

Kefalonia Organic Dorade Greece

Kefalonia Fisheries, located in the Gulf of Argostoli in the Ionian Sea, is a pioneer in the cultivation of Mediterranean fish and was the first farm in Europe dedicated to the production of branzino and dorade.

The Fish

Perhaps no other family of white fish is as universally esteemed as the breams (Sparidae), and in the Mediterranean, dorade is valued above all others species. The name dorade, or in the UK it's called gilthead bream, is a nod to the distinctive splash of gold sprayed over its eyes.

Unfortunately, the dorade, like too many other species, suffered for its deliciousness. Today, wild populations throughout the Mediterranean and beyond are either fully exploited or overfished, and catches have failed for decades to meet demand. Farmed organic Kefalonia Dorade offers a reliable — and reliably clean — option. No pesticides, prophylactic antibiotics, hormones or any other chemicals are ever used in production.

The Farm

Kefalonia Fisheries was founded in 1981 by Marinus Yeroulanos, a fourth generation Kefalonian, and descendent of generations of fishers. Faced with shrinking fish populations and a lack of opportunities for fishermen, Marinus started the business to preserve the island's communities through aquaculture.

One of the first certified organic aquaculture operations in the Mediterranean, Kefalonia prides itself on melding tradition with innovation. Production is vertically integrated. Fish are raised in marine pens in the Bay of Livadi with a stocking density that's an industry low (99% water, 1% fish). Feed standards are rigorous, with all fish meal and fish oil sourced exclusively from processing trimmings from existing wild fisheries, and all vegetable-based ingredients are certified organic.

Additionally, Kefalonia fisheries has voluntarily participated in the longest running environmental impact study ever performed in Europe. Ten years of voluminous data have revealed no long-term negative impacts on the surrounding waters and environment.

“With CleanFish’s help, the old adage about there being plenty more fish in the sea might remain true.”

TIME



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In The Kitchen

Dorado is typically encountered in American restaurants as a whole fish preparation. Fillets, however, are easy to remove, and the yield from round fish is approximately 42%. Fillet shape and size is well-suited to use in fish courses as components of larger meals. While excellent cooked, Kefalonia Dorade takes well to raw preparations and is a favorite in sushi, known by the Japanese name kurodai.

Certifications, Ratings & Awards

Friend of the Sea, Global GAP, EU Organic Certification, Naturland Organic, ISO 14001



The Facts

Latin Name	<i>Sparus auratus</i>
Origin	Greece
Form & Size	Whole round 300-500gr and 500-700gr
Availability	Year-round
Taste Profile	Clean, sweet meat, delicate in texture as well as taste
Health	No pesticides, prophylactic antibiotics, hormones or any other chemicals ever used in production
Feed	All fish meal and fish oil sourced exclusively from processing trimming from existing wild fisheries. All vegetable based ingredients are certified organic by Naturland e.V.
Husbandry	Vertically integrated production with grow out in marine pens in the Bay of Livadi. Stocking density never exceeds 10kg per cubic meter of water

Meet CleanFish

At CleanFish, we're committed to aquaculture as an essential part of a sustainable future, and we advocate for the best, most innovative practices — one delicious meal at a time.

We bring together visionary producers at the cutting edge of responsible farming and champion them in the marketplace under traceable, transparent brands for seafood that's the best of the season, better every season.

That's what CleanFish is all about — fish you can trust with a difference you can taste.

Keep In Touch

For a complete list of CleanFish products and videos, please visit cleanfish.com

We want to hear about every delicious morsel! Connect with us on social media.

