

# Kurt's Fish Food Recipe

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<b><u>Ingredients</u></b> 1.5 lbs Frozen Shrimp (w/o shell) 1.5 lbs Frozen Pollock 1 lb Frozen Peas 1 lb Frozen Broccoli pieces 1 lb Frozen Carrots 3 Garlic Cloves 2 Tbsp Paprika 2 Tbsp Spirulina powder 1 Tbsp Astaxanthin 1 Tsp FD Shrimp powder 1 Tsp FD Salmon Roe powder 1 Tsp FD Krill powder 1 Tsp FD Plankton powder 1 Tsp Double-Stabilized Vitamin C powder 23g Agar powder 100% Carrot juice (as needed)	Rocky Mountain Discus <a href="http://www.rockymountaindiscus.com/">http://www.rockymountaindiscus.com/</a>  M. Reed Enterprises (FD Powders) <a href="http://www.mreed.com/">http://www.mreed.com/</a>  Barry Farm Foods (Agar powder) <a href="http://www.barryfarm.com/">http://www.barryfarm.com/</a>  Kens Fish (Astaxanthin & Spirulina) <a href="http://kensfish.com/">http://kensfish.com/</a>  Nutrition Data <a href="http://www.nutritiondata.com/">http://www.nutritiondata.com/</a>
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- Mix Shrimp & Fish in Food Processor until it becomes a thick paste (use Carrot juice for liquid) – Set aside – frozen ingredients mix easier when slightly thawed
- Mix peas, broccoli, and carrots to make same type of paste. Mix together and set aside
- Add dry ingredients (except agar) to any or all of the paste mixes
- Mix all paste mixes very well until all ingredients are evenly distributed throughout the mixture
- Add agar slowly to the mixture as it is being blended. It is very important to have agar distributed evenly throughout the mixture!
- Line baking sheets with wax paper (waxy side up) & spread the resulting mixture evenly on the baking sheets. Bang lightly on hard surface to remove any air pockets.
- Preheat oven to 200 degrees. Then bake mixture for 20 minutes. This light baking activates the agar binding.
- Remove from oven and let cool. At this time you want to score the mixture with a knife in sizes that you will later bag. If you don't score this now you will need a hammer and chisel later!
- Put baking sheets in Freezer and allow to freeze overnight
- Next morning take mixture and separate and bag and return to freezer.

by Kurt Johnston – kaj41354@comcast.net