

## Product Development Training in St. Vincent

The product development training for students of the home economics of Kingstown Technical Institute (KTI) was held in June. Training in processing of smoking robin and bonito was performed by Mr. Shortte on June 8.

Husks (part of the fiber which is between a crust and fruits) of the coconut is used for smoking materials and the product which is called hot smoke method. People of St. Vincent and the Grenadines have a tendency to like relatively heavy fragranced product and therefore this smoked product has met local demand.

### IN THIS ISSUE

- 1 Product Development Training in SVG



Mr. Shortte instructs students how to do today's practice.  
Husk in smoking drum krill and final products



By the way, the hot smoke product using smoke woods is prohibited in EU countries in accordance with its hygiene standard and it seems to be urged to do it with the manufacturing method using smoke liquid as the substitute.

There is no information that the hot smoke products using these smoked woods is prohibited any place including Japan other than EU countries.

It is necessary to continue to monitor whether the hot smoking products is really harmful to health or not.

*Continued from page 1*

Practical training in the production of the fish croquette was also held in culinary training room in the KTI institution by JICA Expert follows by smoking practice.

Fish croquette is made of mixing the fish, potato and onion, the portion of the fish is quite delivered to around a quarter of the product, therefore, the price can be relatively low comparing to other fish products.

In addition, it is thought that the use of vegetables will be a positive product feature and can meet the standard [portion-wise] as a balanced meal. It is hoped that it can be spread through the nation as popular food.



Fish Croquette

Training views

Furthermore, it is expected that when fish is boiled beforehand, especially the relatively unpopular fish class such as skipjack tuna the taste/flavour can be adjusted. This may have the potential for expansion of marketing of these fish.

#### Fish Croquette Recipe 1/2

##### Ingredients:

- 200g Fish (any fish)

##### A - 5g grind garlic + 2 tbs white wine +pepper

- 2 potatos (400g)
- 1/2 onion (100g)
- Butter (10g)
- 1/4 cup (50cc) fresh milk

##### B - Flour + beaten egg + bread crumbs

- 1/2 cabbage
- Salt and pepper
- Frying oil

#### Fish Croquette Recipe 2/2

##### Preparation

1. Boil potatoes, and remove the skins and mash them.
2. Boil the green peas, and slice onions.
3. Remove the bone and skins from whitefish, and marinate it in **A** for 10 minutes.
4. Heat the butter in a frying pan and cook the onions until brown. Add the marinated whitefish in the pan and break up the fish meat into places.
5. Put the mashed potatoes, green peas, fresh cream, cooked onions and whitefish in a bowl and mix them. Add salt and pepper to taste.
6. Divide into 8-10 portions and form each into an elliptic shape. Dip them in **B** (flour→beaten eggs→bread crumbs) and deep fry them in 170°C frying oil until brown.
7. Place the fish croquette on a dish and serve with the julienne cabbage.

#### Japan International Cooperation Agency

Takafumi TOSHIHARA  
JICA Fisheries Expert,  
Fish Marketing and Development Advisor

Tel & Fax : 1-758-453-7843

e-mail: toshihara@fishengn.co.jp