


## 30 Cover Story

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# Gilthead Seabream

## Sparus Aurata

### Species Profile

**Market names:** Gilthead seabream is known by different names throughout Europe, where it's a popular seafood choice. In Portugal, the fish is referred to as golden bream, orata, or dourada. It is called dorada in neighboring Spain. In France, the fish is called daurade, and in Italy, it is known as orate. It is sometimes called Mediterranean seabream.

**Species range:** Gilthead seabream is common in the Mediterranean Sea, present along the Eastern Atlantic coasts from Great Britain to Senegal. While wild fisheries exist, the bulk of gilthead seabream in the market is from farms in Greece, Spain, Turkey, and Italy.

**Taste/Texture:** Seabream is a lean whitefish that can be prepared in a variety of ways, including poaching, steaming, and cooking in parchment. Seabream is an excellent source of high quality protein and provides a considerable amount of folic acid, calcium and potassium.

**Market value:** The development of seabream and seabass aquaculture in Greece is arguably the biggest success story of the entire EU aquaculture sector in the 1990s. Today the fish is a staple throughout much of Europe, with more than 133,000 metric tons produced in 2008. The main markets are Italy and Spain.

**Season:** Gilthead bream is available throughout the year.

### Nutrition Facts

Serving size: 100 grams/3.5 oz.

Calories: 96

Total Fat: 3g

Sodium: 0g

Protein: 18g

Carbohydrates: 0g

### Sustainability Profile

Gilthead seabream has been certified by NGO Friend of the Sea as being produced sustainably on farms in Europe and the Mediterranean. The fish received a "good" choice rating from the World Wildlife Fund.



# Atlantic Cod

## Gadus morhua

### Species Profile

**Market names:** Cod is a member of the Gadidae family, which includes haddock, pollock, hake and hoki. The primary types of cod in the market today are Atlantic cod and Pacific cod. Both are often identified simply as cod, but Atlantic cod is considered superior. You might also hear cod referred to as scrod, which is a colloquial term for small, fresh cod.

**Species range:** Atlantic cod's habitat stretches from Greenland to North Carolina, off the coast of Iceland, and along the coasts of Europe, from the Bay of Biscay to the Barents Sea. Cod is easy to recognize by its long, often round-bellied body and the prominent "beard" under its chin.

**Taste/Texture:** The lean, firm flesh of Atlantic cod has a delicate white color. Its characteristic flaky texture and mild taste make it ideal for a wide variety of dishes. It's less firm than haddock and sweeter than Pacific cod. Raw Atlantic cod is translucent, and can range in color from white to pinkish.

**Market value:** For centuries cod has played a crucial role in the development of coastal communities along the Atlantic. The fish is considered a cornerstone of seafood markets in North America and throughout most of Europe.

**Season:** Wild cod is available throughout the year.

### Nutrition Facts

**Serving size:** 100 grams/3.5 oz.

**Calories:** 90

**Total Fat:** 0g

**Sodium:** 60mg

**Protein:** 20

**Carbohydrates:** 0g

### Sustainability Profile

A number of the world's Atlantic cod fisheries have been certified sustainable by the Marine Stewardship Council, including: Atlantic cod and haddock longline, handline and Danish seine fishery; the Barents Sea cod fishery; and the Germany Eastern Baltic cod fishery. NGO Friend of the Sea has certified as sustainable the Iceland longline and jigger lines fishery.