



First-Class Fish with Award-Winning Taste and Quality

## CHARACTERISTICS OF CROMARIS MEAGRE

- Meagre (*Argyrosomus regius*) is a native species of white fish from the Sciaenidae family.
- With a taste profile similar to sea bass, meagre boasts first-class white meat with a delicate texture and rich flavor, offering an unforgettable culinary experience - recognised by leading world chefs and sommeliers from the International Taste & Quality Institute (ITQi).
- Cromaris meagre has won the prestigious Superior Taste Award for the sixth consecutive year and is the only meagre on the market to achieve the maximum three-star rating for its exceptional quality and superior taste.
- Rich in omega-3 fatty acids, phosphorus, protein, and vitamin D, meagre is also a great source of vitamin E.
- Consuming 400 g of meagre satisfies the weekly requirements for omega-3 fatty acids, which contribute to maintaining normal brain, heart, and vision function.
- A versatile and rewarding ingredient, meagre shines in traditional cuisine, in fusion with Asian flavours and in modern interpretations such as carpaccio.
- Cromaris meagre is certified according to the highest quality standards.
- Cromaris Grand Selection - premium quality large size fish, the perfect choice for HoReCa professionals.

## PRODUCTS

**Choose from the following Cromaris meagre products:**

- Fresh meagre steaks
- Fresh meagre fillets
- Fresh gutted meagre
- Fresh whole meagre: 1,800-3,000 g, 3,000-4,000 g, 4,000 g+
- **BIO meagre** also available - whole gutted, gutted, or fillets



## BIO MEAGRE

Cromaris also offers a unique BIO meagre, farmed according to the strictest ecological standards and certified under the EU Organic Farming.

### Why Cromaris BIO?

**Croatian origin** – farmed in low-density farms in the clean Adriatic Sea.

**100% organically certified fish feed** – from sustainable sources, compromising on quality.

**Animal welfare** – health and natural growth of our fish are top priorities.

**Preserving biodiversity and ecosystems** – ecological approach in every step of production

**Social responsibility** – towards employees and the local community.



HR-EKO-01  
EU Agriculture



TRADITIONAL RECIPE

## CROMARIS GREGADA

*In this traditional gregada (Dalmatian fish stew), Cromaris meagre and sea bass come together to convey the authentic spirit of the Mediterranean and the timeless flavours of home-style cooking.*



### INGREDIENTS

2 kg potatoes, 0.5 kg onions, 2 tbsp chopped garlic, 200 ml white wine, black olives, capers, fresh parsley (leaves), olive oil, 4-5 fillets of large sea bass and meagre

### FISH STOCK

Briefly sauté onion, grated carrot, celery root, a little garlic and one tablespoon of tomato paste in olive oil, together with the fish bones and heads of the sea bass and meagre. Add water, season to taste and cook over high heat for about 45 minutes. Strain the stock once cooked.

### GREGADA

Slice the potatoes and onions. Briefly sauté the onion and garlic in olive oil, then deglaze with 200 ml of white wine. Once the wine has evaporated, layer in the potatoes and pour over enough stock to fully cover them. Add capers and black olives. Season with salt and cook for about 30 minutes. When the potatoes are tender (almost cooked), arrange the fish fillets on top (lightly salt the fish beforehand). Cover and cook for another 5-6 minutes. Remove from the heat, drizzle with a little olive oil, add chopped parsley and leave covered for an additional 7-10 minutes.

### NOTE

Do not stir the dish with a spoon while cooking—gently shake the pot instead to keep the potatoes and fish intact.

GOURMET RECIPE

## MEAGRE CARPACCIO WITH ORANGE AND CHILLI

*Cromaris meagre carpaccio reveals a perfect balance of delicate texture, pure flavour and refined gourmet elegance.*



### INGREDIENTS

1 *Cromaris meagre* fillet (400 g+), 300 g sea salt, 200 g sugar, 10 parsley leaves, 1 tsp fennel seeds, zest of 1 lemon, zest and segments of 2 oranges, 2 tbsp extra virgin olive oil, mint and basil, for garnish

### FOR THE DRESSING

1 mild chilli, thinly sliced, 1 shallot, thinly sliced, 2 tbsp white wine, 3 tbsp blood orange juice, 2 tsp lime juice, 1 tsp fish sauce

### PREPARATION

Combine all dressing ingredients and refrigerate for at least 30 minutes.

### FISH PREPARATION

In a bowl, mix the sea salt, sugar, fennel seeds, lemon zest and orange zest. Spread one third of the mixture onto a tray, place the fish fillet on top and cover completely with the remaining salt mixture. Refrigerate for 12 hours. Remove the salt, rinse the fillet and pat dry with paper towels. Using a sharp knife, slice the fillet into thin slices and arrange on a serving plate.

### SEASON & SERVE

Drizzle the prepared dressing over the fish, add the orange segments and olive oil. Garnish with fresh mint and basil.

ASIAN RECIPE

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## TERIYAKI MEAGRE SKEWERS

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*Cromaris meagre teriyaki skewers combine Mediterranean quality with modern Asian aromas in an exciting fusion of flavours.*



INGREDIENTS

*Cromaris meagre*, 2 *tbsp* oil,  
200 *ml* teriyaki sauce,  
5-6 *spring onions*, 1 *tsp* sesame seeds

PREPARATION

Clean and fillet the fish. Cut each fillet lengthwise down the middle, then into smaller pieces about 3-4 cm long. Season the fish pieces with salt and pepper and set aside. Clean the spring onions and cut them into pieces similar in length to the fish.

Briefly soak wooden skewers in cold water.

Thread the fish and spring onions alternately onto the skewers, using two skewers per portion to make turning easier. Heat a grill pan and add oil. Place the skewers onto the hot oil, skin-side down. Allow the skin to crisp nicely while brushing the top of the fish with teriyaki sauce. Turn the skewers, brush the other side with teriyaki and grill for a few more minutes, turning and basting occasionally.

Remove from the heat and sprinkle with sesame seeds.

Serve with cooked white and black rice, blanched Chinese cabbage leaves, pickled daikon, red onion and chopped spring onions.



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