

Tilapia

Farm Raised as a Sustainable Resource



Tilapia mossambica
Product of China



Tilapia now ranks as the fourth most popular fish in the United States, according to the 2009 seafood consumption list (aboutseafood.com). Environmental groups as well as the general public have recognized Tilapia to be one of the "greenest" aquaculture products. Tilapia feed at a low trophic level and require little if any fishmeal or fish oil in feed. Tilapia are very hardy and resistant to disease in typical culture operations. Additionally, Best Aquaculture Practices (BAP) are being used by most of our facilities in China as a standard to assure tilapia is farmed and produced sustainably.



Sautéed Tilapia with Salsa Fresca

Preparation time: 30 min Cooking time: 10 min

Ingredients

- 4 SEA PORT Tilapia fillets
- Salt and freshly ground black pepper to taste
- Olive oil
- Salsa:
 - 2 cups plum tomatoes, diced
 - 1 cup onion, finely chopped
 - 1/2 cup cilantro, finely chopped
 - 1 Tbsp serrano chiles (or jalapeño), finely chopped
 - 1 Tbsp extra-virgin olive oil
 - 2 Tbsp fresh lime juice
 - 1 medium avocado, peeled, seeded, diced

Instructions

Mix tomatoes, onions, cilantro, serrano chiles, extra-virgin olive oil, lime juice and avocados together in a large bowl. Season with salt and freshly ground pepper to taste. Let the flavors come together at room temperature for about 1 hour. Coat fish fillets with olive oil, salt and fresh pepper and sauté about 4 minutes per side. To serve: Place fish on a platter and top with salsa. Serve with green salad and rice.

Best Aquaculture Practices Assures:

1. Tilapia producers follow Best Aquaculture Practices guidelines and practice environmental stewardship. (aquaculturecertification.org)
2. No use of banned veterinary drugs.
3. Feed used will be of high quality and suitable to the culture system and developmental stage of fish.
4. Feeds used are free of contaminants. No growth-promoting hormones are used.
5. Producers assure farmers maintain good water quality in the culture environment.
6. Fish are harvested in a humane fashion and will not be exposed to undue stress. (Since most fish are transported live to the processing plant mortality during transport should be kept to a minimum.)
7. All Tilapia products, fresh or frozen, and all ingredients used in their preparation are fully traceable.

Choosing Tilapia:

1. Tilapia should have consistent fillet quality, color and taste. Fillets should be moist and have a resilient texture.
2. The best quality frozen products are individually quick frozen (IQF) fillets.
3. Don't buy frozen tilapia that has freezer burn. If mushy when thawed, discard.
4. Properly cooked Tilapia has a firm, flaky texture and a sweet, mild flavor.

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