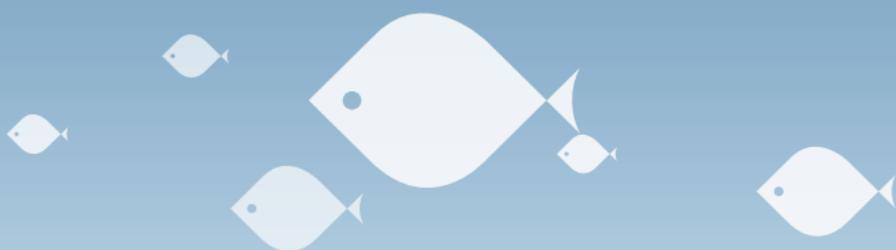


PARLJAMENTARY SECRETARJAT  
FOR AGRICULTURE, FISHERIES AND ANIMAL RIGHTS

**EAT FRESH FISH**  
IT'S A HEALTHY DISH!



**Make fish a part  
of your daily  
eating habits**



[eatfreshfish.com.mt](http://eatfreshfish.com.mt)



**Eat Fresh Fish Malta**



Fisheries Operational Programme 2007-2013  
Project part-financed by the European Union  
European Fisheries Fund (EFF)  
Co-financing rate: 75% EU Funds; 25% National Funds



*Investing in sustainable fisheries*

# Why fresh fish - Health Benefits

Not only is fresh fish delicious, it is also one of the healthiest things you can put on your plate. Here are the reasons why.

1. **Great for your heart** – There is a strong link between fresh fish and a healthy heart. Adding as little as one portion of fresh fish a week can reduce your risk of heart disease by half.
2. **Improves circulation** – Eating fresh fish regularly improves circulation and reduces the risk of thrombosis – painful blood clots in the arteries that can be fatal.
3. **Joint benefits** – The symptoms of rheumatoid arthritis, a condition which affects joints and reduces strength and movement can be reduced by including fresh fish as part of your diet.
4. **Good for your eyes** – Omega-3 fatty acids found in oily fish can help keep eyes bright and healthy. Fresh fish is also rich in retinol, a form of Vitamin A that is easily absorbed by the body and helps boost night vision.
5. **Essential nutrients** – Fresh fish is very high in minerals, such as iodine and selenium, important to keep the body working properly. Fresh fish is also a very good source of Vitamin A, very important for healthy skin and eyes and Vitamin D, which aids the body to absorb calcium for stronger teeth and bones.
6. **Your skin looks great** – Not only do Omega-3 fats help the skin protect itself against harmful effects of the environment such as UV damage, but eating lots of fresh fish, at least twice a week can help with symptoms of skin conditions such as eczema and psoriasis, making skin feel less itchy. Fresh fish is also a rich source of protein, helping to hold back the years, keeping skin firm and more resistant to the effects of ageing.



## Did you know?

- Did you know that 1% of the 392 full time fishermen are women?
- Did you know that 40% of the Maltese population never consumes fish?
- Did you know that fish represents 17% of human consumption of proteins?

# Protecting our most precious assets

Fish is one of the world's most valuable natural resources.

Fishermen are using good practices to secure fish stocks and to help protect the marine environment. It is our responsibility to ensure that the fish we eat comes from well-managed and sustainable resources. There are different types of fresh fish available around the coast of Malta but many consumers always buy the same ones; salmon, dolphin fish and tuna.

Amberjack, Chub Mackerel, Atlantic Horse Mackerel, European Hake, Brown Ray, Saddled Bream, European Seabass, Gilthead Seabream... All these fish are found in Maltese waters! With so many to choose from, you'll never get bored.



## **AMBERJACK - AĊĊOLI**

Extra lean fish, firm texture, with milk flavoured meat.



## **CHUB MACKEREL - KAVALL**

Very high in protein, rich in Omega-3 and unsaturated fatty acids which can prevent cardiovascular disease.



## **ATLANTIC HORSE MACKEREL - SAWRELL**

Very good source of vitamins D, B12 and high in Omega-3.



## **EUROPEAN HAKE - MERLUZZ**

Milk flavoured fish with white flaky flesh which is soft when raw but firms up on cooking.



## **BROWN RAY - RAJA LIXXA**

One of the commonest rays encountered by divers with a flattened body with wing like fins.



## **SADDLED BREAM - KAHLI**

It is caught in Malta using sustainable methods and is recommended for consumption due to its delicate flavour and high level of protein.



## **EUROPEAN SEABASS - SPNOTT**

Considered as the marine equivalent to chicken breast with its meat being extra lean, having a nice texture and a great taste.



## **GILTHEAD SEABREAM - AWRAT**

They are sought after because of their mild, white meat; considered one of the best white-meat fish.

# Buying fish - How to get the best



Your fishmonger or supermarket stock a wide selection of fresh fish. Ask for assistance when choosing your fresh fish. Your fishmonger will be happy to prepare it precisely the way you wish. If the fish you usually buy is not available, similar species can always be substituted.

## What to look out for:

- The eyes of whole fresh fish will be bright and not sunken.
- The skin should have a shiny, moist, firm appearance.
- The fish, if really fresh, will also have a pleasing sea aroma.
- When buying filleted fresh fish make sure the fillets are neat and have a white radiant look.
- The skin of fresh fish should definitely be firm and should also follow firmly to the bone.

## Top tips for delicious fresh fish

Fresh fish is easy to prepare, just follow these simple guidelines:

- Ideally, when grilling, barbecuing, baking or roasting allow 4 to 5 minutes on each side for a serving of fresh fish about 2cm thick and 8 to 10 minutes on each side for a serving of fresh fish about 3cm thick. If the fish is on the bone, allow an extra 2 to 3 minutes on each side.
- If the fresh fish is cooked on metal skewers as kebabs, use skewers that are flat, so when the kebabs are turned over the fish won't turn.
- White fish such as Seabream, Seabass and Amberjack are fast and stress free to cook. Fillets could be spread with chutney or apple sauce and rolled up to cook for the best and most enjoyable taste.

**2**  
A WEEK

It is recommended that all adults should eat at least two portions of fresh fish every week, one of which should be oil-rich. The nutrients and minerals in fresh fish can make improvements in brain development and reproduction.



# Recipes



## Spnott (European Seabass) Oven baked wrapped in foil (*al cartoccio*)

### Ingredients

- 1 whole fresh European Seabass
- 2 cloves garlic (do not peel)
- 1 whole lemon
- 5 cherry tomatoes
- 1 glass white wine
- 1 spoon extra virgin olive oil
- Fresh mint
- Pepper

PREPARATION TIME

10'

COOKING TIME

15'

SERVES

1

### Method

1. Descale the fish, remove all internal organs and cut alongside the tummy.
2. Cut the cherry tomatoes in half and mix all the ingredients in a bowl.
3. Squeeze half of the lemon and add to the mixture then slice the other half in chunky slices.
4. Line the baking tray with baking paper. Open up the foil and place the cleaned fish in the middle and place some of the mixture inside the fish and also the lemon slices.
5. Place the remaining ingredients on top of the fish and close the foil loosely leaving ample air space between the fish and the foil.
6. Bake for 20 minutes at 170/180°C.
7. Once the fish is ready remove from foil and plate. Garnish with the remaining mixture and olive oil.



**SCAN THIS CODE TO  
SUBMIT YOUR RECIPE.**



# Kavalli (Chub Mackerel)

## Ingredients

1 large sized Chub Mackerel (500grms)

Pinch of fresh thyme

1 string wild fennel

Pinch of mint

2 spoons extra virgin olive oil

1 whole lemon

1 clove garlic

**PREPARATION TIME**

20'

**COOKING TIME**

10'

**SERVES**

1



## Method

1. Clean the fish under running water, remove all internal organs and put aside.
  2. Mix the garlic with the herbs.
  3. Squeeze the lemon and add the juice into the bowl together with the olive oil.
  4. Mix thoroughly to produce a consistent marinade and put aside.
  5. Place the fish on a ribbed grill, which has been preheated on a medium flame for 5 minutes.
  6. Using a brush, apply the marinade on the fish, turn and repeat until the fish is cooked.
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