

SCHOOL FOR TOURISM AND HOSPITALITY, ŠIBENIK

Project for tourism: *New blue fish products*

Šibenik, July - September 2016.

The main purpose and aim of realizing this project-new blue fish products

to point out the importance of technological methods of preserving small blue fish, and new innovation in approach of preparing fish in order to create new products (dish) from new brand of regional and national gastro-offering we try to create an idea of possibility to protect recognition of these products like native ones (autochthonous) product (something like "dalmation sushi"), we can insert it in strategy of development of tourism in RH until 2020 in order to open production (new running of a machine and new working places) and enlarge commercial offer in base of new fish manufactures (for example: smoked and dried sardine, anchovy)

Sequence of activities and realisation of the project

technological preservation methods (pickling, marinating, smoking and drying) in school practicum (june 2016)
cooking of various blue fish dishes with innovative approach in the school practicum-exercises (july, august 2016)
cooking and presenting new blue fish products and dishes- tavern Gorica (september 2016)

1. Technological procedure of blue fish (sardines and anchovies) preservation

- Sardine salting: Sardines are put in a metal dish (in crossed lines so that the fish belly leans on other fish's back) and each layer is covered with sea salt. Finished product- salted sardines in live oil aromatised with rosemary, bay leaf and basil.
- Marinated anchovies (cold procedure): Fresh anchovies are put in the marinade of apple vinegar, salt and oil for 24 hours and then put into jars and covered with vegetable oil, oregano, sage, chives and mixture of spices.
- Drying of sardines in dehydrator
- Smoking of sardines with "smoking gun" technique

Fish cleaning for marinating



Sardine salting



Organoleptic and nutritious characteristics of conserved blue fish

salt, vinegar acid, process of dehydration (drying) and smoking have conserving impact on fish (antimicrobial action, water activity reduction, protein denaturing, pH value reduction) what is reflected on changes of organoleptic characteristic (taste, darker colour and softer texture of meat) and expansion of an expiration date of the fish

Salted sardines



Marinated fish



Nutritious qualities of blue fish

Rich source of proteins (essential amino acids)

Polyunsaturated fats (omega-3)

Vitamins (A,D,B –complex)

Minerals (Ca, Mg, P, Fe)

Fresh sardines



2.

**Preparation of various blue fish dishes using innovative approach (school practicum)
-exercises in practicum**



-the example of prepared dishes

The name of the dish: **Grgo's fantasy**

Serves one person, ingredients :

Spaghetti – 80 g

Butter 20 g

Olive oil

Fresh anchovies – 70 g

Juice of half of a lemon and orange

Grated lemon and orange peel

Fennel – 1 teaspoon

Chocolate

Salt

Pepper



Name of the dish: **Anchovies with pineapple**

Essential ingredients:

marinated anchovies

flour

eggs

bread crumbs

sesame seeds

canned pineapple

butter

cognac

custard

basil

capers

olives



The name of the dish: Salted sardines canapes

Ingredients:

Toast

Butter

Salted sardines fillets

Mediterranean herbs

Muskmelon

Parsley leaves

Red pepper

Olives



3. Making of and public presentation



Canned fish products



Cherry tomatoes with sweet-salt filling

Students as programme presenters



Students waiters serving the dishes



- Dishes evaluation



-dishes evaluation – Michelin stars method



For more information and photos of this project visit:

<http://mok.hr/vijesti/item/20562-noviuspjeh-turisticko-ugostiteljske-skole-sibenik-stvaraju-nova-jela-od-plave-ribe>

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