

Kurt's Fish Food Recipe

Ingredients

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
<http://www.rockymountaindiscus.com/>

U. of Florida Tropical Aquaculture Lab
<http://tal.ifas.ufl.edu/>

M. Reed Enterprises (FD Powders)
<http://www.mreed.com/>

Barry Farm Foods (Agar powder)
<http://www.barryfarm.com/>

Kens Fish (Astaxanthin & Spirulina)
<http://kensfish.com/>

Nutrition Data
<http://www.nutritiondata.com/>

- 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.