

ARTEMIA RECIPE BOOK

Syeda Shahina



Artemia for Bangladesh Project
Funded by the European Union



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About the Book

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Artemia (Brine Shrimp) Kebab

Ingredients:

- 400 g of Artemia biomass (live or frozen)
- 200 g Bread crumbs or plain flour/rice flour for coating
- 1 tea spoon cumin powder
- 1 tea spoon red chili/paprika powder (as per your taste)
- 1 tea spoon turmeric powder
- 1 tea spoon garlic and ginger paste
- 2 medium onions finely chopped
- 3 green chilies finely chopped
- A bunch of coriander/parsley finely chopped
- 1 tea spoon Black pepper powder
- Salt as per taste
- 250 ml Vegetable oil for frying



Cooking Method:

Soak the frozen Artemia biomass in the water, let it thaw for 10 minutes, wash delicately live biomass, leave

4 to 5 times in running water. In the case of them in fresh water for 10 minutes to let them clean their alimentary canal). Place in a sieve to drain water. Arrange all the dry spice in a plate. Cut all the green spice finely and keep aside. Fry the onions in golden brown. Mix all the dry spices in a bowl and onions, squeezed extra water gently from the Artemia biomass, add in the bowl, and mix, if the mixture gets too runny, add some flour to make compact. Take a small dough and shape it a cutlet/kebab, roll it in rice flour or bread crumbs. Heat the oil in a pan, and fry till golden brown. Brine Shrimp Kebab serve with hot tomato, tamarind, or mint sauce. 3 inches in size 20 to 25 Kebabs can be prepared from 400 g of Artemia biomass.

Artemia (Brine Shrimp) Egg Omelet

Ingredients:

- 200 g of Artemia biomass (live or frozen)
- 6 large eggs
- ½ tea spoon cumin powder
- ½ tea spoon red chili/paprika powder (as per you taste)
- ½ tea spoon turmeric powder
- 1 tea spoon black pepper powder
- 1 table spoon garlic and ginger paste
- 2 medium onions finely chopped
- 3 green chili finely chopped
- A bunch of coriander or parsley finely chopped
- Salt as per taste
- Vegetable oil for frying

Cooking Method:

Soak the frozen Artemia biomass in the water, let it thaw for 10 minutes, wash delicately 4 to 5 times in running water. In the case of live biomass, leave them in fresh water for 10 minutes to let them clean their alimentary canal). Place in a sieve to drain water. Add 6 eggs to a bowl and whisk.

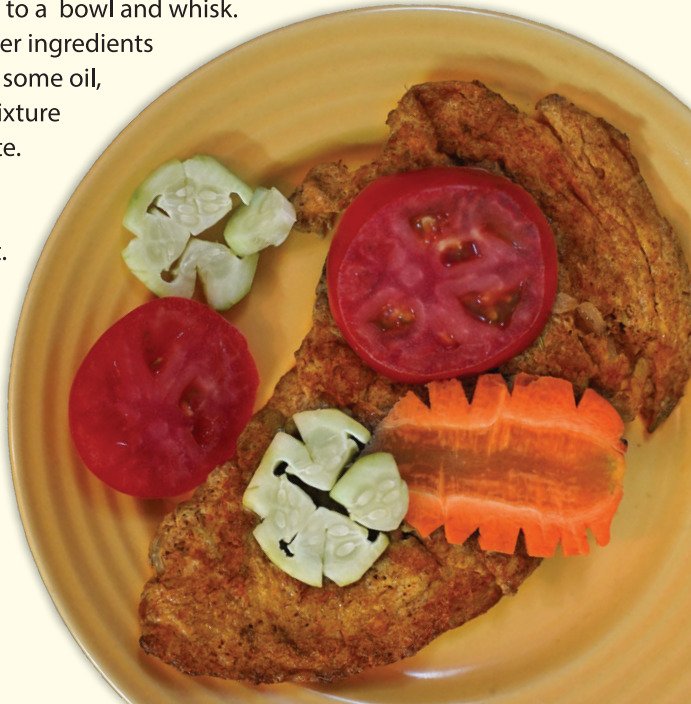
Add brine shrimp and other ingredients and stir. In a frypan drizzle some oil, let it heat pour the egg mixture over high heat for 1 minute.

Carefully turn the omelet.

Pan Fry for a further 3-5 minutes over low heat.

To Check the omelet is cooked, gently press on the center of the omelet.

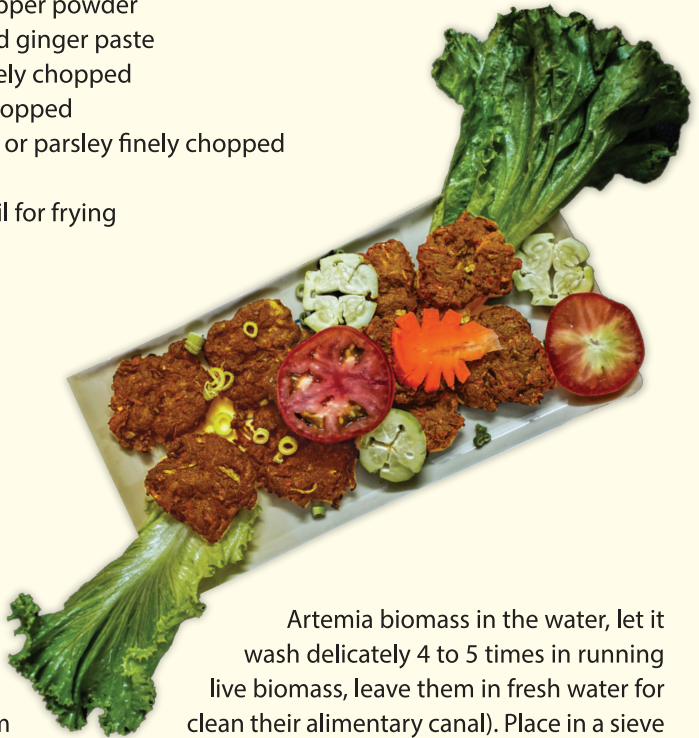
If the surfacesprings back, it is ready. Slide the omelet out onto the plate. Serve with bread and tomato ketchup.



Artemia Water Spinach Fritters

Ingredients:

- 400 g of Artemia biomass (live or frozen)
- 100 g / 1 cup Chickpea powder or flour
- 250 g / 2 cups water Spinach thinly chopped/sliced
- 1 tea spoon cumin powder
- 1 tea spoon red chili/ paprika powder (as per your taste)
- 1 tea spoon turmeric powder
- 1 tea spoon black pepper powder
- 1 tea spoon garlic and ginger paste
- 2 medium onions finely chopped
- 3 green chili finely chopped
- A bunch of coriander or parsley finely chopped
- Salt as per your taste
- 2/3 cups vegetable oil for frying



Cooking Method:

Soak the frozen thaw for 10 minutes, water. In the case of 10 minutes to let them to drain water. Add all the ingredient in a large bowl, slowly add water and brine shrimp stir, the mixture should not be too watery. Heat the oil in the frypan, and drop the mixture into bite-sized fritters, do not drop too many at a time and over crowd while frying. Heat the oil in the frypan, and drop the mixture into bite-sized fritters, do not drop too many at a time and over crowd while frying. Deep fry for 4 to 5 minutes on medium heat till golden brown. Remove the fritters and place in a paper towel to soak extra oil. Repeat the process. Server with mint and tomato ketchup.

Artemia biomass in the water, let it wash delicately 4 to 5 times in running live biomass, leave them in fresh water for clean their alimentary canal). Place in a sieve

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Artemia (Brine Shrimp) Coconut Milk Curry

Ingredients:

- 400 g of Artemia biomass (live or frozen)
- 1 can of coconut milk or freshly squeezed milk of a coconut
- 2 medium onion fried
- 100 g chickpea powder/ gram flour
- ½ tea spoon turmeric powder
- ½ tea spoon red chili powder
- ½ cumin powder
- ½ tea spoon garam masala powder
- 1 tea spoon onion paste
- 1 tea spoon garlic paste
- 1 tea spoon ginger paste
- 4/5 green chili
- 1 large bay leave
- 1-inch cinnamon stick
- 2/3 pieces cardamom
- 1 cup cooking oil
- Salt to taste
- 1 tea spoon sugar
- 2 table spoon ghee/butter
- 1 carrot, cucumber and lettuce
- A bunch of coriander

Cooking Method:

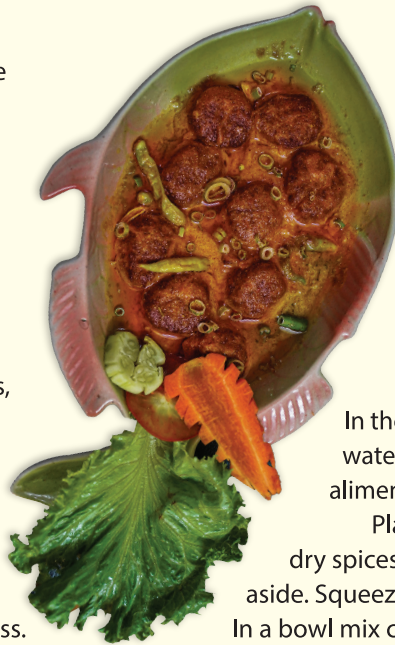
Step 1

Soak the frozen Artemia let it thaw for 10 minutes, times in running water. leave them in fresh them clean their sieve to drain water. water. Arrange all the green spices and keep from the Artemia biomass.

½ tea spoon of all the dry spices ginger, garlic and onion paste and mix well then add Artemia biomass and salt as per taste. Shape the mixture into small balls. Heat the oil in a pan, and fry till golden brown. Keep aside.

Step 2

Heat the oil in the pan. Add sliced onion, bay leaves, cardamom, and cinnamon and fry till the onion gets softened. Add the rest of all the dry spice and ginger, garlic, and onion paste, and fry till the oil gets separated. Add coconut milk stir, till it gets thick gravy, add all the fried Artemia brine shrimp ball in the gravy and keep on low flame. Add ghee on top and garnish with carrot, cucumber and lettuce chopped coriander leaves. Add sugar for taste.



biomass in the water, wash delicately 4 to 5 In the case of live biomass, water for 10 minutes to let alimentary canal). Place in a

Place in a sieve to drain dry spices in a plate. Cut all the aside. Squeezed extra water gently In a bowl mix chickpea powder, add

Artemia (Brine Shrimp) Jhal Ferazi

Ingredients:

450 g Artemia biomass (live or frozen)
500 g onion chopped
200 g chopped tomatoes
100 g capsicum
1 tea spoon turmeric powder
1 tea spoon red chili powder
1 cumin powder
1 tea spoon garlic paste
1 tea spoon ginger paste
4/5 green chili
50 g chopped coriander leaf
150 ml cooking oil
Salt to taste
1 carrot, cucumber and lettuce

Cooking Method:

Soak the frozen Artemia biomass in the water, let it thaw for 10 minutes, wash delicately 4 to 5 times in running water. In the case of live biomass, leave them in fresh water for 10 minutes to let them clean their alimentary canal). Place in a sieve to drain water. 450 g biomass (live or frozen) in the case of live biomass, leave them fresh water for 10 minutes to let them clean their alimentary canal. Pour 75 ml of oil to heat in the pan, stir fry capsicum and tomatoes for 5 minutes and keep aside. Pour the rest 75 ml oil into the pan and fry the onions then add all the spices garlic, ginger paste, dry spices, green chilies salt and cook for 5 minutes, in this stage, add Artemia biomass and cook for another 5 minutes in medium flame and cover with lid, add fried capsicum and tomatoes and cook till the oil separates as the oil separates and then garnish with carrot, cucumber, lettuce and finely chopped coriander leaf.



About WorldFish

WorldFish is a nonprofit research and innovation institution that creates, advances and translates scientific research on aquatic food systems into scalable solutions with transformational impact on human well-being and the environment. Our research data, evidence and insights shape better practices, policies and investment decisions for sustainable development in low and middle income countries.

We have a global presence across 20 countries in Asia, Africa and the Pacific with 460 staff of 30 nationalities deployed where the greatest sustainable development challenges can be addressed through holistic aquatic food systems solutions.

Our research and innovation work spans climate change, food security and nutrition, sustainable fisheries and aquaculture, the blue economy and ocean governance, One Health, genetics and AgriTech, and it integrates evidence and perspectives on gender, youth and social inclusion. Our approach empowers people for change over the long term research excellence and engagement with national and international partners are at the heart of our efforts to set new agendas, build capacities and support better decision-making on the critical issues of our times.

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