

# FISH AND SEAFOOD FROM THE BALEARIC SEA:

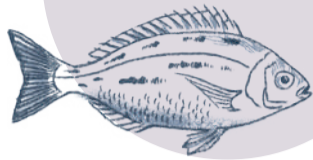
Every species at the right time



**Pagell (Spanish seabream)**  
*Pagellus erythrinus*  
-G, H

## SCALY fish

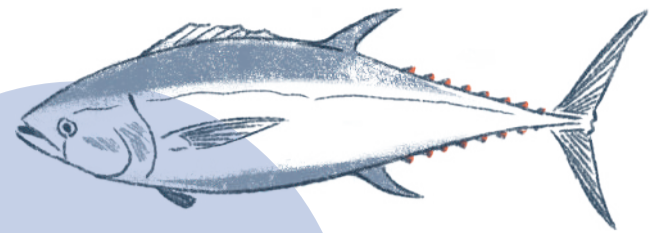
With large, stiff scales, their size makes them perfect for baking.



**Càntera (black seabream)**  
*Spondylisoma cantharus*  
-G, H



**Sardina (pilchard)**  
*Sardina pilchardus*  
-J **PRIMAVERA, ESTIU**



**Tonyina (Atlantic bluefin tuna)**  
*Thunnus thynnus*  
-B **ESTIU, TARDOR**



**Aladroc (anchovy)**  
*Engraulis encrasicolus*  
-J **PRIMAVERA, ESTIU**

## OILY fish

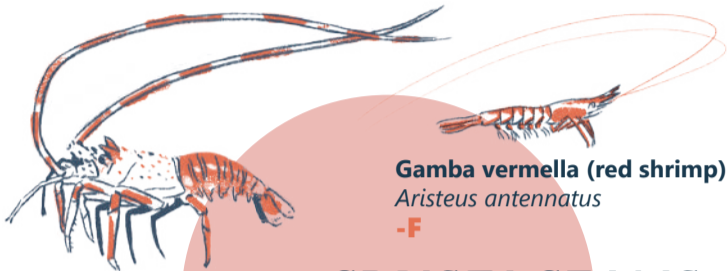
Rich in omega 3. Ranging from pilchards to tuna, one of these species is always in season.



**Gerret (picarel)**  
*Spicara smaris*  
-E, F **TARDOR, HIVERN**



**Llampuga (common dolphinfish)**  
*Coryphaena hippurus*  
-C **TARDOR**



**Gamba vermella (red shrimp)**  
*Aristeus antennatus*  
-F

**Llagosta (spiny lobster)**  
*Palinurus elephas*  
-H

## CRUSTACEANS

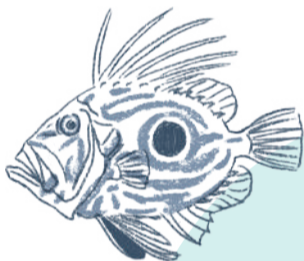
The many types of crustacean found in the Balearic Sea are a culinary delicacy.



**Gamba blanca (pink shrimp)**  
*Parapenaeus longirostris*  
-F, I



**Cap-roig (red scorpionfish)**  
*Scorpaena scrofa*  
-F, G, H **PRIMAVERA, ESTIU**



**Gall de Sant Pere (John Dory)**  
*Zeus faber*  
-F, G, H **PRIMAVERA**



**Moll de roca (red mullet)**  
*Mullus surmuletus*  
-F, H **ESTIU, TARDOR**

## WHITE fish

Low in fat, their firm-textured white flesh contains high-quality proteins.



**Mòllera de fang (greater forkbeard)**  
*Phycis blennoides*  
-F



**Bruixa (megrim)**  
*Lepidorhombus boscii*  
-F



**Aranya (greater weever)**  
*Trachinus draco*  
-F, H



**Esparrall (annular seabream)**  
*Diplodus annularis*  
-H



**Calamar (squid)**  
*Loligo vulgaris*  
-A, F



**Sípia (cuttlefish)**  
*Sepia officinalis*  
-H

## CEPHALOPODS

An extremely renewable resource and a source of protein that is easy to eat because they are boneless.



**Pop (octopus)**  
*Octopus vulgaris*  
-F, I



**Jonquillo (transparent goby)**  
*Aphia minuta*  
-D

## Transparent GOBY

They look like larvae but they are actually adults, reaching a maximum length of 5 cm.

SPRING

SUMMER

AUTUMN

WINTER

## Fishing techniques

Traditional seine netting techniques



**Handline**  
-A



**Trolling line, handline, rod**  
-B



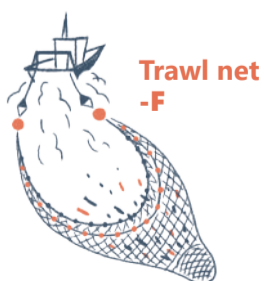
**Llampuguera**  
-C



**Xarxa jonquillera**  
-D



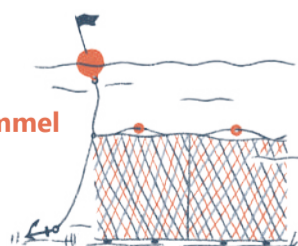
**Gerretera**  
-E



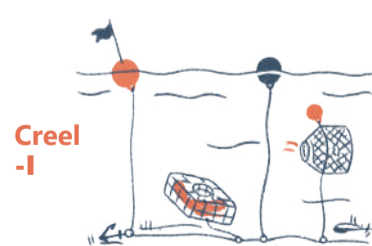
**Trawl net**  
-F



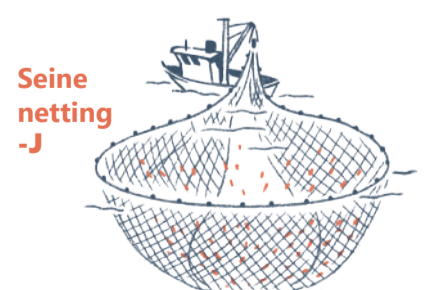
**Longline**  
-G



**Trammel**  
-H



**Creel**  
-I



**Seine netting**  
-J

