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FISHIN

NEWSLETTER OF THE SEAFOOD INDUSTRY OF TRINIDAD AND TOBAGO



Salmon Roulade served with a mango and red onion relish

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TILAPIA!

THE TALK AROUND TOWN!

What is Tilapia?

Tilapia is an indigenous species of the East Coast of Africa ranging from the Congo in the south to Nigeria in the north and further northward into the Nile Valley. It is primarily a freshwater fish, which is also found in brackish water and is a major target species for fish farming (aquaculture). In the wild, tilapia is an algae feeder and as such, water quality significantly influences flavor.

Marketing Forms

Tilapia is marketed as whole, gutted, pan dressed or as fillets. Its shape and size makes it excellent for filleting.

Storage Life

The shelf life of Tilapia on ice varies from 8 days (red tilapia), 14-15 days (black tilapia) and 22-23 days (silver tilapia).

Nutritional Benefits

Tilapia is...

- Rich in protein (17.8g/100g)
- A lean fish, low in fat (containing 1.5g lipid/100g), a good source of energy provides (105 calories/100g) and omega-3 fatty acids
- An excellent source of Vitamin B12

Utilisation

Tilapia is a medium dense, firm textured fish. The flesh is low in oil, white in colour, with a mild and sweet flavor and flakes easily upon cooking. It is an excellent substitute for white flesh seafood such as Snapper or Pompano. Tilapia can be baked, fried, poached, grilled, steamed, sautéed or barbequed. It is also excellent for use as a hot smoked (cooked) fishery product and when comminuted, is excellent for making fish burgers and sausages.



Frozen Tilapia is now on sale at the SIDC! On Friday 7th March 2014, the Ministry of Food Production launched the sale of frozen tilapia to the public at the SIDC. You can purchase tilapia, Monday to Friday from 8:00am- 4:00pm. This initiative strengthens the progress made by the Ministry in supporting the aquaculture sub-sector as it seeks to develop commercial marketing arrangements.

Aquaculture Initiatives

of the Seafood Industry Development Company Limited

The Seafood Industry Development Company Limited (SIDC) has supported the aquaculture initiatives of the Ministry of Food Production in Tilapia Farming in a number of significant ways. These include:

1. Importation and sale of tilapia feed
2. Interactive Farmer's Seminar Series
3. Purchase and sale of fish from farmers

1. Fish Feed Initiative: Importation and sale of tilapia feed

One major contribution is the importation of high quality and reasonably-priced tilapia feed made available to tilapia farmers. This tilapia feed is imported monthly and stored at the SIDC's compound in Charlieville in an air-conditioned insulated shipping container under strict bio-secure protocols. The pelleted tilapia ration is a high quality fish feed at significantly reduced costs compared to other feeds and comes in a variety of pellet sizes including 2mm, 3mm, 4mm, 5mm and above, as well as high protein powder and crumble rations. Crude protein content range from 45% to 32%. Tilapia farmers have been able to obtain fresh supplies of feed on demand..

2. Fish Farmers' Training: Interactive Farmer's Seminar Series

In addition, as a result of numerous questions and interactions with our aquaculture stakeholders, especially those that purchase tilapia feed on a weekly basis and in an effort to better serve the Aquaculture Farming Community, the SIDC has decided to embark on a monthly seminar series. This interactive series is held at the SIDC and seeks to address topics that widely affect farmers, based on discussions. Topics included:

- **Optimizing Feeding and Feeding Rates in Tilapia** - which addressed issues on tilapia feed (types, constituents and prices), tilapia biology and growth rates, feed rates and feeding regimes.
- **Water Quality Management and Biosecurity Issues in Tilapia Farming** - addressed the issues involved in water quality and bio-security and covered topics such as the effect of water quality on fish health, optimum water quality for tilapia and simple farm procedures for bio-security.
- **Post Harvest Handling and Utilization of Tilapia** - addressed quality assurance issues with the harvesting of tilapia. It covered topics such as biological hazards, depuration, post harvest handling methods and best aquaculture practices.

3. Purchasing and sale of fish from farmers

The SIDC is collaborating with the Sugarcane Feeds Centre (SFC), Longdenville, to assist tilapia farmers in their post-harvest handling, processing and sale of fish on a weekly basis. The SFC currently purchases fish from farmers for processing and sale at their Longdenville facility. However, due to active interests and an increased demand, the SIDC has been requested to handle the excess capacity for processing, storage and sale. In order to facilitate sales, the SIDC serves as an outlet for Tilapia at its head office from Friday 7th March 2014.

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Seafood as part of your diet

Healthy eating should not be seasonal. Carnival 2014 is over and we know you had been hitting the gym religiously, running around the savannah, lap after lap and cutting out deep fat fried foods from your "diet", yet, your body was not at the target weight that you hoped to achieve. Carnival 2015 is a mere 11 months away and we think you should add seafood to your diet to help you achieve your weight goals for CK15!

The protein in seafood is high quality and is more easily digestible than the protein found in red meats such as beef. Seafood contains little or no carbohydrates unless it has been breaded or battered. You should aim to consume seafood that has been broiled, baked or steamed and avoid fried and deep-fat fried seafood dishes, since these preparation methods add fat. For all the fitness enthusiasts and calorie counters, due to its relatively low fat content, most seafood provide about 100 calories per serving. Exceptions are some higher fat species such as Carite and Kingfish and processed products such as tuna canned in oil.

The fat which is present in seafood consists of monounsaturated and polyunsaturated fatty acids, such as Omega-3. These fatty acids have been found to lower blood cholesterol levels and are essential for brain and health development. Additionally, fish oils ease inflammation and pain associated with arthritis. It is excellent for lubricating your knee and hip joints, getting you ready for the road.

Seafood is an excellent source of vitamins A, B and D. Vitamin A is essential for healthy eyes, skin and the respiratory system. Vitamin B is important for the nervous system and digestion of food. Vitamin D is necessary for adequate absorption of calcium which is essential for healthy bones and teeth. Seafood is also low in sodium and is an excellent source of potassium, iron, zinc and magnesium and is responsible for increased energy metabolism which counteracts overweight and obesity. We bet you didn't even know the important role that seafood plays in good nutrition. So next time you're getting ready for the road, remember, low-fat seafood fits beautifully into a diet designed to help you lose weight.

Still don't know where to start? You can try some of the recipes found in the SIDC Caribbean Seafood Extravaganza Cookbook, which makes adding seafood to the menu much easier. With an array of recipes to choose from such as baked sea robin, banane fish lasagna, festive croaker pockets and oven baked breaded fish with mango and tartar sauce, you may just include seafood as part of your everyday diet. SIDC Caribbean Seafood Extravaganza is available at the SIDC office for the special promotional price of $35.00! Call **665-0751** for more information, email us at **info@sidctt.com** or **find us on Facebook**. Bon Appetit!



Ever wanted a go-to guide when shopping for seafood? The SIDC Seafood Handbook: A Consumer's Guide to the Purchase, Storage & Preparation of Seafood is now available. This handbook is a pictorial digest which highlights the proper conditions for seafood sale, storage and handling. Also included is a "Know your Seafood Section" which provides a quick and easy means of identifying seafood and eating qualities. Purchasing tips of some of the common species found in the marketplace are also given. The handbook is available at the SIDC office and best of all, it's FREE!! Get your copy today!

Purchasing Frozen Seafood



Consumer Corner

Not everyone can find the time to visit the local fish market to purchase fresh seafood. The variety of frozen seafood available on the market offers the consumer flexibility and convenience, since most consumers are looking for fast, easy to prepare seafood which saves preparation time.

The following guidelines are useful when purchasing frozen seafood:

- Inspect packages for indication of poor product handling before purchasing.
- Always purchase packaged seafood that is stored below the safe load line of the display freezer since this assures the quality of the product. Storage of products above the safe load line can result in thawing.

Load line - the distinctive line inside the freezer/display case which tells the retailer the height limit in which product can be packed.

- If the product is not frozen while stored in the freezer **DO NOT PURCHASE.** The presence of liquid settling in the package of the frozen product indicates that the product has thawed and been refrozen. This leads to loss of quality.
- Packages should have the original shape and wrapping intact. Crushed/torn packages are not only visually unappealing, but they serve to compromise the quality of seafood by allowing entry to harmful microorganisms, air and other contaminants.
- There should be no signs of frost or ice crystals inside the package. Frost or ice crystals indicate that seafood has either been stored at incorrect temperatures or thawed and refrozen.
- Poor quality seafood show freezer burn especially around the edges. Discolouration of the flesh may be due to oxidation and is common in species with a high lipid (fat) content.

Thawing Frozen Seafood For Cooking

The length of time required for the meal to be prepared will determine the type of thawing method to be used. Also, the length of time required for thawing, will also depend on the amount of product, market form and weight of product to be thawed. In order to maintain seafood quality, thawed seafood should **NEVER** be re-frozen.

Rapid thawing methods:

- Under cold running water - Place seafood into a waterproof plastic bag and run cold water until thawed.
- With the use of moving air - Place seafood product in a plastic bag on a clean contact surface and subject to moving air from an oscillating fan.
- Microwave- seafood can be defrosted in its original package using the defrost cycle.

Slow thawing method:

Seafood can be placed overnight in the meat section of the refrigerator (bottom shelf). This method is good but excessive drip-loss can occur which can alter the texture of seafood.

Thawing at room temperature should NEVER be done. This is a slow thawing process that allows warming of the outer product surface. Warmer temperatures favour the growth of spoilage bacteria on the outer portions while the inner flesh is still thawing. **Seafood should NOT be thawed in hot water.** Hot water initiates cooking of tissue proteins, thereby altering the texture of seafood.

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Financial Literacy Programme for Fishing Communities

The SIDC as part of its Capacity Development Programme initiated a project "Financial Literacy Programme for Fishing Communities" in collaboration with the Central Bank. The first training session on Money Management was conducted for the Felicity/ Charlieville and Blue River/ Bamboo/Cunupia fishing communities on Sunday 16th March, 2013 at the Central Regional Indoor Sports Arena, Chaguanas. The second training session was conducted for fisherfolk of Matelot on Sunday 23rd March, 2013.

The SIDC recognises the importance of wealth creation in fishing communities as a means of socio-economic development for residents and supports formation of sustainable and profitable community-based business enterprises (CBBEs) which will contribute towards employment opportunities, income generation and poverty reduction for stakeholders in fishing communities. This project is a part of the systematic approach adopted by the SIDC towards reducing poverty in fishing communities.

Felicity/Charlieville/Blue River/Bamboo and Cunupia.



Suzanne Roach, Financial Services Ombudsman with students from Saraswati Girls Hindu College Christina Heera and Anjali Mathura.


Nicholas Dean, NFLP Facilitator


Ladi Franklin, NFPL Education Specialist


Participants from Matelot

Catch of the Week

The Seafood Industry Development Company Limited (SIDC) in collaboration with the Trinidad and Tobago Hospitality and Tourism Institute (TTHTI) launched its "Catch of the Week" Programme on Monday 7th April 2014 at the Hilltop Restaurant, Chaguaramas.

"Catch of the Week" was held from Monday 7th to Saturday 12th April 2014 at the Hilltop Restaurant from 12 noon to 2:00 pm and it aimed to promote the consumption of local seafood and seafood products. The seven day event featured locally grown Tilapia as well as marine species such as CroCro, Sea Trout (Silver Salmon), Cavalli and delicatessen fishery products such as Gravlax and Analogue of Smoked Salmon made from Shark.

This event is one of the activities which support the Ministry of Food Production Campaign "Put TnT on your Table" and its Aquaculture initiatives as it seeks to promote the consumption and use of local seafood products.

Executive director of Trinidad and Tobago Hospitality and Tourism Institute (TTHTI) Dr. Patricia Butcher expressed her gratitude to the SIDC for commencing an initiative such as this which she hopes would increase the consumption of local seafood as a dining meat. She elaborated that by exposing the students (young chefs) of TTHTI to a variety of local seafood, public knowledge and interest in seafood would increase.

Mr. Manuj Kanick, Director of the SIDC, brought greetings on behalf of SIDC's Chairman Mr. Brian Baig. He highlighted the importance of educating the country about seafood, as well as, supporting entrepreneurs in fish production. A key project that Mr. Kanick discussed was learning how to grow seafood species in-house and encouraging Tilapia farming, by offering training and development. He explained that the creation of these projects was to facilitate shortcomings in the seafood industry, which is taking part on a global scale that may trickle down to Trinidad and Tobago.

Dishes were prepared by Chef Kwesi Selvon and his team and the event was hosted by Ms. Rianne Edmond (Project Assistant Trade and Market Development- SIDC) and Ms. Heather John (Marketing and Customer Service Manager- TTHTI). The SIDC wishes to thank all the patrons of the event and we look forward to your continued support!



Analogue of Smoked Salmon Bruschetta (left), Seasoned Cavalli with a wedge of lemon (middle) and Tilapia wrapped in wanton skin served with a pineapple and corn relish



Mr. Omar Mohammed, Director (SIDC) enjoying his meal



Dr. Patricia Butcher, Executive Director (TTHTI) enjoying her meal



TTHTI Student Chef proudly displaying a tasting dish

TILAPIA
IN LEMON SAUCE



INGREDIENTS

350 g (¾ lb) Tilapia fillets
half-and-half cornstarch and wheat flour
1 medium hot red pepper and red pimento, seeded, sliced
grated rind of ½ lime
10 g (2 tsp) brown sugar
4 cloves of garlic, crushed
105 ml (7 tbsp) vegetable oil
15 ml (2 tbsp) lime or lemon juice

METHOD

1. Toss fillets in flour and cornstarch, shake off any excess.
2. Heat 5 tablespoons oil in a wok and cook the Tilapia on each side until browned and cooked through.
3. Take the fish out of the wok, drain on absorbent paper, transfer to a warm serving dish and keep warm.
4. Wipe the wok clean and heat the remaining 2 tablespoonsof oil, then add garlic and hot red pepper and red pimentos. Stir-fry for 1–2 minutes, or until they soften.
5. Sprinkle the garlic, hot red pepper and red pimento over the fish.

SAUCE

1. Combine sugar, lime juice and rind to 2–3 tablespoons of water and bring to boil.
2. Simmer gently for 1–2 minutes, and then drizzle sauce over the fish.
3. Serve immediately with rice.

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