

GILTHEAD

Meaning: Gilthead refers to a species of fish, specifically the gilthead bream, known for its delicate flavor and firm texture.

1. The gilthead bream is known for its delicate flavor and firm texture.
2. While fishing off the coast, we caught a stunning gilthead that weighed over two kilos.
3. In Mediterranean cuisine, gilthead is often grilled with herbs and served with fresh vegetables.
4. The gilthead's vibrant silver scales can be quite striking when it glimmers in the sunlight.
5. Many chefs recommend marinating gilthead in lemon and olive oil to enhance its natural taste.

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