Ribe Jadranskog mora

Pesci del mare Adriatico
Fish of the Adriatic Sea
Die Fische der Adria

Europska unija
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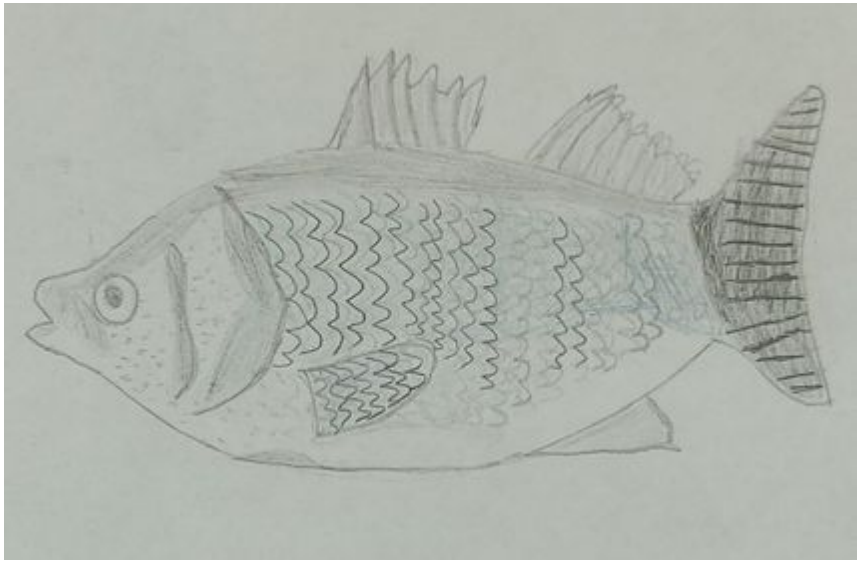
Projekt je sufinanciran sredstvima Europske unije iz Europskog fonda za pomorstvo i ribarstvo

Operativni program ZA POMORSTVO I RIBARSTVO

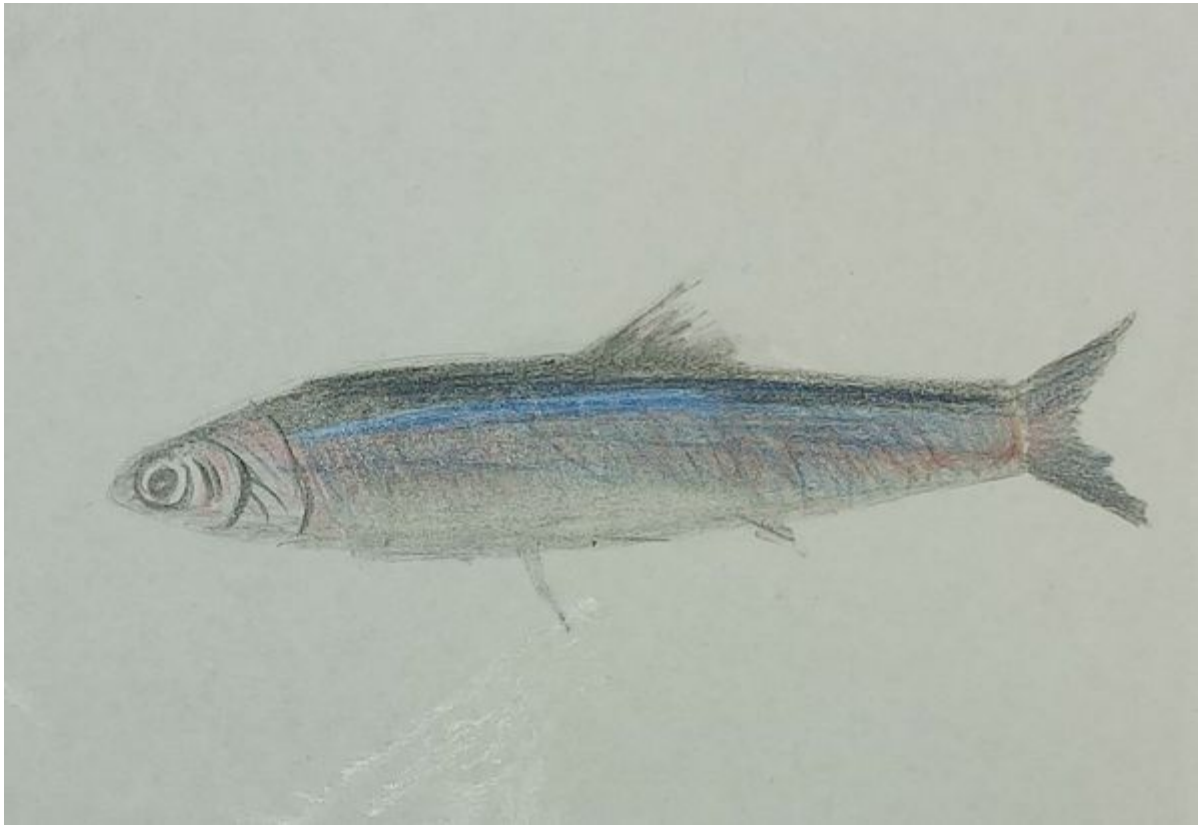
There are plenty of reasons why you should spend your **holidays on the Adriatic coast**, especially in the Croatian part. It is immensely beautiful, with plenty of amazing islands, and it has so any **amazing sights** that go all the way back to the **Roman Age**. This is everything you could hope to experience if you want to visit the Mediterranean. Additionally, the food is spectacularly good, and an important part of the diet around here is fish. If you're **a fishing enthusiast**, you'll be delighted to know that **getting a license for that is extremely easy**, plus there are plenty of species of fish you can hope to catch. To give you a sense of what you can expect to catch, this booklet gives a quick overview of **the most common fish in the Adriatic.** The contents of this book have been created our 7th and 8th grade students.

BRANCIN (*lat. Dicentrarchus labrax*)
il branzino, sea bass, der Seebarsch

Sea bass is a **white fish** that lives in schools all over the Mediterranean. In Croatia, we call them ***brancin*** or ***lubin***. It can grow up to 0.5 meters and can weigh about 5 kilos. Sea bass are usually dark-blue or silver-gray. They are mostly night hunters, feeding on small fish, crabs, and shrimps. They spawn from March to June, mostly in inshore waters.



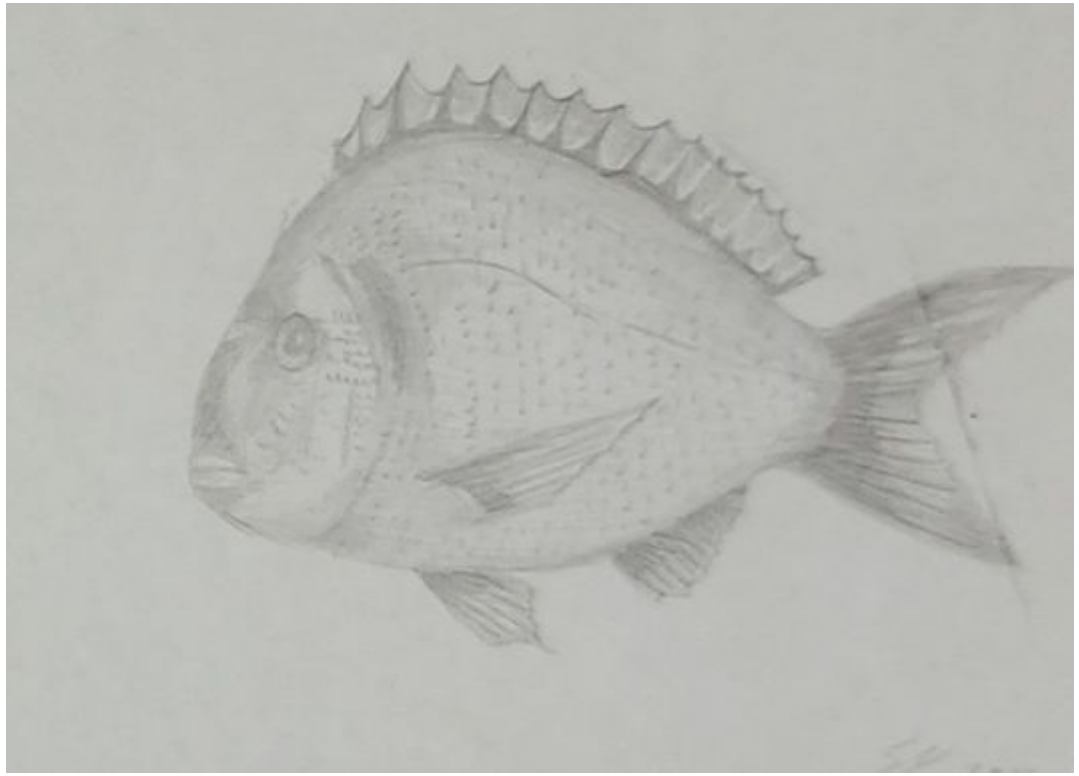
INĆUN *(lat. Engraulis encrasicolus)*
l'acciuga, anchovy, die Sardelle



INĆUN
Anchovy

It is greenish blue from below, its belly is lighter, its color and appearance are similar to the sardine, which is much slimmer and slightly shorter. It has a more pointed head and larger eyes. In Croatia, we call them ***inćun, brgljun*** or ***brfljun***. It lives in flocks, at depths of up to 400 m and grows up to 20 cm in length. It feeds on plankton and itself is food for all significant predators. Its lifespan is 3 years. It is a very tasty fish valued as the best fish for salting. Due to a high content of omega-3 fatty acids, it is highly recommended for consumption, especially for children.

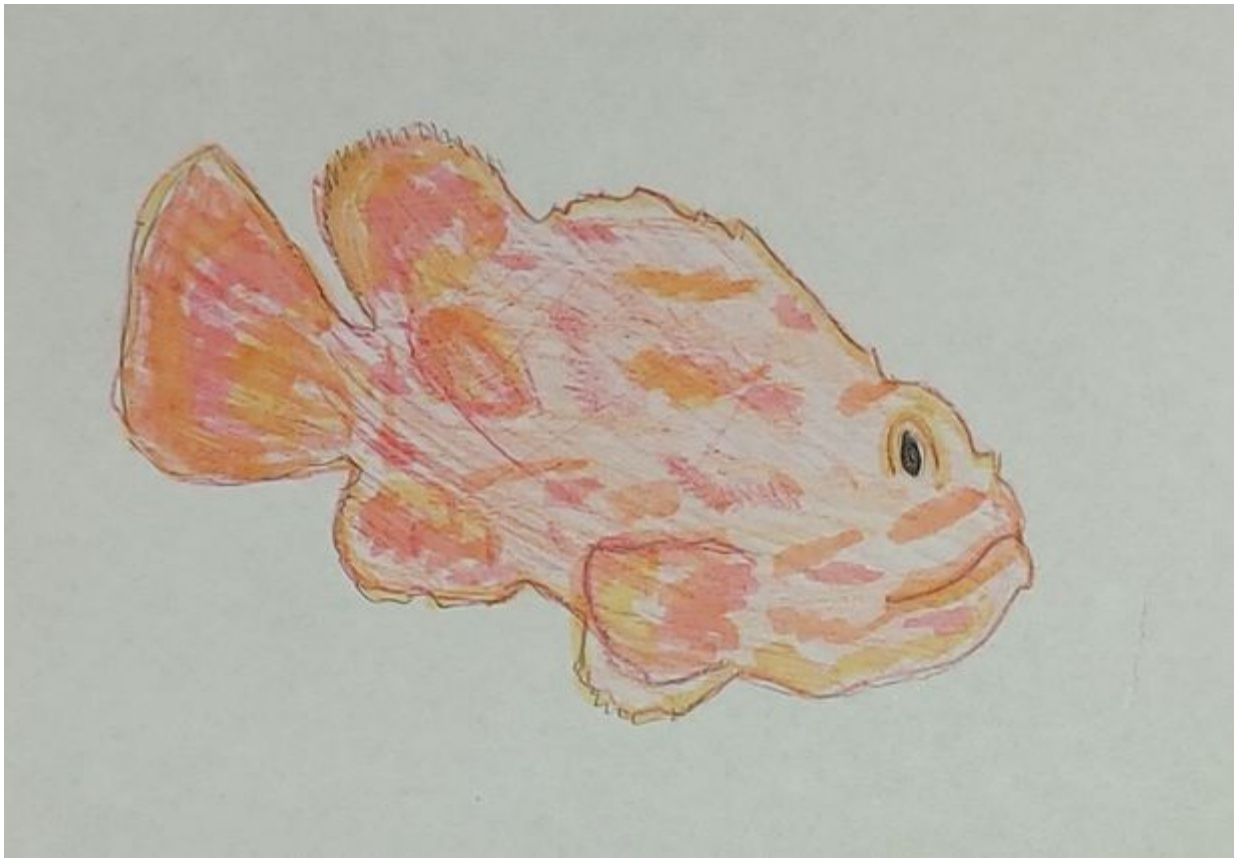
ORADA *(lat. Sparus aurata*)
l'orata, sea bream, die Goldbrasse



ORADA
Sea bream

Sea bream is a **white fish**. It can be found in the Mediterranean Sea and the eastern coastal areas of the North Atlantic Ocean. It usually reaches about 35 cm but can reach up to 70 cm and weigh up to about 7.36 kg. It is usually light or dark gray. They are hard to catch because they are very cunning. This fish is widely used in the Mediterranean cuisine, under various local names ***(orada, dorada, podlanica, lovrata, ovrata, zlatulja,*** *etc.)*. Its meat is highly prized and delicious.

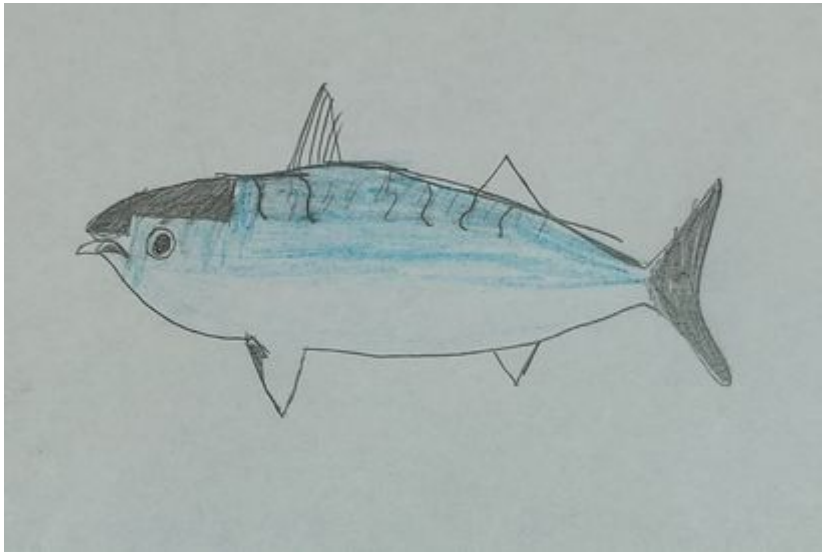
ŠKARPINA (*lat. Scorpaena scrofa*)
lo scorfano rosso, red scorpionfish, der Drachenkopf



ŠKARPINA
Red scorpionfish

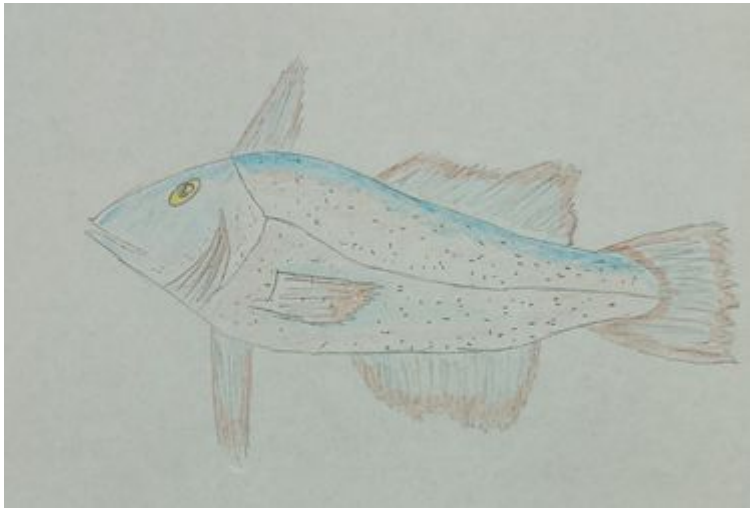
Red scorpionfish belong to the group of **white fish** and live in the Adriatic Sea. In Croatia, we call them ***škarpina, škrpina, crveni škrpun*** or ***logrnja***. They aren't big but have poisonous thorns. They are the largest eastern Atlantic scorpion fish. They are also predators because they feed on other fish, as well as crab, shrimp, and mollusks. They can weigh up to 4.5 kg. Red scorpionfish are a high-quality fish, so they can get awfully expensive, when ordered in restaurants.

SKUŠA *(lat. Scomber scombrus)*
lo sgombro, mackerel, die Makrele



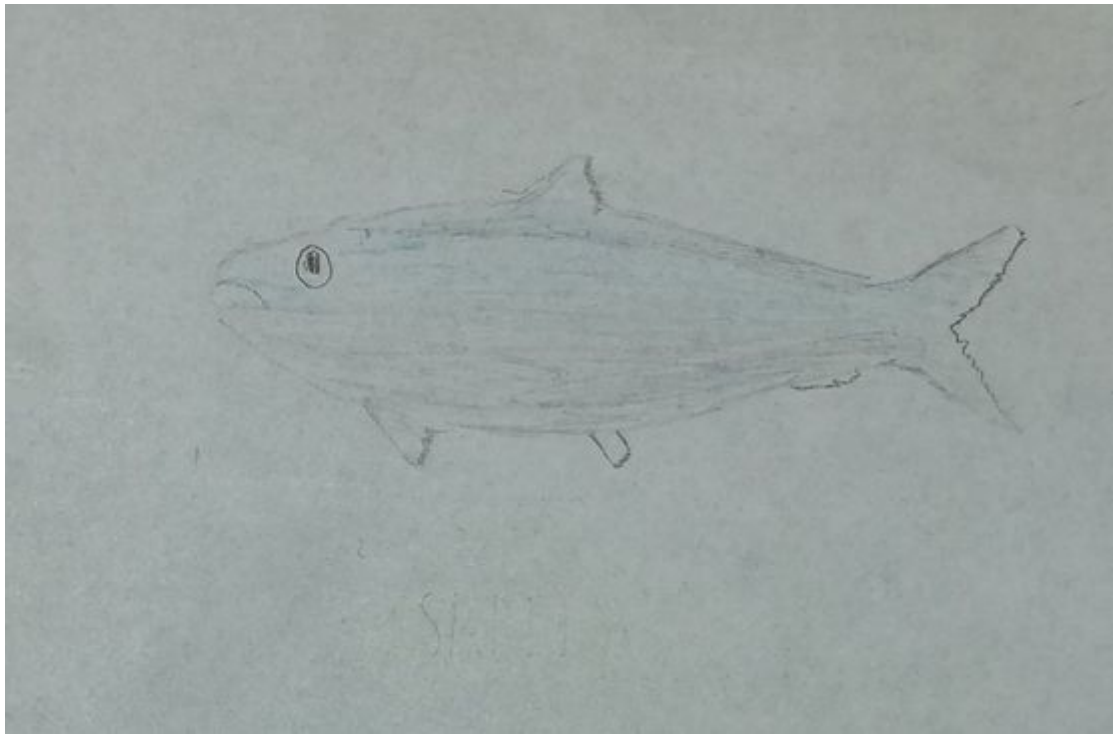
They are **blue fish** and live in the entire Mediterranean Sea. In our language, we call them ***skuša, škombra*** or ***škombar.*** They can grow up to 50 cm and weigh up to one kilo. However, their average length is 15-20 cm and weight about 0.7 kg. Mackerels are small and thin and live in big schools. In Croatian, they are called *skuša, škombra, golać...* Mackerel is a predator that eats fish, like sardines and some small shrimps. It's delicious, healthy, and tasty to eat and it isn't expensive.

OSLIĆ *(lat. Merluccius merluccius)*
il merluzzo, hake, der Hechtdorsch



Hake is a white fish in the Adriatic Sea. In Croatia, we call them ***oslić, magarić, magarčić, mol, murluc*** or ***tovar***. It is a medium-to-large fish averaging from 0.45 to 3.63 kg in weight, with specimens as large as 27 kg. The fish can grow up to one meter in length with a lifespan of as long as 14 years. Hake may be found in the Atlantic and Pacific Oceans in deep waters. The fish stays in deep water during the day and comes to shallower depths during the night. It's shiny blue with some green on its back.

SRDELA *(lat. Sardina pilchardus)*
la sardina, pilchard, die Sardine

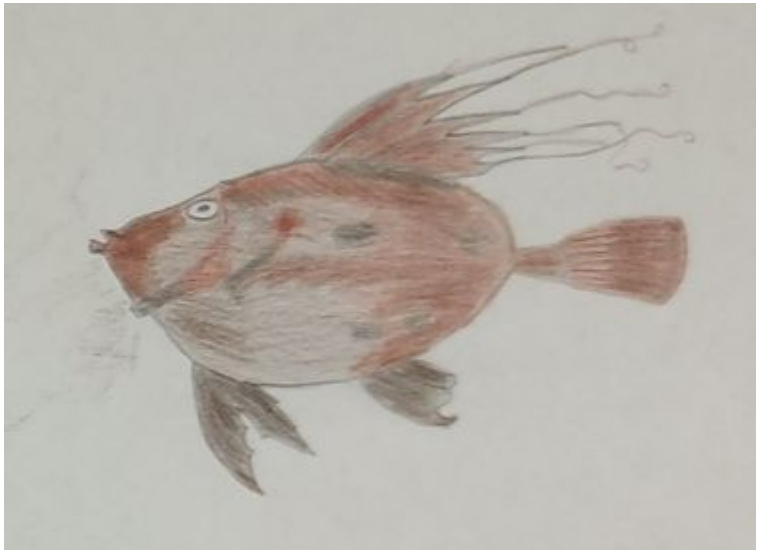


SRDELA
European pilchard

Pilchards are oily fish that can be bought fresh or canned. They grow up to 25 cm in length and 0.3 kilos in weight. The upper body is blue and green, and the bottom is silvery. They only feed on plankton. They are good for your health; they can help with heart disease or may protect against certain cancers. They live in the whole Adriatic Sea. Common names in Croatia: ***sardela, sardina, srđela, šardela***.

They have long been food for the poor and has historically saved many Dalmatian islanders from starvation. This blue fish is important for other predatory fish, and its disappearance would mean disaster for many species of fish that depend on it.

KOVAČ *(lat. Zeus faber)*
pesce San Pietro, John Dory, der Peterfisch

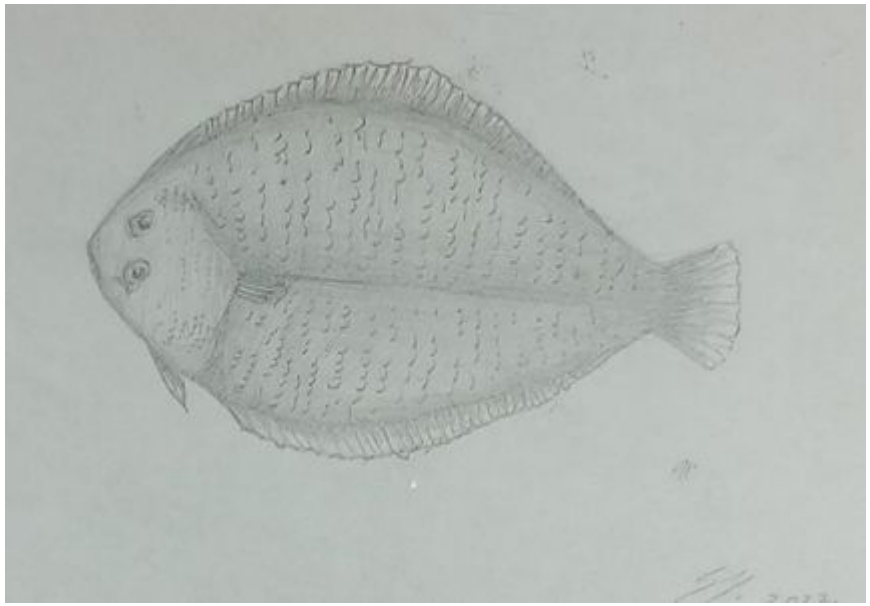


It is one of the most famous fish in the Adriatic, unusual-looking, oval, very flattened laterally, so that it is almost invisible when viewed vertically. Its body is covered with small sharp scales, the first dorsal fin is unusually long. It is most often green or olive in color, although sometimes it can be golden-yellow. Its belly is silvery white and the fish has a characteristic black dot on both sides.

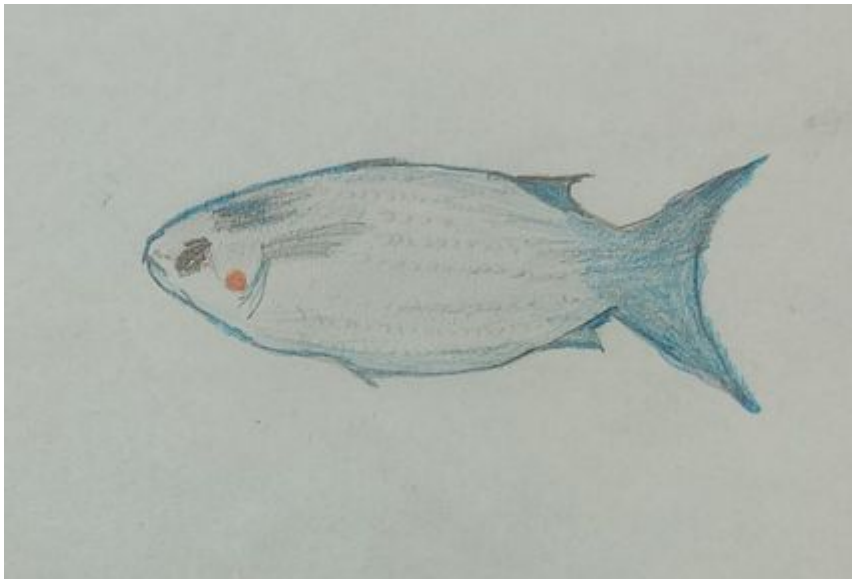
Its meat is very tasty, soft, and easily digestible, so this fish is chosen by all those who like fish with few bones. It can be prepared in many ways, but the tastiest is grilled or boiled. In Croatia, it is also known as ***šanpjer*** and ***riba Sv. Petra***.

LIST *(lat. Solea solea)*
la sogliola, sole, die Seezunge

The sole is specific in that it has eyes only on one side of its body. It lives in coastal muddy and sandy bottom.
Adult soles can reach a length of 50 to 60 cm and can weigh from 300 to 400 grams. We call them ***list*** or ***švoja.***
It has white, very firm, and tasty flesh. People like it because of its taste and because of the very few bones that are easy to clean. It can be prepared on the grill, fried or as fillets, served both hot and cold.

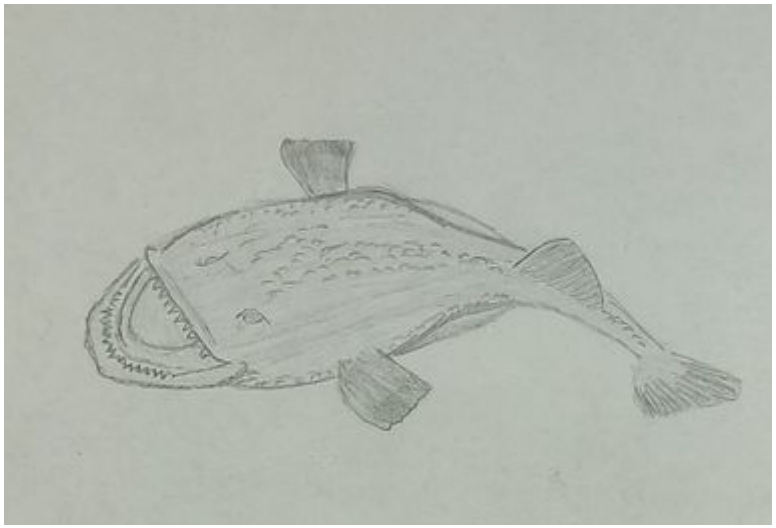


CIPAL *(lat. Chelon aurata)*
il cefalo dorato, golden gray mullet, die Goldmeeräsche



It is a permanent inhabitant of the Adriatic Sea. It can reach up to 59 cm, but specimens up to 30 cm long are more common. It is a schooling fish. Older fish prefer to swim at the depths of more than 10 meters, entering the bays, estuaries, and lagoons. Young fish often swim near the river mouths. It feeds on small sea organisms, and sometimes, insects and plankton.

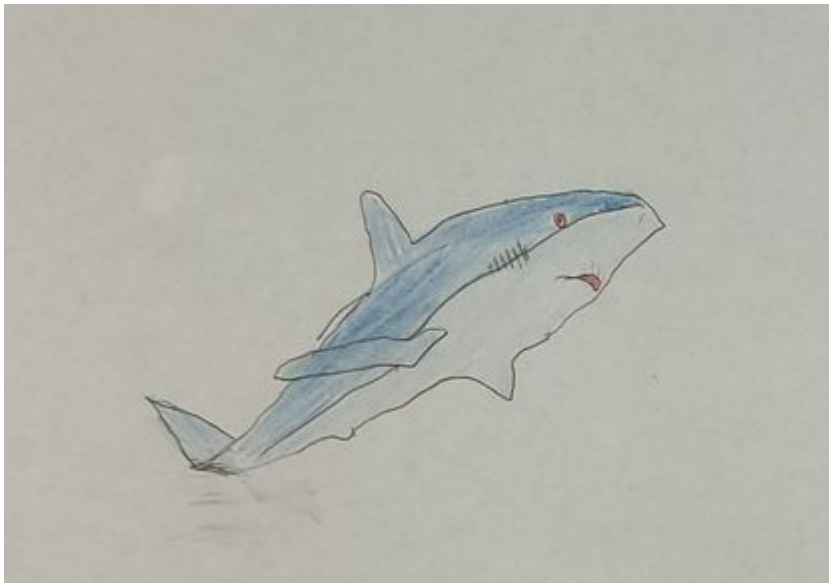
GRDOBINA *(lat. Lophidae)*
la rana pescatrice, frog fish, der Seeteufel



It is a white fish. It's got a brown body, without scales, and usually lives on the muddy sea bottom. In Croatia, we call them ***grdobina, vrag, rošpo, vražica*** or ***žaba.*** It is a predator, lives at depths of up to 1000 m, and grows up to 2 m in length and almost 60 kg in weight. It has very tasty meat, few bones, and therefore, it is very desirable for children's nutrition. It is prepared in many ways, fried, in brudet or as a basic ingredient in fish soup.

MORSKI PAS *(lat. Selachii, Selachimorpha)*
lo squalo, shark, der Hai

As many as 54 species of shark live in the Adriatic.
Shark is an excellent choice for a fish lunch. Its meat is fine, soft, tasty, and boneless, which is why it is adored by children and adults who avoid fish precisely because of the bones. Shark can be prepared in numerous ways: in soup, brudet, on the griddle, fried in a pan, in tomato sauce, with vegetables, baked in the oven with potatoes...



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FLAG Pinna nobilis

The following 7D grade students, who have researched and prepared the texts about the fish of the Adriatic, were mentored by their English teacher and designer of this e-book, Alenka Banić Juričić:

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