High Added Value Processed Seafood from Fish Species of Low Demand in the Island of Kalymnos - Greece

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Kalymnos Island in the Dodecanese
Fishing Fleet in Kalymnos Island

450 vessels of which are (%)

- 85 small scale vessels using nets and longlines
- 7 small scale vessels targeting swordfish
- 6 small scale vessels targeting sponges
- 1.7 trawlers and
- 0.3 purse seiners

2,500 people are involved in the sector, which is the 50% of the island active population
Kalymnos EASTMED Project in Oct 2012

- Training support to fishermen wives
- Theoretical Lectures on Fish Processing and Quality Control
- Practical “Hands on Training” on the different fish processing methods

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Fish Species of Low Demand

**Thunnus Alalunga** (Albacore)  
**Katsuwonus pelamis** (Skipjack tuna)

**Sarda sarda** (Atlantic Bonito)  
**Coryphaena hippurus** (Common dolphinfish)

**Boops boops** (Bogue)  
**Sardina pilchardus** (European pilchard)
Methods of Fish Processing by Fishermen Wives

Salting (dry or wet)
Cutting of fish (albacore)
Smoking (warm or cold)
Filletting of fish

Methods of Fish Processing by Fishermen Wives

Placing in the jars
Addition of local spices
Filling jars with hot olive oil
Wet sterilizing
Production of High Added Value Products by Fishermen Wives

- Fish fillets in saltwater or olive oil and local spices
- Smoked fish fillets in olive oil with local spices
- Fish sauces with smoked or salted fish (albacore)

International Consultants were in charge of training

Certificates were provided

Occasional Paper was uploaded in the EastMed website including the women's recipes

A poster was prepared and is available
Follow up Actions since Oct 2012

- Submission to the Greek Authorities of a research proposal for the further development of the Kalymnos processing laboratory, which contained:
  
  - **Assessment of the nutritional value of the final products**
    - Essential and beneficial trace Elements (Ca, Fe, Mg, Zn, Mn, K, Se)
    - Omega-3 polyunsaturated fatty acids (EPA, DHA) with human health outcomes
    - Calorific value measurements
  
  - **Quality control of the final products**
    - Organoleptic (odor, skin, eyes, flesh, gill color)
    - Physicochemical (proximate composition, PUFA, biogenic amines)
    - Microbiological (TVC, Enterobacteriacea, Yeasts, Moulds, Aeromonas)

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THANK YOU FOR YOUR ATTENTION!!

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