

Refreshing World

# **Salmon Fish**

#### Salmon Fish

One of the most interesting parts about seafood trade is that a more extensive liberalization of world markets could be disastrous for it. 60% of the major fisheries of the world are already being over exploited. Open access will lead to over harvesting and depletion of fish stock. Therefore regulatory restrictions are absolutely necessary. Under these circumstances it would become difficult to sustain the international market.

## **How to Make use Original Recipes**

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## **Ingredients:**

- 1 cup diced onions
- 6 chicken bouillon cubes, easoning mix or 3-4 teaspoons broth, seasoning mix
- 6 garlic cloves, minced
- 6 cups thinly sliced zucchini
- 2 cups thinly sliced carrots
- 1 (28 ounce) can diced tomatoes
- 3 teaspoons chopped fresh parsley
- 1 teaspoon basil leaves
- 1 teaspoon Italian spices salt & pepper (to taste)
- 1 cup chopped broccoli
- 1 cup of cut broccoli













#### **Direction**

- 1. In a large nonstick saucepan, combine onion, broth mix and garlic; cook stiring occasionally, until onion is translucent. Add remaining ingredients and stir to combine; cover and cook over low heat, stirring occasionally, for about 10 minutes.
- 2. Add 4 cups water and bring to a boil. reduce heat to medium, cover, and cook until vegetables are soft, about 20 minutes.
- 3. Using slotted sppon, remove about 2 cups of vegetables from saucepan and set aside. In blender, in a few batches, puree remaining soup, return pureed mixture to saucepan, add reserved vegetables and heat.

### Export Salmon

Fresh salmon never smells fishy, it will smell fresh and clean. The eyes should appear bright and clear and the gills should be red. Fresh salmon flesh will give slightly when you press it with a finger, then spring back into shape. When choosing salmon steaks or fillets, look for moist, translucent flesh.

#### Salmon Fish farming

The oldest fish-farming systems were developed in Asia, and involved several species of freshwater fish. The first writings about the methods of fish farming date from about 2,500 years ago. The first species to be grown in aquaculture was probably the common carp, a fish native to China but now spread throughout the world.

Fish farming involves the management of all steps in the life cycle of the cultivated fish, from the production of eggs through the growth and eventual harvest of a high-quality, mature fish. Fish are most commonly raised in artificial ponds or in cages or pens set into larger bodies of water, including the ocean. The fish are fed a nutritious diet—sometimes to excess so they may grow to their maximum size—and are administered medicines to maintain their health. Additionally, chemicals are frequently applied to their cages to prevent the fish from being eaten by predators. When the fish are mature, they are carefully harvested and processed.

In North America and Europe, the most commonly cultivated freshwater fish are species of trout, particularly brook trout and rainbow trout.

#### **Invironmental impacts of aquaculture**

Although aquaculture provides nutritious, high-quality foods for humans, it also severely harms the environment. When natural ecosystems (communities of plants and animals) such as tropical mangrove forests are turned into aquacultural systems, for instance, many native species in those ecosystems are displaced. Any remaining native species and the surrounding waters then face the threat of contamination from the drugs and toxic chemicals used in aquacultural management.



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