superior quality and taste. Don't accept second best.



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Grow your business with Nireus

Nireus caters to the needs of over 400 retailers and distributors in more than 40 countries globally. Our marketing program offers a wide variety of consumer and trade-oriented material to support our partners grow their business, including counter cards, recipe cards, leaflets, photography, videos and posters. We also offer a generous sampling program to encourage new customers to try our fish.

Dazzle your customers with the Nireus Select® quality

Nireus Select® fish is meticulously hand-picked and inspected for high quality to meet the demand of your most discerning customers. Each fillet is hand-filleted and individually inspected for quality and consistency, and then graded carefully for the specific customer's order and packaged.

Availability and product details

Nireus Select® fish products are available year round fresh and fresh frozen, whole and processed, with guaranteed net weight, and in the largest variety of sizes and packaging.

All our frozen products are individually quick frozen (IQF), within hours of harvest with the Cryoline® method, to lock in natural freshness and taste.

Product Range and grading

Fish, Whole/Round and Processed* (gutted gilled scaled) size grades 200g-300g, 300g-400g, 400g-600g, 600g-800g, 800g-1000g, 1000g+ (US equivalent: 7oz-10.6oz, 10.6oz-14oz, 14oz-21.1oz, 21.1oz-28.2oz, 28.2oz-35.2oz, 35.2oz+)

**Processed fish size grades are for whole/round equivalent*

Skin-on Hand Filleted Fillets size grades 70g-90g, 90g-120g, 120g-150g, 150g-180g (US equivalent: 2.5oz-3.2oz, 3.2oz-4.3oz, 4.3oz-5.3oz, 5.3oz-6.4oz)

Packaging

Fresh products

Delivered in 3kg, 6kg, and 10 kg EPS boxes

Frozen products

Available glazed (0%, 5%, 10%) and delivered in 5 kg carton boxes

**For large orders, we can offer special grading and packaging.*



Storage and Shelf Life

Fresh products

Whole round fish: 13 days from harvest day

Processed fish and fillets:

10 days from processing date

Keep refrigerated between 0° to 2° C (32° to 36° F).

Frozen products:

18 months from freezing date

Store at or below -18° C (0° F).

Nutritional information

Nireus Select® Dorade (Mediterranean Sea bream) is nutritious, tasty, rich in protein, and low in carbohydrates. Each serving of dorade contains less than 200 calories and 2.5g of Omega-3 fatty acids that help maintain the health of your heart.

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.

Nireus and the environment

In ancient Greece, Nireus (also known as Nereus) was the king and protector of marine fish. Today, Nireus is one of the largest integrated fish producers globally, raising fish with good aquaculture practice and in an environmentally conscious way, with ISO 14001 and Global GAP certifications, which certify that our fish is provided a stress-free environment that meets physical and behavior needs.

Because we are vertically integrated, we can offer our partners a consistent supply of premium, fully traceable fish at competitive prices year-round. And, we are also certified according to ISO 9001: 2000, ISO 22000: 2005, and the BRC standards for the full value chain.

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