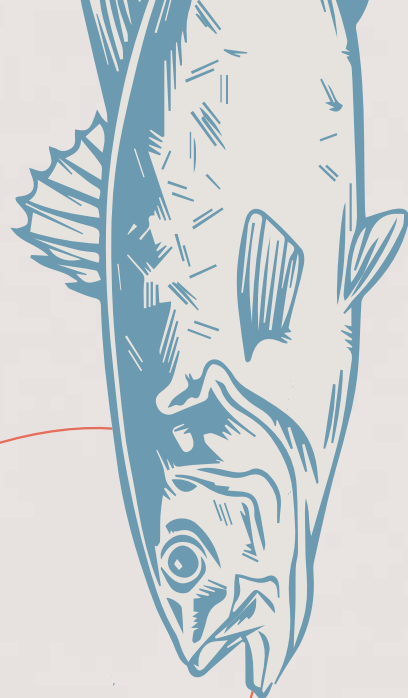


E a t

f r e s h f i s h

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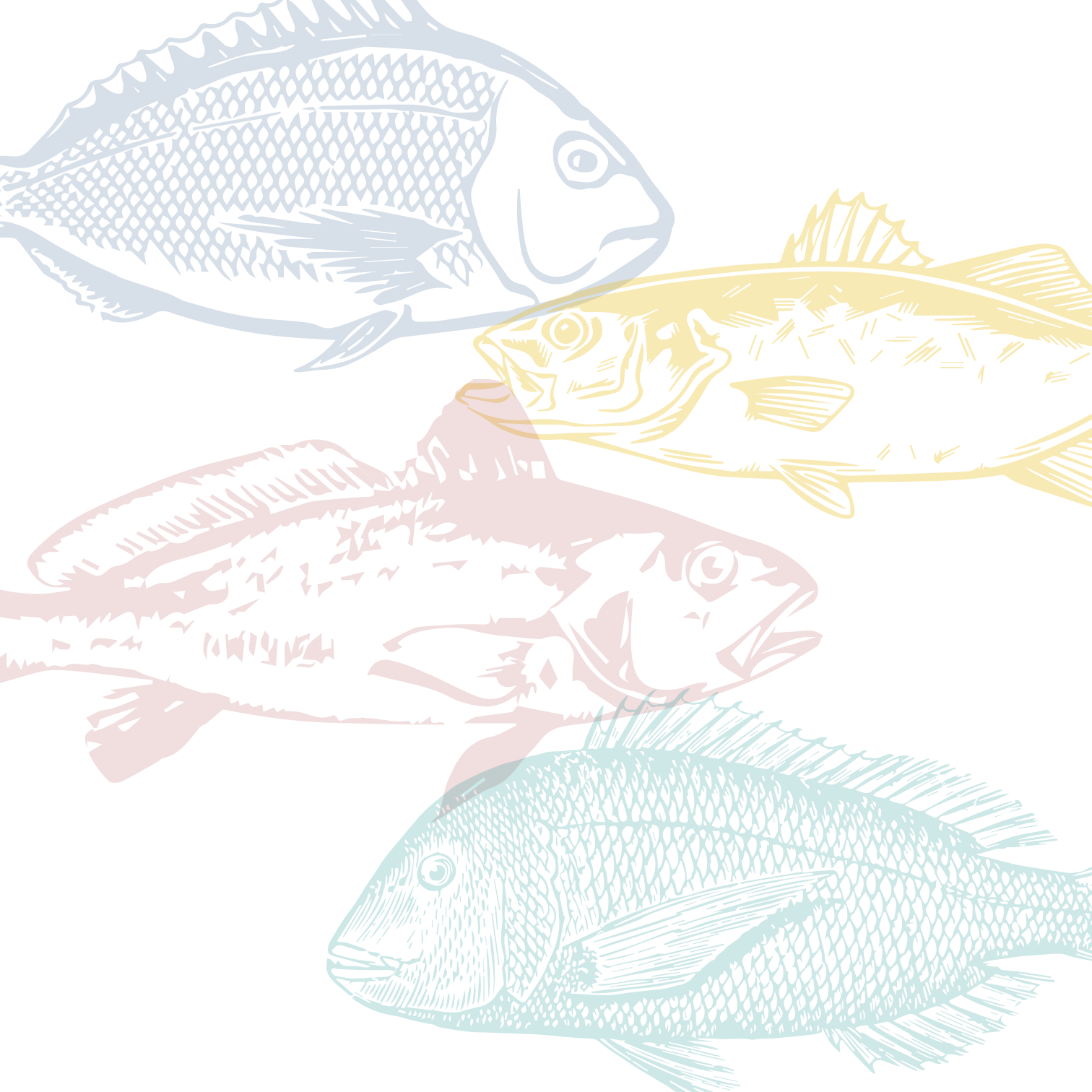
# The sea of Thesprotia on your plate!!



F R E S H

F I S H

R E C I P E S



3/4 of the Earth is covered by water, yet everyone knows where the finest fish live

### Greek Sea



The crystal-clear Greek sea waters, standing as treasure and trademark of Greece, is a fundamental part of the identity of the Greek people. With 487 beaches awarded with the Blue flag, 168 sea areas registered in the Natura 2000 network, 16000 km of coastline and 4,000 islands, Greece offers the perfect environment for the production of high-quality fresh fish, rich in natural nutrients and excellent flavor. Here, in their natural environment, fishes with trade name **Fish from Greece**, grow up with attention and care from professionals, specialized in their farming.

### Fish from Greece



The certified and trade name **Fish from Greece**, is the identity which characterizes all the Greek fresh fish that grow up with care, experience, knowledge and responsibility in the fish farms of the Members of the Hellenic Organization of Aquaculture Producers. With an easy, discreet, easy-to-remember name and adopting shades of blue and shimmering white, colors of the Greek flag and the Greek sea, **Fish from Greece** is an assurance of trust and reliability for consumers and buyers around the world. Products' marking is supported by ELOPY Private Certification Scheme for Greek Aquaculture.

## Bright Freshness



From the sea to your plate, enjoying them with friends and family, at home or in the restaurant, the vibrant colors that characterize **Fish from Greece** reflect freshness, and the clarity and purity of the Greek sea. The fresh Greek fish with the name **Fish from Greece** are delivered to their destination quickly and safely, maintaining their nutritional value and quality characteristics, their excellent taste and their bright freshness.

## Nutritional value



Fish is a key component of the traditional Greek diet and their frequent consumption is recommended by leading doctors and nutritionists worldwide. **Fish from Greece** is an excellent source of high-quality protein, well-endowed with omega-3 fatty acids, vitamins, minerals and trace elements such as calcium, phosphorus, iron, zinc, iodine, magnesium and potassium. International studies connect the consumption of fresh fish with good health, well-being and longevity.

## Exceptional Flavor



Under the bright sun, where the proper climate meets the sea in the marvelous Greek nature, fresh Greek fish reproduce in a rich virgin environment collecting flavors and scents of Greece. **Fish from Greece** is offering a gastronomical experience enclosing the flavor richness and the taste of our tradition.

## Excellent quality



From the high-tech fish breeding stations to the modern equipped packaging stage, **Fish from Greece** develops, as it exclusively uses GMO free certified foods of high nutritional value. Fished and packed with special care. Quickly transported to the market with special refrigerators that ensure the maintenance of the cooling chain. The application of the strict European legislation along with the best fish farming practices, ensure and guarantee that the fresh **Fish from Greece** reach the final consumer very fresh, preserving entirety the nutrients and the wonderful taste.





## How to clean fresh fish



- Rinse the fish well.
- Covering the fish with running water, remove the scales with a peeler or knife moving from the tail to the head.
- Remove all the intestines by making an incision from the anus and along the belly of the fish.
- Stop before the base of the head.
- Carefully remove all gills.
- Salt the fish inside - out and place it directly in the fridge or freezer.

## How to preserve a fresh fish.



The fish is kept in the refrigerator for up to 48 hours, as long as it is cleaned immediately after it is bought.

If you are going to consume it over 48 hours, place it in the freezer immediately after it's cleaned. Preserve duration five days.

# How to fillet a fish

1



Make the first incision between the gills. Cut the lower part until the main bone and without removing the blade turn, cut straight along the backbone...

2



...until the tale. The fillet is already cut. After the shredding, turn the fish and repeat the procedure from the other side too.

3



Having cut both sides this is the quicker way to prepare the fish. Now, to complete the fillets preparation...

4



Next step is to remove parts of each side. Import the blade near the bones and cut the whole part. This must take place before removing the skin so that more flesh will be preserved.

5



In order to remove the skin from each fillet, simply place the blade holding the tale of the fish. With the appropriate knife this won't be difficult at all.

6



Each fillet is now ready. You can cook it right away or place it in the freezer. Remember, not to over wash your fillets. They should preserve their moist and their natural state.

7



Cut at the "cheekbones". Near the so called "cheekbones" lies the next important step of preparation. Fishermen know that the cheekbones are considered as the fillet minion of the fish. A very small part, yet extremely delicious.

8



Place a small and sharp knife there and make a little hole in order to remove the flesh. Repeat to the other side too. Many parts could create a delicate and delicious appetizer.

9

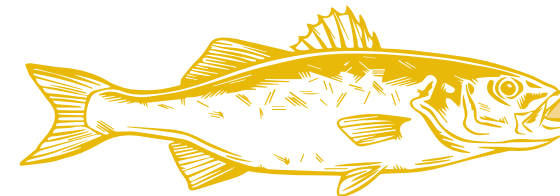
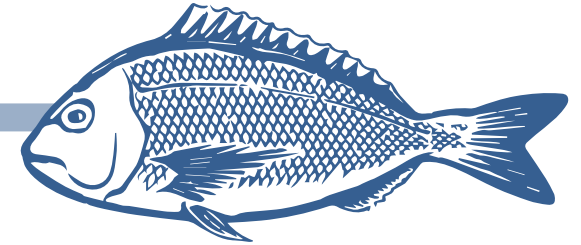


After the end of the procedure, take the parts created as per the above sketch. This is the easiest way with the least loss of fish flesh

# Farm fish in Thesprotia

sparus aurata

sea bream

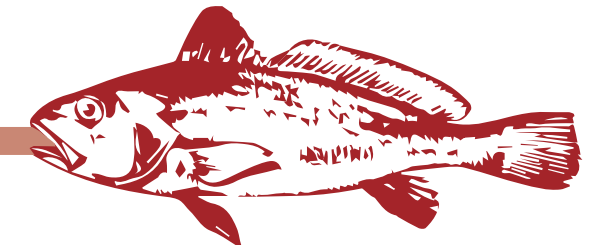


dicentrarchus labrax

sea bass

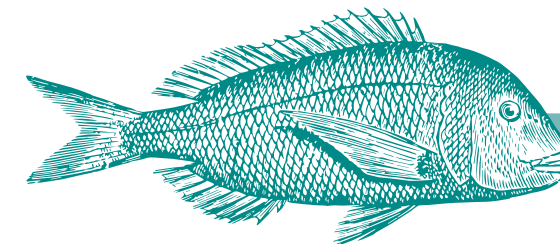
argyrosomus regius

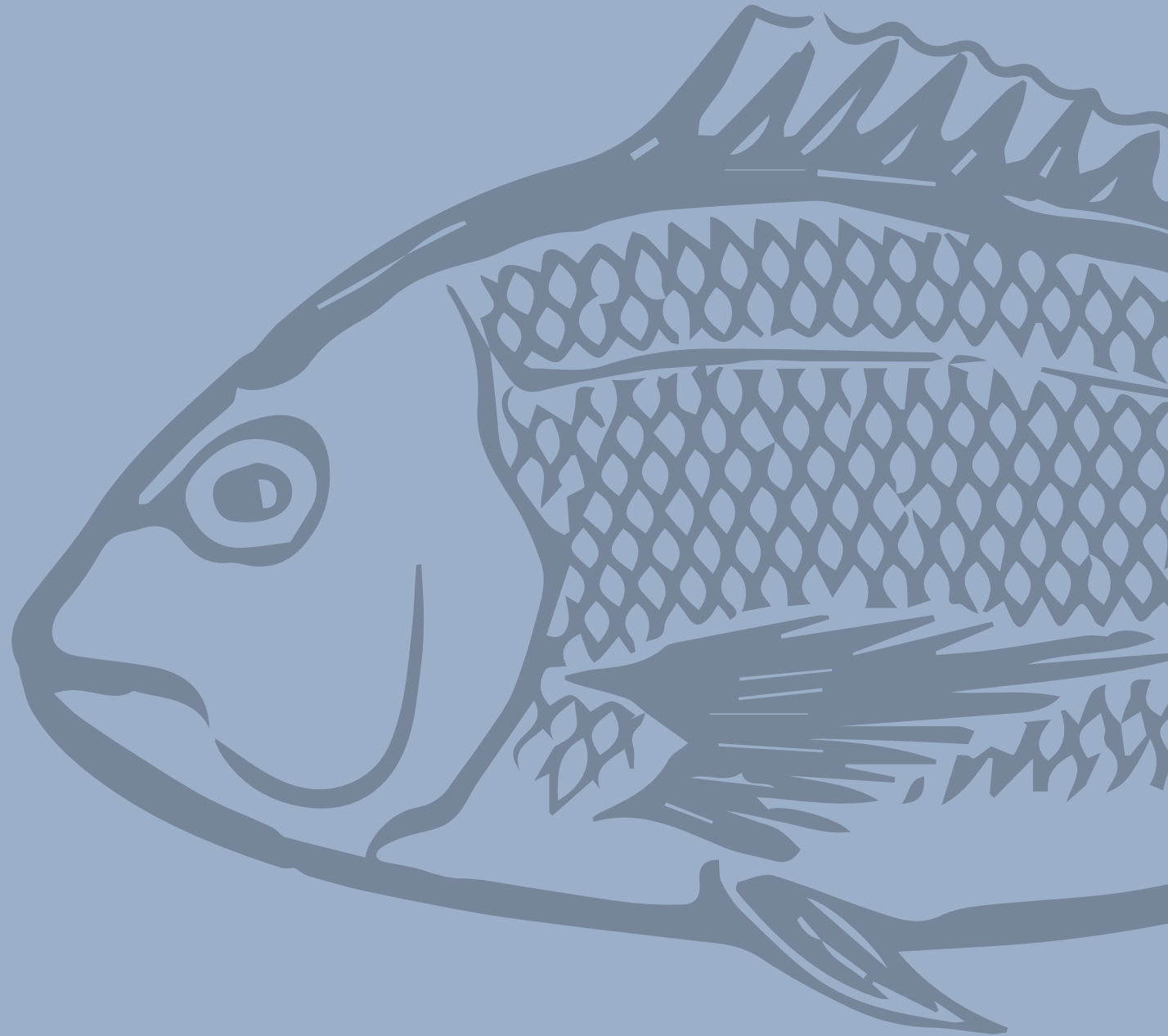
meagre



pagrus pagrus

pagrus major





sparus aurata

# sea bream

Is the fish most commonly found in the Mediterranean Sea and the shores of the northeast Atlantic. Sea bream, together with sea bass, is, in terms of nutritional value, one of the most valuable fish in the Mediterranean, as they are rich in omega-3 fatty acids. It is one of the main and most widely farmed species in the Mediterranean.

# SEA BREAM AT THE GRILL WITH OLIVE OIL & LEMON



## Ingredients

2 big sea breams

Olive oil

Oregano

2 lemons juice

Coarse sea salt

Pepper

## Recipe Execution:

Rinse the sea breams well and place them in a Pyrex type cooking vessel.

Oil the fishes well and add ½ of the lemon juice. Sprinkle with sea salt and pepper both sides and add oregano.

Grill them in preheated oven at 180° for 30 minutes without turning them.

We serve the sea breams pouring over the juices from the Pyrex and a mixture of oil and lemon.

# SEA BREAM AT THE GRILL WITH HERBS & VEGETABLES



## Ingredients

- 4 sea breams
- 1/2 kg romanesco broccoli
- 400gr. baby carrots
- 400gr. whole corn in pieces
- Lemon juice
- 1 lemon sliced
- Olive oil
- 50gr. butter
- Thyme, rosemary, tarragon
- 1 sliced garlic clove

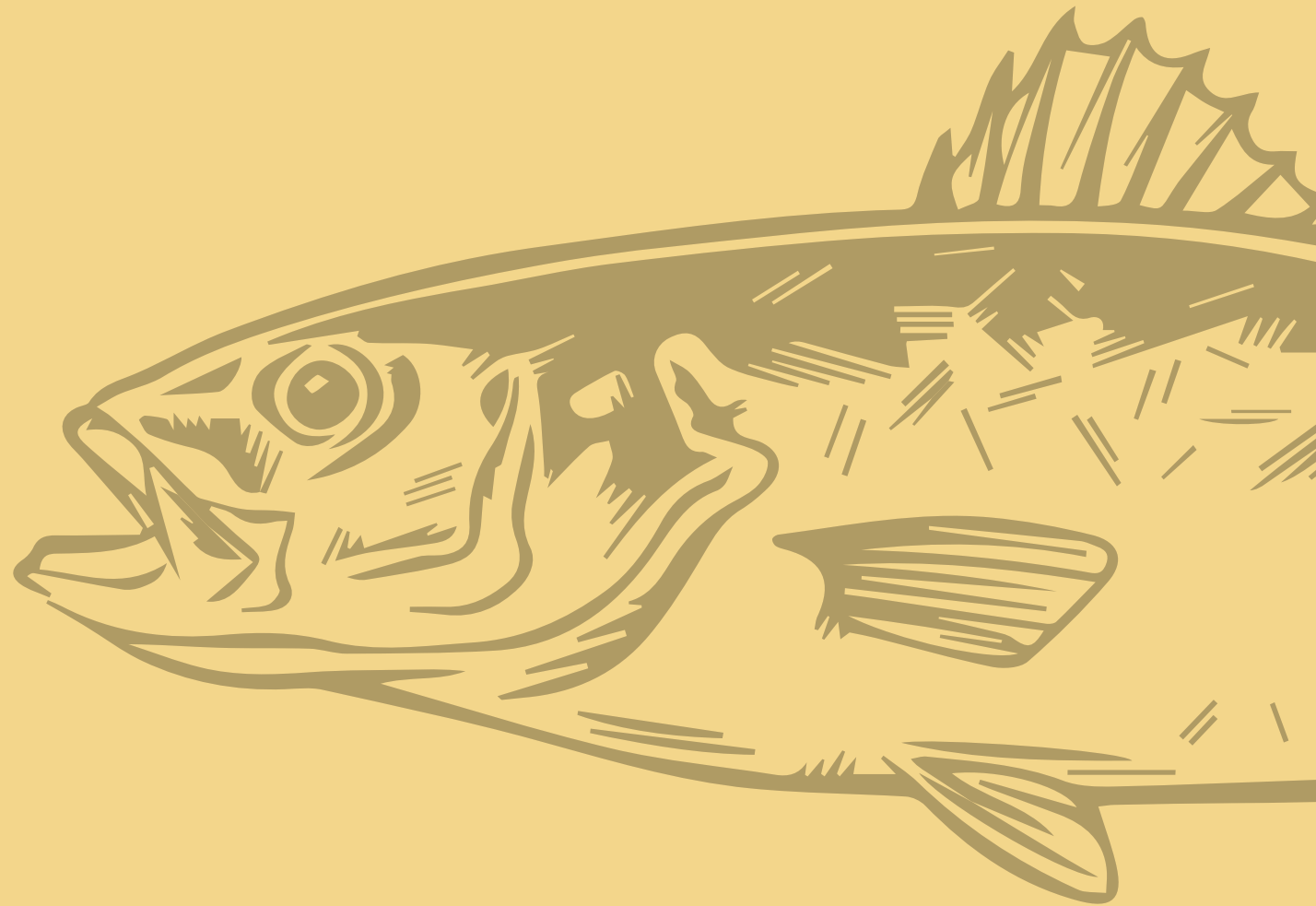
## Recipe Execution:

Add salt and pepper to the fish and place the lemon slices, the spices and the garlic inside them. Grease the fish and wrap them with parchment paper. Place them in a baking dish and bake at 200 °C for 20 minutes.

At the same time, boil the broccoli romanesco, the corn and the carrots and as soon as they boil, sauté them lightly, in a frying pan, with butter.

We serve the sea breams with the vegetables.





**dicentrarchus labrax**

# sea bass

Is the fish most commonly found in the Mediterranean Sea and in the shores of the northeast Atlantic Ocean. Sea bass, together with Sea bream, is, in terms of nutritional value, one of the most valuable fish in the Mediterranean, as they are rich in omega-3 fatty acids. It is also, one of the main farmed species.

Sea bass is considered as an exquisite fish in Greek cuisine while it is used for nutrition needs by others.

# SEA BASS WITH POTATOES & TOMATOES IN THE OVEN



## Ingredients

- 2 medium-sized sea bass fish
- 5-6 potatoes
- 2 ripe tomatoes
- 2 cloves of garlic
- 3 teaspoons of chopped parsley
- 2-3 pinches of oregano or thyme
- Salt – Pepper
- Olive oil

## Recipe Execution:

Clean the fish well, salt them lightly with coarse salt in and out of them and place the fish in an oiled baking dish or Pyrex type cooking vessel.

In a bowl, put half of the garlic, 1 teaspoon of the parsley,  $\frac{1}{4}$  of the grated tomatoes, some thyme, a few drops of olive oil, mix them and then add the mixture in the belly of the fishes.

Peel the potatoes and cut them into thin slices 1-1  $\frac{1}{2}$  cm. Add salt and pepper and then put them in the baking dish around the fishes. Sprinkle them with some thyme and the rest of the parsley. Add the rest of the garlic among the potatoes.

Now pour the remaining tomatoes, olive oil and  $\frac{1}{2}$  cup of hot water over the fishes and potatoes. Bake in a preheated oven at 180°C for about 40-45 minutes until the potatoes are done and left with their oil. Add more hot water, if required.



# SEA BASS FILLET WITH PAPPARDELLE, SPEARMINT PESTO & VARIOUS VEGETABLES

## Ingredients

4 sea bass fishes fillets cut into 2 pieces

1 pack of papardelle

1 red pepper cut into small vertically pieces

1 yellow pepper cut into small vertically pieces

20 cherry tomatoes cut in half

1 clove of garlic finely chopped

10 sliced mushrooms

200ml vegetable broth

Lemon juice

Salt, pepper

Olive oil

## Ingredients for spearmint pesto

Spearmint leaves of 1 bunch of mint

2 cloves of garlic, 100gr. white almonds, salt, pepper, 100ml olive oil

## Recipe Execution:

In a large cooking pan, cook the salted fish with some olive oil. Remove them and keep them warm. At the same cooking pan, sauté the mushrooms with the garlic. Add the vegetable broth, salt, pepper and lemon juice. Then, add the cherry tomatoes and let the mixture boil for about 5 minutes.

Once the papardelle are boiled, mix them with the spearmint pesto. Serve each plate with papardelle and the fish fillets and place a few spearmint leaves on top.



**argyrosomus regius**

# meagre

It is a fish that grows a lot since it can grow up to 2 meters in length and 100 kilos in weight. It is often confused with the shidrum fish, which is smaller but belongs to the same family. Meagre is most often found at greater depths of up to 300 meters and at mixed sea beds, on reefs or even at shipwrecks. However, it also thrives in shallower waters where there is sand, rocks and seaweed and even fares well in brackish waters. It is distributed throughout the Mediterranean area, the Black Sea and the East coast of the Atlantic ocean. Also, recently, colonized at the Red Sea.

# MEAGRE FISH WITH FETA CHEESE, COOKED IN PARCHMENT PAPER WITH BABY POTATOES & ASPARAGUS



## Ingredients

1 1/2 kg sliced Meagre

350gr. asparagus

4 fresh onions

500gr. baby potatoes cut in half

Juice of 2 lemons and some zest of them

1/2 chopped parsley

Salt, pepper

100ml olive oil

200ml vegetable broth

## Recipe Execution:

Put the potatoes in a baking pan, add salt and pepper, half of the olive oil and the vegetable broth. Bake them in the oven for about 10 minutes. With the rest of the olive oil, sauté the asparagus and the fresh onions in a frying pan and then add them to the potatoes. Add salt and pepper to the fish and put them on the potatoes. Bake for about 15-20 minutes extra. Serve with parsley and the lemon zest.



**pagrus pagrus**

# **pagrus major**

It is one of the so-called “red” fishes, such as the common Pandora and the striped red mullet. Pagrus Major, can live either close to the seabed, in open water on rocky sandy bottoms or in shallower waters, at depths ranging from 30 to 250 meters. It is found throughout the Mediterranean area, at the northern and southeastern shores of the Atlantic Ocean and also in the western Atlantic.

# PAGRUS MAJOR FILLET WITH VEGETABLE TABBOULEH



## Ingredients for tabbouleh

100gr. chopped spring onions  
100gr. chopped zucchini  
300gr. multicolored, chopped peppers  
200gr. chopped tomatoes  
1/2 bunch chopped parsley  
some chopped mint  
100gr. olive oil  
50ml lemon juice and same zest  
50ml olive oil  
10gr. mustard  
Salt, pepper, thyme  
350gr. groats

## Ingredients

30ml olive oil  
8 pargus major fillets (about 900gr.)

## Recipe execution:

Boil the oatmeal according to the packaging instructions. Saute the zucchini and peppers with a little oil. In a large bowl, mix the oatmeal with the onion, peppers, zucchini, tomatoes, parsley and mint.

Season the fillets with salt and pepper, add the oil, the lemon and the zest. Bake in a non-stick pan for 2 minutes on each side.

Serve on a plate, next to the tabbouleh.

## Aquaculture Union of Thesprotia

The union was found in 1997 with the main purpose of serving the fish farming units of the Prefecture of Thesprotia as a collective body. Union's aim is the organized management and promotion of those fish farming units and for the products of their production.

The base of the Aquaculture Union of Thesprotia is at the city of Igoumenitsa, the capital of the regional unit of Thesprotia and with its existence contributes to the social, economical and cultural expansion of the area.

A total of 28 production farms and one hatchery are active in the region of Thesprotia. 22 of those are located in the area of Lorida at Sagiada and the rest of them are in the borders of the Municipality of Igoumenitsa, at Lygias bay and also in the area close to the Neo Limani area, territories which are characterized by the land-use plan as fish farming zones.

Annual fish production (sea bream, sea bass, etc) exceeds 12000ton. per year. A total of 410 workers are employed in Thesprotia region in the Aquaculture industry and according to the growth rates of the production units, new job positions and opportunities are created, contributing that way to the area's economic growth.

## Hellenic Aquaculture Producers Organization (HAPO)

The Hellenic Aquaculture Producers Organization (HAPO), the development body of Hellenic Aquaculture, was founded in 2016 when the first 21 Members decided to join forces and support with their own resources the creation of a national identity for the products of their production and promote them in selected markets.

Today, HAPO counts 22 Members whose overall production represents 80% of Greek aquaculture. Beyond its sophisticated promotional network, HAPO also provides active support and a wide range of benefits to its Members, from mutual collaboration and networking, to development, consulting, training, liaising with the authorities and more.

The main mission of the Organization, the development of Greek Fish Farming and the promotion of fresh Greek fish produced by the Members of HAPO and characterized by the collective mark **Fish from Greece**, will be achieved by strengthening the Greek identity and their remarkable characteristics.

## **FISH FROM GREECE**

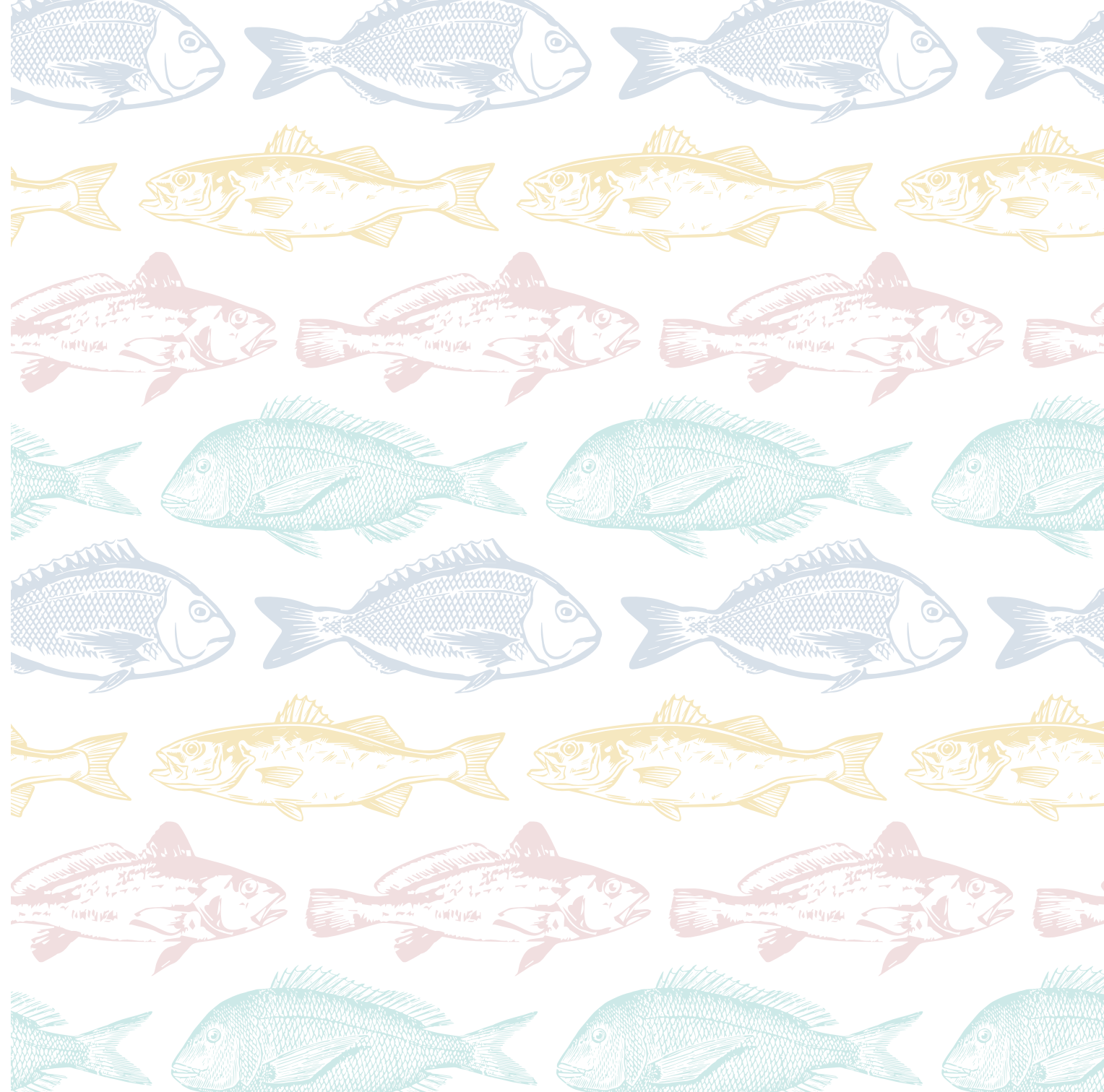
The Fish from Greece products are farmed with exceptional care in the crystal clear Greek sea and with the utmost care and expertise by its Members, at ideal locations along the country's unspoiled coastline.

The collective mark Fish from Greece is the seal of trust and reliability for buyers and consumers of Greek fresh fish worldwide.

The marking of Fish from Greece products is supported by the innovative Private Certification Protocol, Fish From Greece, owned by ELOPY.

## **MEMBERS**

ANDROMEDA GROUP, Bastia aquaculture, GRAMMOS aquaculture S.A., K. GEORGIU, DELAVIAS APOSTOLOS, V. LIONIS, LORIDA, NIREUS aquaculture S.A., POSIDONIA aquaculture, SKALOMA S.A. fishfarming, SELONDA aquaculture S.A.







*the Thesprotian sea  
at your plate*



## Chamber of Thesprotia

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[www.e-thesprotias.gr](http://www.e-thesprotias.gr)

[www.fishfromgreece.com](http://www.fishfromgreece.com) (HAPO)

[www.fishfarms.gr](http://www.fishfarms.gr) (Aquaculture Union)

ISBN: 978-618-81487-6-5



Ευρωπαϊκή Ένωση  
Ευρωπαϊκό Ταμείο  
Θάλασσας και Αλιείας



Ε.Π. ΑΛΙΕΙΑΣ ΚΑΙ ΘΑΛΑΣΣΑΣ  
2014 - 2020

