

FRESH ORGANIC FISH

*Farmed in the Adriatic Sea,
in an environmentally sustainable way*



Operativni program
**ZA POMORSTVO
I RIBARSTVO**



cromaris
ORGANIC



Izrada ove publikacije sufinancirana je sredstvima Europske unije iz Europskog fonda za pomorstvo i ribarstvo.

Carefully selected
LOCATIONS

*Constant care and
monitoring of the*
ENVIRONMENTAL
IMPACT

Exclusively organic
FISH FEED

Nanomaterial-free
PACKAGING

Low-density
FARMING
max. 10 kg/m³

Max. 166 kcal
PER 100 GRAMS

100% certified product





CROMARIS is a leading white fish producer in Croatia and the Adriatic. CROMARIS produces premium quality fish, which is delivered to customers daily using a fast delivery system. In the wonderful Adriatic setting, CROMARIS farms organic fish by strict environmental standards and holds European organic farming certificates: Naturland, EU Organic Farming, AB and Bio Siegel.

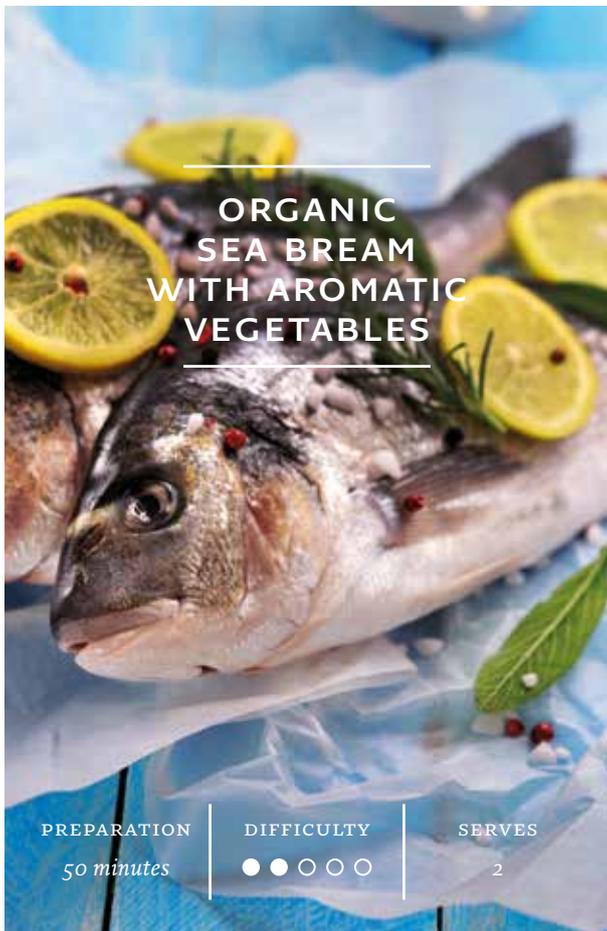
CROMARIS ORGANIC FISH FARMING IS BASED ON:

1. Sustainably sourced fish feed produced in accordance with environmental standards
2. Animal welfare - low-density farming
3. Conservation of biodiversity and the ecosystem
4. Social responsibility towards employees and the community



FRESH PACKAGED ORGANIC FISH

MAP packaging (*Modified Atmosphere Packaging*) preserves the freshness and the quality of the fish. The fish is gutted, and de-scaled. MAP packaging does not only increase the availability of the product to the consumers, but also presents the traditional product in a new way, using a modern and informative packaging design. Gutted CROMARIS organic fish is the ideal choice for a quick and simple meal preparation.



ORGANIC SEA BREAM WITH AROMATIC VEGETABLES

PREPARATION

50 minutes

DIFFICULTY



SERVES

2

INGREDIENTS

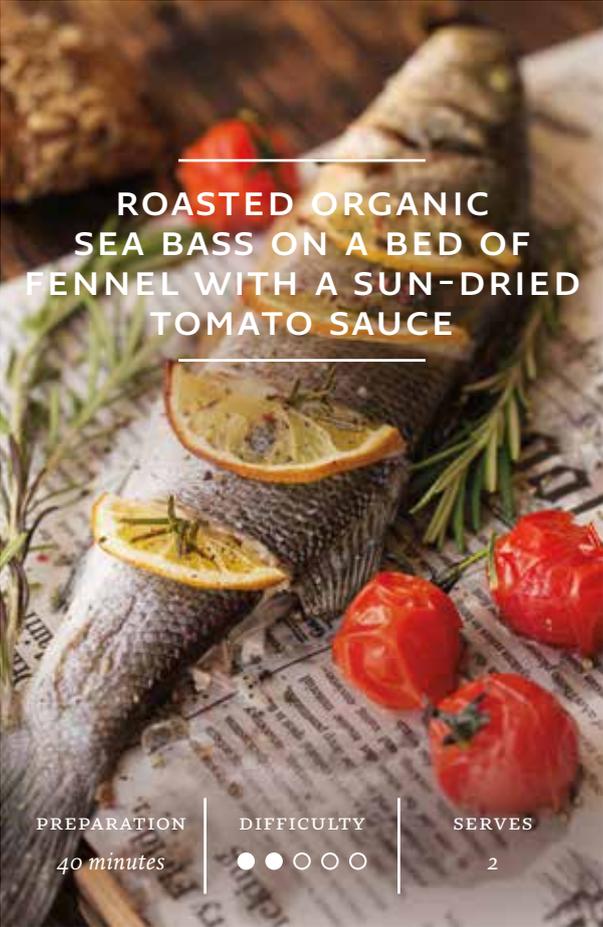
*gutted organic sea bream (approx. 350 g/pc — 2 pcs),
50 g courgette, 50 g yellow onion, 50 g potato,
50 g carrot, 50 g cherry tomatoes, 5 g garlic, a pinch
of salt and pepper, 20 ml olive oil, 50 ml fish stock,
20 ml white wine, 1 sprig of fresh rosemary
or 1 tbsp dried rosemary, 25 g butter*

RECIPE

Dry the organic sea bream with a paper towel and then sear it in a pan on both sides. Cut the courgette, onion, carrots, cherry tomatoes, garlic and potatoes into cubes and fry them briefly in olive oil for 5 to 10 minutes or until they soften. Put the vegetables and the sea bream on baking paper. Lightly drizzle the olive oil and fish stock over the vegetables and sea bream and tie the paper with cooking twine into the shape of a parcel. Put the paper bag in a preheated oven and bake at 180°C for 15 minutes. Open the baked sea bream in front of guests.

NOTE

This method of preparation is also great for preparing fish fillets. Serve with a dry white wine.



ROASTED ORGANIC SEA BASS ON A BED OF FENNEL WITH A SUN-DRIED TOMATO SAUCE

PREPARATION

40 minutes

DIFFICULTY



SERVES

2

INGREDIENTS

*gutted organic sea bass (approx. 350 g/pc — 2 pcs),
120 g sun-dried tomatoes, 350 g fennel, a pinch of
salt and pepper, 10 ml olive oil, 5 ml balsamic vinegar,
1 sprig of fresh rosemary or 1 tbsp dried rosemary,
30 g butter*

RECIPE

Dry the organic sea bass with a paper towel in order to prevent sticking and splitting of the skin. Fry the fish in a well heated pan with a little oil and coarse salt. Fry the sea bass on both sides. When turning the fish, brush the side that is not on the grill with a little olive oil so it doesn't dry out. For chips, grate the fennel and let it dry out in the oven for about 5 minutes at 200°C until it starts to turn a little brown, making sure it doesn't burn. For the sun-dried tomato sauce, combine chopped sun-dried tomatoes with the olive oil and balsamic vinegar. Place the roasted sea bass on a bed of fennel and drizzle the sun-dried tomato sauce over it.

NOTE

Pay attention to the saltiness of the sun-dried tomatoes so the dish doesn't end up being too salty. If you want the fish to be more aromatic, put a sprig of fresh herbs and a lightly crushed garlic clove into the inside of the fish during cooking. You can serve mildly refreshing dry red wine with the meal.

CROMARIS organic fish is farmed in a natural environment in accordance with strict environmental standards. We base our business on the principles of sustainable development and animal welfare. We feed our fish with sustainably sourced natural ingredients that do not contain antibiotics or GMO.

**Fresh from
the Adriatic**
www.cromaris.hr



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Sadržaj ove publikacije isključiva je odgovornost Cromaris d.d.