Ways to cook

Tilapia can be successfully used in recipes that require Snapper, Cod, Haddock, Pompano, Flounder or Sea Bass. It can be grilled, broiled, poached, sautéed, baked, micro-waved, steamed, fried, blackened or stir-fried.

Nutritional Value

Nutritional value (per 113g serving size - 4 oz. fillet)

Calories	93
Calories from fat	09
Total fat	01g
Saturated fat	0.5
Cholesterol	55mg
Sodium	40mg
Total carbohydrate	0
Dietary fibre	0
Sugars	0
Protein	21g
Iron	2%
Calcium	6%
Vitamin A	2%
Omega 3 fatty acid	90mg



Recipe Tilapia Calypso

Ingredients:

4 tilapia fillets, 6 oz. each
1 c. white onion, julienned
1 c. poblano chili pepper, julienned
³/₄ c. red bell pepper, julienned
3 cloves garlic, minced
2 tbsp. olive oil
1 tbsp. butter
4 tsp. jerk seasoning
4 tbsp. cilantro, chopped
4 orange slices, unpeeled

Preparations:

Sauté onion, peppers and garlic in oil and butter until tender; reserve.

Arrange each fillet on a square of aluminum foil.

Season each fillet with 1 tsp. jerk seasoning and cover with ½ cup onion mixture and 1 tbsp. cilantro. Top with one orange slice. Wrap foil around fillet and seal like a pouch. Bake packets at 375 degrees for 10 minutes. Open foil packets carefully and transfer fillet to serving plate.

Note: Packets can be prepared ahead and refrigerated up to 4 hours before cooking.



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Farm-raised

(CIVINCIN)





Cayman Farm-raised Tilapia

Tilapia, are being experimentally raised at the Department of Agriculture and commercially by certain private developers.. More than 80 species of Tilapia are known to exist; a few are used in aquaculture. These include *Oreochromis mossambicus*, which black in colour. *Oreochromis aureus* is white or silver and is commonly called the blue tilapia. *Oreochromis honorum* is black and white. *Oreochromis niloticus*, the fastest growing tilapia, is emerald green. *Red Niloticus*, which is being grown at the DoA, is a red strain of *Oreochromis Nitoticus* (photo)



Tilapia are native to Africa and the Middle East. They are generally freshwater fish but some types can live and actually breed in seawater. *Oreochromis niloticus* cannot survive/breed in seawater.

Tilapia are also known as sunshine snapper, cherry snapper, Nile perch and St. Peter's fish. This last name comes from the belief that this was the fish that was caught by St. Peter and multiplied by Christ to feed to the multitude .Tilapia are one of the major groups of farm raised fish in the world. Tilapia farming and consumption are rapidly increasing in the US. In terms of quantity, tilapia is now the third most popular fish consumed in the US. Consumption reached 145 million lbs of whole weight in 2000, and has been reportedly growing at a rate of 35% per year for the past 8 years

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	Marketing, Promotion, Travel			
TOTAL DIRECT \$105,202	Insurance			
		TOTAL DIRECT		\$105,202

Yield and cost from farm in Louisiana

The current batch was imported into the Cayman Islands in April 2006 from a production farm in Louisiana, USA as fry (baby fish) approximately 3 weeks old. They have been raised at the Department of Agriculture under

controlled conditions using "city water" that has been conditioned (chlorine removed and salts added). The DoA and existing commercial farms currently grow the red genetic strain of Nile tilapia, generally considered the best for aquaculture. The fish are



Feed sold at DOA

harvested between eight to twelve months of age weighing between one to two pounds. They are fed an all-natural, nutritionally balanced diet and have never been treated with drugs.

Appearance of fish

The fish is pinkish in colour with occasional spots of black. They closely resemble, and could be easily mistaken for the red snapper.



Flavor of the flesh

The meat is typically white. The texture is firm, flaky and lean, has a mild, sweet flavor and accepts sauces well. However, tilapia absorbs flavor from the water they are raised in.

Therefore, depending on the quality of the water that the fish have been grown in, the flesh can have a



muddy or unpleasant flavor. The water source used ensures a mild, delicate taste.

Buying, Handling & Storing

Flesh should be moist and resilient. It should not have a musky odor. Don't buy frozen tilapia that has freezer burns. If mushy when thawed, discard. Shelf-life for frozen product is six months.