Fishing for Recipes

Facebook Event About Section:

'*Fishing For Recipes*' *Competition Rules and Regulations*
The Ministry For Agriculture, Fisheries and Animal Rights and the Ministry for Education and Employment together with the Department of Fisheries and Aquaculture have teamed to celebrate for the first time in Malta the International Day of Fisheries, celebrated annually around the globe.

To mark this day a 'Fishing For Recipes' Competition has been launched for all the family to enjoy and participate in. This is a culinary contest that aims to promote the use of underutilised fish caught in Maltese waters. To participate, one has to start by liking and following the Facebook page 'Agrikoltura'. The rules are simple! Together with your family or friends, create a recipe using locally caught fish from the list provided and upload photos on the 'Fishing for Recipes' Facebook event page. The photos must feature the (i) contestant, (ii) ingredients, (iii) cooking process and (iv) final dish. The top 10 dishes with the most Facebook likes will be selected and the judges will then choose their top 3 preferred dishes.

The competition starts on the 21st of November 2020 and ends on the 31st of December 2020. Participants using fish not locally caught or aquaculture produced, will be disqualified. Local fish not considered to be underutilised and not listed in the appendix will be accepted, however extra points will be given to participants who use fish from the list provided. Let the cooking commence!

Disclaimer: Supervising adults must ensure that all Health and Safety Regulations are followed. It is important to note that photos on Facebook are to be uploaded by supervising adults and not by underage participants.

Il-Ministeru għall-Agrikoltura, Sajd u Drittijiet tal-Annimali u l-Ministeru għall-Edukazzjoni u x-Xogħol flimkien mad-Dipartiment tas-Sajd u l-Akkwakultura ngħaqdu flimkien biex jiċċelebraw għall-ewwel darba f'Malta l-Jum Internazzjonali tas-Sajd, li jiġi ċċelebrat kull sena madwar id-dinja.
Biex jitfakkar dan il-jum tnediet il-Kompetizzjoni 'Fishing For Recipes' li permezz tagħha tgawdi u tipparteċipa l-familja kollha. Din hija kompetizzjoni kulinari bl-għan li tippromwovi l-użu ta' ħut mhux utilizzat maqbud fl-ibhra tal-gżejjer Maltin. Biex wieħed jipparteċipa, għandu l-ewwel jagħmel like u jsegwi l-paġna fuq Facebook 'Agrikoltura'. Ir-regoli huma sempliċi! Flimkien mal-familja jew il-ħbieb, il-parteċipant għandu joħloq riċetta billi juża ħut maqbud lokalment mil-lista pprovduta fl-appendiċi u jtellgħa ritratti fuq il-paġna ta' Facebook 'Fishing for Recipes'. Ir-ritratti għandhom jinkludu (i) il-kontestant, (ii) ingredjenti, (iii) proċess tat-tisjir u (iv) platt finali. L-aqwa 10 platti bl-iktar likes ta 'Facebook jintgħażlu u jiġu evalwati mill-ġudikaturi. Il-ġudikaturi imbagħad jagħżlu l-aqwa 3 platti preferuti tagħhom.

Il-kompetizzjoni tibda fil-21 ta' Novembru 2020 u tintemm fil-31 ta' Diċembru 2020. Jekk xi parteċipanti jagħżlu ħut li ma jinqabadx lokalment jew huwa prodott mill-akkwakultura,

jiġu skwalifikati mill-kompetizzjoni. Parteċipant jista' juża ħuta lokali li m'hiex fil-lista imma iktar punti jingħataw jekk isajru ħut li huwa fil-lista. Lestu ghal tisjira bnina!

Importanti: L-adulti li jissorveljaw iridu jiżguraw li r-Regolamenti kollha dwar is-Saħħa u s-Sigurtà huma mħarsa. Importanti li l-adulti li qed jissorveljaw lit-tfal f'din il-kompetizzjoni għandhom itellgħu r-ritratti fuq il-Facebook huma u mhux il-participanti taħt l-età.

	Name of Fish	L-Isem tal-Ħuta	Scientific Name
1	Silver Scabbardfish	Ċinturin/ Xabla	*Lepidopus caudatus*
2	Parrotfish	Marzpan/Pappagal	*Sparisoma cretense*
3	Common Octopus	Qarnita	*Octopus vulgaris*
4	Greater Amberjack	Aċċola	*Seriola dumerili*
5	Chub mackerel	Kavall	*Scomber spp.*
6	Bogue	Vopa	*Boops boops*
7	Deep-Water Rose Shrimps	Gambli Bojod	*Parapenaeus longirostris*
8	European Squid	Klamar	*Loligo vulgaris*
9	Small-spotted Catshark	Gattarel	*Scyliorhinus canicula*
10	European barracuda	Lizz	*Sphyraena sphyraena*
11	Little Tunny	Kubrit	*Euthynnus alletteratus*
12	Comber	Serran	*Serranus cabrilla*
13	White Sea Bream	Sargu	*Diplodus sargus*
14	Saddled Seabream	Kaħli	*Oblada melanura*
15	Round Sardinella	Laċċa tal-faxx	*Sardinella aurita*
16	Blue Swimmer Crab	N/A.	*Portunus segnis*
17	Mediterranean Horse Mackerel	Sawrella Komuni	*Trachurus mediterraneus*
18	Bullet tuna	Tumbrell	*Auxis rochei*
19	Blue runner	Sawrella Mperjali	*Caranx crysos*
20	Thornback Ray	Raja tal-Fossos	*Raja clavata*
21	Picked dogfish	Mazzola griża	*Squalus acanthias*
22	Albacore	Alonga	*Thunnus alalunga*
23	Pilot Fish	Fanfru	*Naucrates ductor*
24	Red Gurnard	Għadma	*Aspitrigla cuculus*
25	Atlantic Bonito	Plamtu	*Sarda sarda*
26	Common two-Banded Seabream	Xirgien	*Diplodus vulgaris*
27	Stargazer	Zondu	*Uranoscopus scaber*
28	European Conger	Gringu	*Conger conger*
29	Mediterranean moray	Murina	*Muraena helena*