



# THE PROVIDER NEWS

Published by the Caribbean Fisheries Training and Development Institute

October 2013  
Volume 2 Issue 7

## TEACHERS UPGRADE THEIR SKILLS AT CFTDI



**T**wo groups of secondary school teachers utilized part of their vacation to develop new competencies in their areas of specialization.

First, the Automotive Engineering teachers participated in the week long Outboard Motor Maintenance and Repairs Programme. Participants spent many hours dis-assembling and re-assembling outboard engines and then took a trip out to sea to get a real life look and feel of the engines in action.

*Continued on pg 3*

*From the Fish Processing, Preservation and Fish Cookery Programme, back row, L to R: Mr. Rajesh Seusaran; Ms. Ojal Samaroo; Ms. Tricia Maynard; Miss Lydia Carr; Mr. Marvin Youksee; Ms. Mora Ramkumar; Ms. Michelle Cyrus; front row, L to R: Ms. Timeka Harry; Ms. Simone Haynes—Head of Curriculum, Ministry of Education; Ms. Tullia Ible—CFTDI Prinipal; Ms. Muriel Quamina—Technical Instructor*

### OUTBOARD MOTOR MAINTENANCE AND REPAIR PROGRAMME PARTICIPANTS

Ariel Cruickshank Mitra Mahabir

Cecil Nelson Moze Edmund

Deleno Bedeau Nigel Toney

Henry Spencer Oswald George

Isaiah Aleong-Baksh Roger Lee Aping

Joel Lee Assang Selwyn Thomas

Michael Parks Sharaze Mohammed



# C O N T E N T S

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## FROM THE DESK OF THE PRINCIPAL *Tullia Ible*



Over the last few months, we have been experiencing a lot of the inevitable—change. For thirty-six of her forty-seven years, the *MV Provider* faithfully served the Institute as a training/fishing vessel. We had to withdraw her from service, however, as the old girl was beginning to show her age in downtime and increased operating and maintenance costs. We look forward to acquiring a new purpose built fishing/research vessel in the not too distant future. In the interim, we are continuing our training using the 12m *Provider II*, and two pirogues, the *Wendy* and *Karen*.

Understandably, we have had to reduce the number of students for some courses.

There were also changes to staff. Mr. Nigel Wint, stalwart of the Training Department and Mr. Patrick Snaggs of Stores moved on to what we hope are greener pastures for them. Mrs. Daphne Phillip of the Catering Department also decided to call it a day and retired. We wish all former staff members continued success on their new career paths.

Sadly, Mr Selwyn Brooks, former Principal of the Institute also passed on during this period.

On the positive side, there were staff additions to the Finance, Safety, Stores, and Audio Visual Departments to strengthen the Human Resource capacity and allow us to improve on the delivery of service to our stakeholders.

Demand for our programmes continues and as a result, we will soon relocate the Training Department to more spacious surroundings from where we will be able to meet the needs of our students more efficiently and at the same time, provide a more comfortable working environment for staff.

With the expected passage of the Fisheries Management Bill and the Shipping (Amendment) Bill 2013, we can forecast that there will be some impact on training at the Institute. However, we are poised to manage any new developments in the training of fishers and seafarers.



## TEACHERS UPGRADE THEIR SKILLS AT CFTDI Cont'd

The second group of teachers was from the Home Economics field (see photos on page 7). They undertook the Fish Processing, Preservation and Fish Cookery Programme.

The objectives of this programme were to transfer technology pertaining to the handling and preparation of chilled, frozen and cured fishery products; to provide information and skills that could be used to assist students with their School Based Assessment projects and to assess the suitability of local fish species for various dishes.

The teachers agreed that they had gained valuable new information. Their feelings about the programme were expressed in a poem written by Ms. Mora Moore-Ramkumar (see page 11).

Many thanks to Mr. Oswald George and Ms. Simone Haynes, Curriculum Officers at the Ministry of Education for facilitating the participation of the teachers.

## BARBADOS CONNECTION COLLABORATION IN TRAINING

In May, under the existing Memorandum of Understanding with the Samuel Jackman Prescod Polytechnic in Barbados, the Institute conducted a Basic Training course for students of the Polytechnic's Maritime Operations Programme.

Practical sessions for the **Basic Firefighting** module were conducted at the Arch Hall Fire Station while Personal Survival Techniques were carried out at the Coast Guard Base.

Thanks to Mr. Henderson Patrick of the Barbados Fire Service and Chief Petty Officer Selby and Petty Officer Nurse of the Barbados Coast Guard for their assistance. We wish to also acknowledge Ms. Jacqueline Blackman, Director of Maritime Affairs of the Ministry of International Business and International Transport for her continued cooperation with the CFTDI.

### Advanced Firefighting

Mr. Marlon Small and Mr. Fernando Mc Allister, Fire Officers of the Barbados Fire Service, attended the Advanced Firefighting Programme conducted at the Institute from August 12–16, 2013.

*Advanced Firefighting Instructor, Mr. Michael Bull conducts a practical session.*



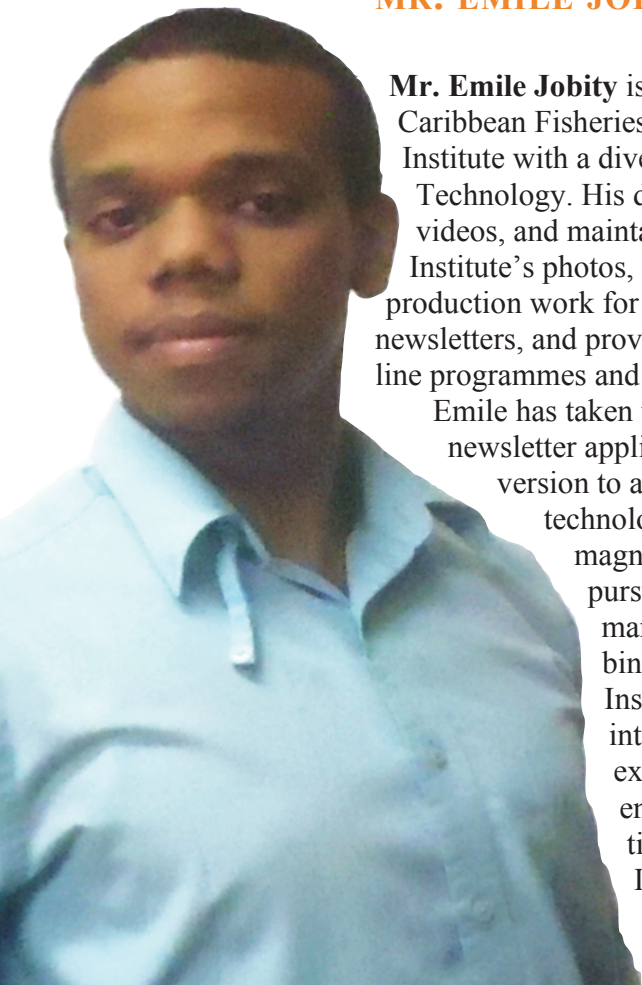
*Barbadian Fire Officers, Marlon Small (left) and Fernando Mc Allister (right) talk about their experiences on the course at the closing session.*



# MEET OUR NEW CREW



## MR. EMILE JOBITY



**Mr. Emile Jobity** is the new Audio/ Visual Officer at Caribbean Fisheries Training and Development Institute with a diverse background in Information Technology. His duties include taking still photos, videos, and maintaining a digital library of the Institute's photos, video and audio recordings, pre-production work for posters, brochures and newsletters, and providing technical support for on-line programmes and teleconferencing.

Emile has taken the initiative to develop a mobile newsletter application to take the Institute's print version to another level. He plans to use technology to make the Institute a magnet for persons interested in pursuing careers in the fisheries and maritime sectors. With the combination of technology and the Institute's professional lecturers, he intends to create new learning experiences that will be interactive, engaging and fun and at the same time resolve some of the Institution's challenges with distance learning.

Emile has a B.Sc. in Computer Science, an Associate Degree in Business Administration, an Associate Degree in Information Systems Design, and Certificates in Radio Broadcasting, Radio Production and Engineering. He has acquired over five years experience providing technical assistance, advise and services to organizations, business professionals as well as post-graduate students at tertiary level institutions. Some of these institutions are Trinity Communications Network, Synergy, Marketing & Distribution, and Catholic Religious Educational Development Institute. He can work independently under stressful situations, work long hours and he is a team player dedicated to achieving the objectives and goals of Caribbean Fisheries Training and Development Institute. Most of all he is enthusiastic and is happy to be a member of staff.



## MR. RAJESH SEUSARAN

**Mr. Rajesh Seusaran** brings to the position of Finance Officer a wealth of knowledge and experience having worked in the business environment for over twenty-two years. He has considerable experience in the areas of Accounting, Sales and Marketing, Management, Human Resources, Education and in the Financial Services industry.

Mr. Seusaran holds qualifications in Accounting, Strategic Management, Sales & Marketing, Human Resources and Industrial Relations. He is currently pursuing his Master's Degree in Human Resource Management, and the Executive Master's in Strategic Human Resource Management from the Australian Business Institute.

As Finance Officer, he seeks to provide strategic guidance to the Accounts Department. Some of his core responsibilities are

to provide advice and guidance to the Principal on the financial affairs of the Institute, develop and implement policies and procedures to govern the functioning of the Accounts Department, and ensure that all financial obligations are met in a timely manner.

His long term goal for the Finance / Accounts department is to have a high calibre of well trained, lean, professional and efficient staff operating in a technologically sophisticated and friendly environment.

In this spare time, Rajesh engages in charitable work in his community. He provides academic tuition to needy persons and anyone interested in their self-development at no cost. He has a passion for a healthy life style and can be seen in the gym at most times. His favourite quotes are: "Service to man is service to God" and "Seek to perform your duty but lay not claim to its fruits."

## MR. ROGER ROMAIN

**Mr. Roger Romain** has been employed here at Caribbean Fisheries Training and Development Institute for the past twelve months. He enjoys the career of Safety Officer which includes teaching in the areas of Basic and Advanced Medical First Aid.

Prior to joining the Institute, Roger worked in Health, Safety & Environment and the Quality Assurance field for over six years. This included stints as an Emergency Medical Services

specialist and Quality Assurance Coordinator in the Early Childhood Care & Education system. Overall, he has 21 years experience in the Health & Education Sector.

Among his many qualifications Roger holds a B.Sc. in Behavioural Science and a certificate in occupational Health and Safety. He is an advocate of Sport & Youth Development. Thanks to Mr. Romain, we have a safe work environment.



# CATCHING THE TIDES—JEVIN THOMAS TALKS TO EMILE JOBITY ABOUT HIS EXPERIENCE AS A FISHERMAN



**A**t the age of five, young Jevin Thomas was taken into the enormous ocean by his father who was a fisherman, to experience the long hours of work, peace, and what life at sea offers. Jevin Thomas explained his hardships and experiences as he journeyed through life as a fisherman.

The young fisherman strived to get his sea legs. Like many other young men

aspiring to explore the sea, Jevin learned to control his uneasiness and sickness caused by the vigorous rocking of the boat on the waves. To ease his feelings of dizziness and sickness he would vomit. He always felt better and gained control of his body when he did that. He would avoid eating too much food when going out to sea, because the more he ate, the more he vomited.

Jevin Thomas was enthusiastic about life at sea and making a living from it. He loved and desired the life at the sea so much that his attendance at school dropped. This was a disappointing and daunting time in Jevin's young life, because it was mandatory that students have an attendance rate over 75% to be able to sit the CXC exams. Jevin's attendance rate was at a low of 65%. Depressed and confused by the circumstance, Jevin set his fishnet and boat and headed out into the sea early in the morning to clear his mind. That evening, Jevin made a life changing decision that would change the direction and course of his life. He made up his mind that he will take up fishing as a trade, and he never looked back.

Jevin got a lot of negativity from his peers and some close persons about his bold decision, however he was a stubborn and strong minded person and he ignored all the discouragement which later worked to his advantage.

Though he experienced many disappointments at sea, but he doesn't regret them. He identifies them as opportunities of wisdom. He says experience is the greatest teacher, good or bad, you learn. He knows how to maneuver and survive from times of disappointment. "Sometimes you go to sea for a week and don't catch anything, sometimes the sea get rough, no bait, boats come ashore, boats sink, but don't ever give up"



he said. “The sea tests your faith and your discipline of mind.”

Today, Jevin continues to manage his own boat and sometimes works temporarily at the Institute as a Deckhand or Fish Processing Assistant. He advises others that they should not depend on fishing alone as a source of income. If you do, however, you should do different methods such as filet, fish pot, and banking. He also advises that you know the type of fishing you are going to do before you go out to the sea and to know the equipment you are going to bring along to do the job. Always be prepared is his motto. Learn to count, at least your money if you don’t want to get robbed. Beware of pirates and go out there and fish with your heart. “Fishing is about concentration, focus and feelings. You have to be clicking, if you don’t feel a fish bite then, how you will know the fish biting.” he says. Last but not least, always listen to the news and weather reports. Information will prepare you. Information is a fisherman’s greatest asset.

Jevin’s advice to young fishermen is that they should always go out there and see for themselves. He still sticks to the quote, that

experience is your best teacher. He reminisced about the time on a fishing trip when a fisherman told him that nothing out there, no fish biting. It so happened that when he went to check for himself, fish biting anything he threw in the water. He eventually learned that fish eat in tides. They eat in the rising of the tide and the falling of the tide. Fish surface when the sea is cool, and sink when the sea is hot.

Jevin prefers to fish in early morning and late evening because that’s when he gets the best catch. His choices of baits are Herring and Jashua. He prefers Jashua mainly because it lives longer. He uses Herring when fishing for King Fish, because they see the broad and shiny fish from afar.

Jevin Thomas is determined that one day, he will be able to retire at a beach house with his family, near the sea so that he will be always bound to the glorious knowledge, wealth, experience and life that the sea has blessed him with.

*Written by: Emile Jobity*

“Sometimes you go to sea for a week and don’t catch anything, sometimes the sea get rough, no bait, boats come ashore, boats sink, but don’t ever give up” he said. “The sea tests your faith and your discipline of mind.”

## FISH PROCESSING COURSE PHOTOS





## CFTDI TEAM TAKES HOME 2013 INTER-MINISTRY FOOTBALL TROPHY

**T**HE CARIBBEAN FISHERIES TRAINING AND DEVELOPMENT INSTITUTE FOOTBALL TEAM entered the Annual Inter-Ministry Football Competition with plenty of momentum, winning its five games decisively to earn a Trophy, a hamper and bragging rights. The team lead by Captain Jairzinho Springer out gained the other teams, with a total of 6 goals for the game, earning a clean sheet, but found the semi-finals to be a narrow margin game with penalty kicks earning the team 1–0 against Research Division.

CFTDI football team 2–0 win over Animal Production and Health Division was more about drama than anything else, and Cliff Mc Clean from CFTDI football team did hit the woodwork, while Romario Romain made a string of outrageous saves.

In the second game Horticulture Division lost to CFTDI team. In this event, the Horticulture Division goal keeper ankle was broken. However the team's morale was not lost, and carried them to the finals where they conceded another game to CFTDI team. Horticulture Division felt robbed as their valuable goal keeper had to be replaced and compromised the match. CFTDI celebrated their first victory after many years.

The years before, CFTDI football team didn't take part in the game and the year before that the team was placed third. In a response to a question, asked "What made the team more motivated this year than the previous years?", the team Captain responded that "This year the team was motivated and determined to take home the trophy."

CFTDI football team will look to build from a tough and hard-working season after finishing first in the Annual Inter-Ministry Football Competition this year, with hopes for a second consecutive football appearance on the horizon for 2014. On behalf of the team, we would like to thank Ms. Tullia Ible for her support and contribution.

*Written by: Emile Jobity*



*The winning team—in order from left to right:*  
**Top row:** Cliff Mc Lean, Captain Jairzinho Springer, Jevon  
 Nicolas Samuel, Rock, Mickell Joseph, Joash Romain, Michael  
**Bottom row:** Ricardo John, Laura Johnson, Victor  
 Goalkeeper Romario Romain, Roger Romain, J





*Teamwork pays—  
Captain Jairzinho  
Springer celebrates  
with Myron  
Jameson and  
Jillian Akin*



*Left to right:  
in Thomas,  
el Williams  
ana Maraj,  
Jillian Akin*

# THE DANCE OF THE KILLER WHALES

**R**ecently a student asked me “What was my most memorable situation at sea.” The answer came to me immediately and I told the class this story.

I was sailing as Captain aboard the *Carousel*, a passenger vessel out of the port of Vancouver and there were approximately one hundred people aboard on a beautiful fall morning. A friend of mine, Captain Keith Nightingale, was on the Transport vessel *Seaspan Greg* and heard my radio

to find our Mozart tape and put it on but not too loud. Secondly they needed to turn off our generator and main engines before we got close to the pod. We sailed three or four miles before I spotted them. They were still about a mile ahead and then I spotted all of our engines. I allowed the whales to come to us.

The next thing that happened was amazing and beautiful. As we drifted with the music turned on, the pod of around fifteen whales came directly towards us. On arriving they



The next thing that happened was amazing and beautiful. As we drifted with the music turned on, the pod of around fifteen whales came directly towards us. On arriving they started to circle, swimming counter clock-wise around our ship.

transmissions as I called in to traffic control outbound from the harbour. He told me to look for his ship after I passed under the Lion's Gate Bridge as he had just passed a large pod of killer whales.

I spotted his ship out in the Gulf of Georgia and proceeded to that location. I called up my staff from down below and gave a few instruments. Firstly they needed

started to circle, swimming counter clock-wise around our ship. The females started to breach which means they were jumping out of the water. The next thing that happened shocked everyone including myself. Three calves that were all less than a year old began to breach in unison. Side by side they performed these acrobatics over and over again while circling the ship. I have never



seen this either before or after. The males, both young and mature, kept their distance and didn't perform any leaps but brought their heads out of the water as they swam to look at us. They swam the same direction as the females but outside of them. They allowed the young and female whales to come close to us.

A passenger next to me was crying and I asked if she was alright. She didn't say anything but pointed to the others on deck. It was then that I noticed that almost everyone was in tears. The sight was that moving. They knew

that what they were witnessing was both rare and special.

This continued for more than thirty minutes. The whales left as soon a speed boat approached. They obviously loved Mozart but hated speed boats.

The woman that was in tears whispered to me as she was departing the ship that that was the best day that she had ever experienced.

*A True Story From Capt. Wild.*

## Fishy Business

Another course to be archived as knowledge gained so with uncertainty we came but we were surprised to see, this one was not the same, for we have acquired so much now others, we can train.

Classifications, market forms, species not fried or stewed, a new respect gain for what we thought was only fish, we now know can be made into many a tasty dish.

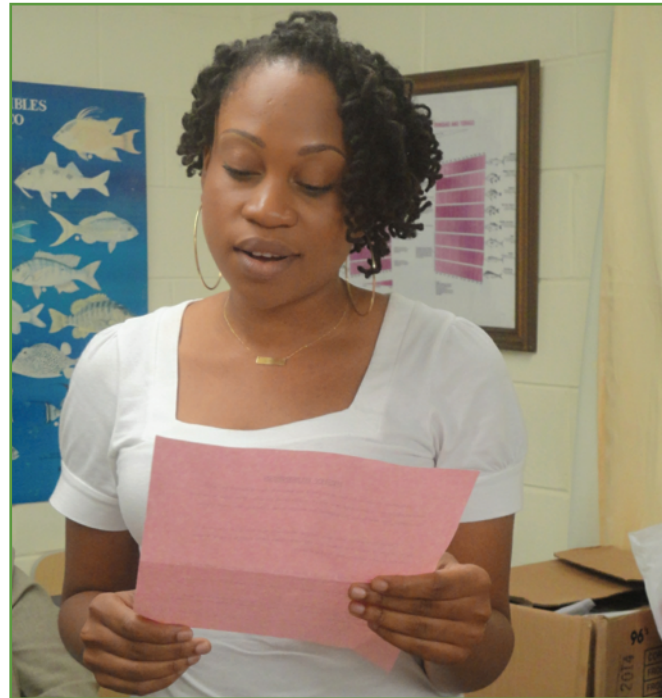
Competent and friendly staff, from captain to cook with all this wisdom they should write books.

Recipes learnt and skills acquired, their simplicity of delivery is to be admired.

We came to learn about fish but the friendships formed and bonds made, prove to us we are GOD's treasure chest of blessings to all those we meet.

**FISH & MORE FISH—WHAT A TREAT!!!**

By: *Mora E. Moore Ramkumar*



*Students from the Fish Processing Course*



# BOOST YOUR HEALTH BY ADDING FISH TO YOUR DISH

**O**ver the past years a great deal of attention has been placed on the health benefits of eating fish thus leading to an increase in the harvesting and processing of seafood. Fish is a very versatile food commodity in that it can be utilized in a variety of forms such as frozen, chilled or fresh and can be preserved in a several ways such as smoked, salted or canned just to name a few.

It is without a doubt the reason behind the whopping increase in the production of fish and fishery products. Within the last decade, more than 110 million tonnes of the world fish production was used for human consumption. It should not be forgotten that while consumption is important, so too the sustainability of the different species.

Fish contains protein and minerals, some of which are calcium, phosphorous, iron, selenium and potassium. It also contains vitamins of the B-complex group such as thiamine (B1) and riboflavin (B2),

niacin, pantothenic acid and biotin, all of which are highly important for metabolic, nerve and cell function in the human body. Oily fish are rich sources of Vitamins A&D; Vitamin A helps to alleviate night blindness or assists with vision in poor light as well as maintenance of healthy skin. Vitamin D is important for the absorption of calcium which in turn promotes strong bones and teeth.

One of the most significant reasons for consuming fish is that fish fats contain large amounts of polyunsaturated fatty acids and in particular omega-3 fatty acids such as EPA (eicosapentaenoic acid) and DPA (docosahexaenoic acid). Omega-3 fatty acid is an essential fatty acid which is necessary for normal bodily function. EPA and DHA are two types of omega-3 fatty acids which help to reduce elevated levels of triglycerides (lipids or fats found in the bloodstream), and lowering the overall risk of death from heart disease. It also alleviates stiffness and joint pains associated with rheumatoid arthritis.

Generally, it can be deduced that fish is a wonder-food which gives positive results to the body. Hence, it is highly encouraged to consume fish on average twice a week with both oily (examples mackerel and tuna), and non-oily (examples tilapia and croaker) fish, included in the meal. After all, there is nothing to lose!

*Researched and written by:  
M. Quamina and R. Swarath*





# SELF-EMPOWERMENT VS. GOSSIP

**M**ost of us have been subject to the harsh, stressful and depressing effects of gossip. The truth is, all of us are gossipers and have at some time contributed negatively to a person's emotional and mental health. Gossip can be highly toxic and destructive. Gossip is idle talk or rumour about the personal or private affairs of others. It can't be good. In Judaism it is considered a sin.

Try constructive conversations instead of gossip. Constructive conversations that can contribute to one's growth and development. Constructive conversations encourage others to brainstorm, share experiences, knowledge, wisdom and express what is in their heart and mind. In return, this will have positive effects on you and your colleague's emotional and mental health. It will develop relationships that are safe and trustworthy. Try engaging office colleagues in constructive conversations. This will lead to a healthy work environment.

This article's focus is to bring clarity on the harm gossip can have on one's mental health as opposed to



the positive effects of constructive conversations. Below is a chart created by David Edwart on the effects of gossip compared to constructive conversations.

## CONSTRUCTIVE CONVERSATION INCREASES:

### Clarity

- What did I personally see and hear
- What was actually said and done

### Self-understanding

- How I felt then, what I feel now
- What are my thoughts; my needs; my desires; my fears; my responses; etc.

### Personal Responsibility

- What I did, or did not do
- What I will do, or won't do
- How I will deal with my feelings

### Reconciliation

- Understanding how others are actually feeling and thinking
- Negotiates what can be changed
- Deals with what cannot be changed

### Transparency

- Follows up with others who have been talked about in ways that are safe and constructive
- Understands and shares openly what needs to be known publicly
- Keeps confidential what is truly personal

## GOSSIP INCREASES:

### Rumours

- What did nameless others say and do
- What have others passed on about what others have said and done

### Suspicious

- Guessing about other people's motives, feelings, thoughts, and character

### Blaming

- What others need to do
- How others need to change

### Divisions

- Exaggerates and fixates on other people's faults and short-comings
- Re-enforces negative feelings
- Demands impossible changes; makes false promises

### Secrets

- Never talks directly to others being talked about
- Shares personal information that should be kept confidential
- Doesn't share information that others need to function well within the organization

## SELF-EMPOWERMENT VS. GOSSIP (Cont'd)

My father always told me, if you don't have anything good to say, keep your mouth shut. This holds true in organizations as well. Be the one to talk about your work colleague who gets a promotion, about opportunities internal and external to the organization, be the initiator of good news, share positive information.

### What not to gossip about

Avoid starting or spreading malicious gossip or confidential information about co-workers, no matter how tempting. Bite your tongue if you can't get a hold of it. Your tongue can be a blessing or a wipe to your rear. Spreading personal and negative information will make you seem untrustworthy and not a team player. Don't gossip about your boss or other superiors. If you have an issue with your boss,

it's best to talk directly with him/her about the issue so that you don't add tension to your relationship. If you are not willing to discuss the issue with your boss, keep quiet about the topic otherwise it won't end well.

Gossip is tempting and so are the many things in life that are not good or healthy for us. Always bear in mind that those who gossip with you could definitely gossip about you. Constructive conversations require discipline, practice and faith. Try surrounding oneself with persons that make positive contributions to your life to make it easier, hence forth promoting mental health and stability.

*Written by: Emile Jobity  
and Shivonne Francis*

## RECIPE CARTE

*Courtesy CFTDI Fish Processing Unit*



### *Analogue of Salmon with Gingered Cucumber*

227 g analogue of salmon  
227 g cream cheese  
½ tsp salt  
⅛ tsp white pepper  
2 tbsps parsley (finely  
chopped)  
1 garlic clove  
1 tsp onion (minced)  
¼ cup slivered almonds

#### GINGERED CUCUMBERS

2–3 (200 g) cucumbers  
(small seedless)  
5 tbsp ginger (finely  
shredded)  
4 tbsp sugar  
1 tbsp salt  
2 tbsp vinegar

1 Wash cucumbers and do not peel, slice paper thin, mix thoroughly with ginger and other ingredients, marinate at least 4 hours or overnight.

2 Toast slivered almonds, cool and set aside.

3 Remove cucumbers from marinade and allow excess marinade to drain away, arrange on serving platter.

4 Cut analogue slices into neat rectangles 4 x 5 cm. In a bowl mix together the cream cheese and the rest of the main ingredients, except almonds.

5 Pipe a length of cream cheese mixture unto the length of each rectangle close to the edge, neatly roll up into a pencil shape allowing the excess cream to peep out at both ends.

6 Separate analogue rolls into two portions, dip the ends of one portion into the toasted almonds; dip the ends of the remaining portion into the chopped parsley and arrange both portions on the gingered cucumbers. Serve chilled.

*Analogue of salmon is an imitation, cold smoked product that resembles sliced cold smoked salmon. It is made from shark.*



## *Terrine "De" Cro Cro*

### FISH PUREE

500 g Cro Cro filets  
1 clove garlic  
1 sml onion  
¼ tsp salt  
75–100 g broccoli  
75–100 g carrots  
75 g corn (whole kernel)  
2 sprigs parsley

### BECHAMEL

2 tbsp flour  
2 tbsp butter  
1 cup milk (cold)  
1 tsp salt  
½ tsp white pepper  
1 tsp gelatine  
125 ml mayonnaise

1 Prepare the béchamel sauce in a small sauce pan by heating the butter, adding the flour, cook gently about one minute without colour (this is called a roux). Remove from heat and whisk in the cold milk; return to heat and season with salt and white pepper, cook gently on low heat until thickened and glossy, stirring constantly.

2 Remove the béchamel from heat and stir in gelatine till dissolved. Dot a drop of butter over the top to prevent a skin forming, cover and allow to cool to almost room temperature.

3 Skin Cro Cro filets and remove any remaining pin bones, add the salt, minced garlic and onion then puree using a food processor. Cover and keep cool.

4 Puree the carrots and place in a bowl, then puree the broccoli and place in a separate bowl.

5 Whisk the egg and mayonnaise into the cooled béchamel sauce.



6 Separate the pureed fish into three equal portions, add one portion to the carrots, one to the broccoli and place one portion into a blender.

7 Divide the béchamel mixture into three portions, slowly adding one portion to the fish in the blender, blend until smooth but not runny, (all may not be required) turn out mixture into a bowl and add whole kernel corn.

8 Using another portion of the béchamel sauce blend together with the fish and carrots to a similar consistency as the first; using the final portion blend with broccoli.

9 Layer in a loaf dish beginning with the broccoli and ending with the carrots, place dish into a larger pan with hot water, coming up to just over half the sides of the loaf dish and place in a pre heated oven (350°F or 170°C) and cook until set, remove from heat and allow to cool. Chill at least 2 hours before serving.



## *Almond Fish and Breadfruit*

454 g smoked fish  
700 g breadfruit (full just before ripening stage)  
28 g butter  
300 g cheese  
2 eggs  
100 g salted biscuit crumbs (ground)

100 g + 50 g almond (toasted) (100 g ground & 50 g slivered)  
salt & white pepper (to taste)  
paprika to garnish

1 Steam and flake smoked fish.

2 Peel breadfruit and cut into pieces, place in a heavy saucepan with water just covering, add salt and boil until just done, drain away remaining water and crush/mash, while the breadfruit is still hot.

3 Cool breadfruit until just warm, mix in butter, cheese, eggs, salt and white pepper finally mix in flaked fish.

4 Form the mixture into rounds and pat into the shape of a fat cookie.

5 Mix breadcrumbs with ground almonds and use to coat rounds pressing gently into the surface, place on a greased cookie sheet, pressing down neatly to shape.

6 Dust the centre of each round with paprika and place 3–4 slivers of almonds on top, bake in a preheated moderate oven (350°) for about 20–25 minutes until a beautiful nutty brown. Serve warm.





# CARIBBEAN FISHERIES TRAINING AND DEVELOPMENT INSTITUTE

Training Administration

Tel: (868) 634-4528/1635

Fax: (868) 634-1635

E-mail: [training@cftdi.edu.tt](mailto:training@cftdi.edu.tt)

FB: Caribbean Fisheries Training and Development Institute

## MARITIME TRAINING PROGRAMME

### 2nd Semester 2013

| COURSE  | DURATION | JULY                        | AUGUST       | SEPTEMBER    | OCTOBER     | NOVEMBER     | DECEMBER |
|---|----------|-----------------------------|--------------|--------------|-------------|--------------|----------|
| Basic Training                                  | 9 days   | 1 < ———> 10<br>15 < ———> 24 | 19 < ———> 28 | 9 < ———> 18  |             | 4 < ———> 13  |          |
| Boat Master 111                                 | 10 days  |                             | 5 < ———> 16  |              |             | 11 < ———> 22 |          |
| Advanced Firefighting                           | 5 days   |                             | 12 < ———> 16 | 7 < ———> 11  |             |              |          |
| Medical First Aid                               | 5 days   | 22 < ———> 28                |              | 9 < ———> 13  |             |              |          |
| Seaman Class 11                                 | 10 days  |                             |              | 12 < ———> 26 |             | 18 < ———> 29 |          |
| Certificate of Proficiency<br>in Survival Craft | 5 days   |                             |              |              |             | 11 < ———> 15 |          |
| Coastal Navigation                              | 8 weeks  | 1 < ———> 29                 |              |              |             |              |          |
| Engineering Rating<br>Category 11               | 8 weeks  |                             |              |              | 1 < ———> 29 |              |          |
| Outboard Engine<br>Maintenance & Repairs        | 5 days   | 8 < ———> 12                 |              | 2 < ———> 6   |             |              |          |