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 (autochtonous) 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 int he 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 olive 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.
- Draying of sardines in dehydrator
- Smoking of sardines with "smoking gun" technique
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 amynoacids)
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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