cromaris
BIO

MY PIECE OF THE SEA

Co-funded by
the European Union

Program
ZA RIBARSTVO
I AKVAKULTURU

Carefully selected
LOCATIONS

Constant care and monitoring of the
ENVIRONMENTAL
IMPACT

Certified fish feed from exclusive
ORGANIC
SOURCES

Nanomaterial-free
PACKAGING

Care for animal
WELFARE

Low-density
FARMING

Cromaris BIO fish is rich in
OMEGA-3 FATTY
acids, proteins, phosphorus and
IS A SOURCE OF VITAMIN D

100% certified product

ASC-AQUA.ORG

Naturland

HR-EKO-01
EU Agriculture

CERTIFIÉ AB AGRICULTURE BIOLOGIQUE

BIO nach EG-Öko-Verordnung

BIOSUISSE ORGANIC

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: EU Organic Farming, AB and Bio Siegel.

CROMARIS BIO 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 BIO 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 BIO fish is the ideal choice for a quick and simple meal preparation.

FRESH BIO SEABASS, SEABREAM AND MEAGRE FILLETS IN SKIN PACKAGING

1. Fresh fillets ready for preparation
2. Variable product weight
3. 2 premium fillets in a packaging (PBO cut, without bones and belly)
4. Packed immediately after the harvesting
5. Preservation of freshness and quality in modern skin packaging
6. Attractive appearance in the fridge
7. Guaranteed quality and freshness of products without GMOs and antibiotics
8. 100% BIO certified product

BIO SEA BREAM WITH VEGETABLES AND OLIVES

PREPARATION	DIFFICULTY	SERVES
60 minutes	●●●○○	*2*

INGREDIENTS

2 x 360 g Cromaris BIO sea bream, 600 g potatoes, 4 cloves garlic, 2 pcs onions, 250 g cherry tomatoes, 2 tbsp black olives, 2 tbsp green olives, 2 pcs lemons 200 ml white wine, 1 small courgette, 1 small chilli, olive oil, salt, pepper, rosemary sprigs

FOR THE DRESSING

2-3 garlic cloves, 50 ml olive oil, handful of parsley

RECIPE

Preheat the oven to 200°C. Fill the sea bream with thinly sliced rings of 1 lemon, score them lightly and season with salt. Peel the potatoes and cut them into thin slices, roughly crush the garlic, peel the onion and slice it thinly, wash the cherry tomatoes and cut the bigger ones in half. Line the baking tray with baking paper, drizzle it with olive oil and add the sliced onion, spread the potatoes over it, add the cherry tomatoes, sliced chilli, garlic, and olives, drizzle with plenty of olive oil, add the wine and squeezed juice of 1 lemon, and season with salt and pepper. Place the prepared sea bream in the centre, drizzle them lightly with olive oil as well, and put everything into the preheated oven. Bake for 20-30 minutes, then remove from the oven, add the sliced courgette, return to the oven and bake briefly. While the fish is baking, prepare the dressing. Pour the olive oil into a small bowl, add the peeled and chopped garlic and the finely chopped parsley and mix everything together. Pour the dressing over the baked fish.


BIO SEA BASS
RAMEN
PREPARATION
30 minutes
DIFFICULTY
SERVES
4

INGREDIENTS

3 pcs BIO sea bass skin fillet 130 g, 5 pcs spring onions, 4 cloves garlic, fresh ginger, fresh chilli, 1.5 l fish stock 30 ml soy sauce, 10 ml mirin, 20 ml oyster sauce, 150 g button mushrooms, 150 g ramen noodles, 150 g carrots, 2 pcs eggs, 1 tsp sesame seeds, 2-3 tbsp oil

RECIPE

Chop the spring onions, ginger, garlic and chilli. Heat the oil in a pan, add the chopped vegetables and sauté them while stirring at the same time. Add the fish stock, soy sauce, mirin and oyster sauce, and cook for 10-15 minutes. Meanwhile, prepare the carrots and chop them into thin strips. Chop the button mushrooms into slices. Slice the sea bass fillets into smaller pieces. Half cook the ramen noodles (2-3 minutes), then strain. Add the prepared mushrooms, carrots, pieces of sea bass and noodles to the soup. Cook everything together for a few more minutes on low heat. Put the eggs in boiling salted water and cook for 6-7 minutes.

NOTE

Serve the ramen with soft-boiled eggs and sprinkle with sesame seeds.

FRESH BIO FISH

Farmed in the Adriatic Sea

CROMARIS BIO 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.

www.cromaris.com