

Ol rot bilong redim pislama bilong salim

Manuel bilong ol Pacific Ailan fisas



Southern Cross
University



Pacific
Community
Communauté
du Pacifique

Ol rot bilong redim pislama bilong salim: Manuel bilong ol Pacific Ailan fisas

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Bernard Maul, July Kuri, Juliette Gillis, i tanim long tok English igo long tok pisin.



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Tok Tenk yu

Tok tenk yu igo long Chris Barlow, Ian Bertram na Aymeric Desumont long sapot bilong ol na stia toktok bilong kamapim dispela buk.

Olgeta piksa insait long dispela buk em Steve Purcell i bin kisim bihain long tok orait ol i bin kisim long usim ol dispela piksa insait long dispela buk na ol narapela kain rot tu. Ol toktok long ol rot bilong bihainim long kisim na draim pislama na ol piksa i bin kamap bihainim sapot bilong Theo Simos, Karibanang Tamuera na Poasi Ngaluafe. Mipela i tok tenk yu i go long ol manmeri husat i bin givim mipela sampela toktok long ol rot bilong kisim na draim pislama. Ol dispela lain em long Helmut Walcane, Malato Watisoko, Fred Ho, Kuolong Chen na Amanaaki Tukuafu.

Ol i bin kamapim dispela buk nambawan taim tru wantaim moni i kam iet long Australian Centre for International Agricultural research (ACIAR) na sapot i kam long Pasifik Community (SPC)

Dispela buk ol i bin mekim bilong helpim ol man na meri biolong ol Pasifik Ailan kantris lo how biolong redim gut pislama bilong salim.

Waild Laif Konseveisen Sosaieti o WCS i bin translatim dispela buk ikam lo Tok Pisin lo halavim ol komuniti lo Tigak na Lovongai lo redim gut ol pislama bilong ol.

Ol lain i tanim tok pisin – Bernard Maul, July Kuri na Juliette Gilis

Dispela buk ol i bin printim wantaim moni/halavim bilong European Union na gavman bilong Sweden.

Wanem ol toktok insait long dispela buk bai i nonap kamapim ting-ting bilong European Union o gavman bilong Sweden.



Astingting bilong dispela buk

Dispela buk oli bin raitim bilong ol manmeri insait long pasifik husat i save kisim pislama. Ol kainkain pislama dispela buk i toktok long en em ol pislama ol i save kisim olgeta taim long ol Ailan insait long pasifik.

Dispela hap tok 'Processing' ol i usim insait long dispela buk long minim rot ol manmeri i save bihainim long senisim pislama ol i kisim insait long solwara (i no drai iet) igo kamap long taim emi drai pinis, we ol i save colim 'bech-de-mer'. Ol rot ol i save bihain long wokim pislama em; katim, solim, kukim, simukim na draim pislama.

Prais bilong pislama oli save givim igo long ol manmeri isave bihainim; wanem kain pislama oli salim, bikpela bilong pislama, na sapos dispela pislama i gutpela taim husat manmeri i mekim i bihainim ol gutpela rot bilong draim. Dispela emi bihainim olsem, ol lain long Asian husat i save kaikai pislama i save laik baem pislama we i luk gut na i gat naispela lukluk bilong en na i gutpela long kaikai. Olsem na ol prais bilong ol pislama yumi prosesim gut i save go antap insait long ol maket long Asia na ol dispela yumi no save prosesim gut prais bilong ol i save go daun.

Planti ol manmeri i no save long ol gutpela rot bilong draim na kamap gutpela pislama taim oli kisim long solwara inap long taim ol i draim. Olsem na ol man husat i save baem pislama bai baem pislama bilong ol long liklik moni tasol.

I gat planti rot bilong draim pislama bilong kamapim gutpela pislama i drai pinis. Dispela buk i toktok long sampela rot ol manmeri bilong ples i ken bihainim long kamapim gutpela pislama wantaim ol samting ol i gat insait long ples.

Ol kainkain pislama insait long pasifik we ol manmeri i save kisim bilong salim na kisim moni

Igat moa long 1,000 kainkain pislama, tasol 20 pela kain pislama tasol yumi long Pasifik Ailan isave kisim bilong salim. Olgeta dispela pislama igat ol neim long tokpeles na tu long tokples bilong ol saentis na tok inglis tu.

Prais o pei bilong wanwan pislama taim emi drai ibihainim lukluk bilong pislama taim yu draiim, na tu, sais, kala, na simel na gutpela lukluk bilong pislama. Dispela buk bai itoktok moa long ol dispela samting. Olgeta piksa bilong pislama isoim lukluk bilong ol kainkain pislama taim yu draim gut.

Pei bilong ol pislama ol man isave baem, isave bihainim sais na lukluk bilong pislama taim emi drai.



Colim long tok Inglis:
Sandfish
Colim bilong ol saentis:
Holothuria scabra
Prais taim i drai pinis:
US\$16-45 per kg



Colim long tok Inglis:
Golden sandfish
Colim bilong ol saentis:
Holothuria lessoni
Prais taim i drai pinis:
US\$16-45 per kg



Colim long tok Inglis:
White teatfish
Colim bilong ol saentis:
Holothuria fuscogilva
Prais taim i drai pinis:
US\$45-85 per kg

Bekgraun



Colim long tok Inglis:
Black teatfish
Colim bilong ol saentis:
Holothuria whitmaei
Prais taim i drai pinis:
US\$25-65 per kg



Colim long tok Inglis:
Prickly redfish
Colim bilong ol saentis:
Thelenota ananas
Prais taim i drai pinis:
US\$25-65 per kg



Colim long tok Inglis:
Surf redfish
Colim bilong ol saentis:
Actinopyga mauritiana
Prais taim i drai pinis:
US\$25-40 per kg

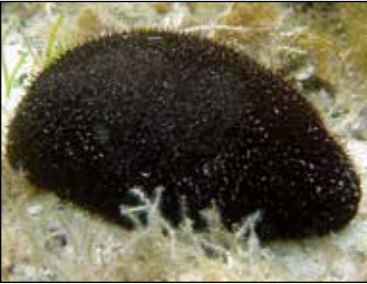


Colim long tok Inglis:
Stonefish
Colim bilong ol saentis:
Actinopyga lecanora
Prais taim i drai pinis:
US\$25-55 per kg



Colim long tok Inglis:
Deepwater blackfish
Colim bilong ol saentis:
Actinopyga palauensis
Prais taim i drai pinis:
US\$25-55 per kg

Bekgraun



Colim long tok Inglis:
Hairy blackfish
Colim bilong ol saentis:
Actinopyga miliaris
Prais taim i drai pinis:
US\$25-55 per kg



Colim long tok Inglis:
Deepwater redfish
Colim bilong ol saentis:
Actinopyga echinites
Prais taim i drai pinis:
US\$25-65 per kg



Colim long tok Inglis:
Leopardfish
Colim bilong ol saentis:
Bohadschia argus
Prais taim i drai pinis:
US\$12-25 per kg



Colim long tok Inglis:
Curryfish
Colim bilong ol saentis:
Stichopus hermanni
Prais taim i drai pinis:
US\$8-55 per kg



Colim long tok Inglis:
Greenfish
Colim bilong ol saentis:
Stichopus chloronotus
Prais taim i drai pinis:
US\$25-65 per kg

Bekgraun



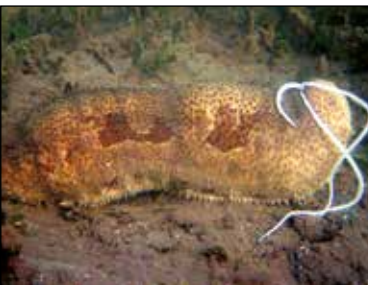
Colim long tok Inglis:
Dragonfish
Colim bilong ol saentis:
Stichopus
monotuberculatus
Prais taim i drai pinis:
US\$10-15 per kg



Colim long tok Inglis:
Brown sandfish
Colim bilong ol saentis:
Bohadschia vitiensis
Prais taim i drai pinis:
US\$8-20 per kg



Colim long tok Inglis:
Elephant trunkfish
Colim bilong ol saentis:
Holothuria fuscopunctata
Prais taim i drai pinis:
US\$6-8 per kg



Colim long tok Inglis:
Chalkfish
Colim bilong ol saentis:
Bohadschia marmorata
Prais taim i drai pinis:
US\$8-18 per kg



Colim long tok Inglis:
Snakefish
Colim bilong ol saentis:
Holothuria coluber
Prais taim i drai pinis:
US\$8-16 per kg

Bekgraun



Colim long tok Inglis:
Lollyfish
Colim bilong ol saentis:
Holothuria atra
Prais taim i drai pinis:
US\$4-15 per kg



Colim long tok Inglis:
Reef lollyfish
Colim bilong ol saentis:
Holothuria atra
Prais taim i drai pinis:
US\$6-15 per kg



Colim long tok Inglis:
Pinkfish
Colim bilong ol saentis:
Holothuria edulis
Prais taim i drai pinis:
US\$4-8 per kg



Colim long tok Inglis:
Amberfish
Colim bilong ol saentis:
Thelenota anax
Prais taim i drai pinis:
US\$8-18 per kg



Colim long tok Inglis:
Flowerfish
Colim bilong ol saentis:
Pearsonothuria graeffei
Prais taim i drai pinis:
US\$3-5 per kg

Ecological wok bilong ol pislama

Pislama isave wokabaut antap long rip na wesana insait long solwara na isave kaikai ol liklik kaikai ipas wantaim wesana na rip. Ol isave daunim ol dispela kaikai na pekpekim gutpela wesana.

Olsem na pislama igat bikpela wok antap long rip na dispela wok em bilong mekim kaikai na klinim tu wesana insait long solwara. Pispis bilong pislama isave halivim kambang na ol kainkain garas insait long solwara long grou gut.

Sampela pislama tu isave karamapim ol yet long wesana insait long solwara. Taim ol imekim dispela, o isave tanim wesana na wesana isave stap orait tru.

Kainkain enimol isave kaikai pislama, olsem na ol igat bikpela wok long pasin bilong kaikai bilong ol kainkain enimol antap long rip.

Sampela pis, kuka, stapis, torosel na ol pisin tu isave kaikai ol liklik pislama.

Taim yumi kisim planti pislama tumas, dispela iken daunim namba bilong ol pikinini pislama. Wesana tu insait long solwara bai iken kamap bilak na kaikai bilong halivim kambang na garas bilong grou bai ipundaon, o bai inogat moa planti pislama.



Pislama ihalivim long klinim solwara.

Gutpela na stretpela rot bilong painim pislama

Olgeta kantri insait long pasifik Ailan isave long pasin bilong kisim na salim pislama, tasol sampela ol kantri ino tok orait long salim pislama bilong ol igo arasait long narapela kantri.

Yumi mas bihainim ol lo bilong Kantri bilong yumi long rot bilong kisim na salim pislama. Dispela ol lo bai ihalivim long lukautim pislama bai igat planti bilong yumi nau na bilong ol pikinini bilong yumi long bihainim taim.

Stretpela rot ruls:

- ✓ Kisim tasol ol bikpela sais long ol kainkain pislama. Larim ol liklik sais istap bai ol iken grou igo bikpela na yumi ken kisim long narapela yia bihain.



- ✓ Kisim pislama long han tasol. Noken bagarapim kambang o gasas.
- ✓ Kisim tasol hamas pislama yu laikim: larim sampela bai istap bilong karim pikinini pislama bilong ol yia ikam bihain taim.



- ✓ Larim ol pislama we ino planti bai ol iken kamapim gutpela wok na lukluk antap long rip.
- ✓ Noken kisim pislama long nait na tu swim long solwara wantaim botol win bilong painim pislama.

Beche-de-mer maket na kaikai

Taim ol ikukim na draim pislama pinis, ol ikolim nau Beche-de-mer

Planti pislama bilong ol Pasifik Ailan isave go long ol Sainis maket. Nambawan peles em isave go long en em, Hong Kong tasol planti pislama ol isave salim igu insait moa long maket long ol narapela sainis maket. Ol narapela kantri tu ol Pasifik Ailan kantri isave salim pislama igu long ol em, Taiwan, Korea, na United States.

Ol lain bilong Asia husat isave kaikai pislama, isave laikim pislama idrai gut stret, nogat bagarap long skin bilong en, ibilak gut bihainim kala bilong pislama, isimel gut na inogat sol ipas long pislama. Prais bilong pislama bai ibikpela na l gutpela moa taim pislama igat ol dispela kain lukluk.



Wanpela stua long Asia we ol isave salim ol kaikai bilong solwara.



Ol kaikain beche-der-mer ol l salim long stua long Asia.



Bekgraun

Pislama em iwanpela kaikai we igat bikpela prais. Insait long ol stoa long Asia, ol isave salim long bikpela prais. Ol isave skelim long skel na salim wantaim fin bilong sak.



Ol beche-der-mer ol I pulumapim long botol galas.



Ol sainis isave kaikai pislama wantaim sos long taim bilong ol bikpela kaikai bilong ol.



Ol kainkain wei bilong kukim Beche-der-mer



Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

Bilong wanem yumi mas lukaut gut tru long taim yumi wokim pislama?

Prais bilong ol pislama ol lain isave baim na salim igo long ol maket long Asia bai iantap moa sapos yumi bihainim gut tru rot bilong wokim pislama. Dispela tu bai imekim ol lain isave baim pislama long yumi long prais tu iantap moa.

Drai pislama imas klin, nogat buruk na lukluk bilong en imas gutpela.



Wok bilong kisim pislama long solwara na kam draim bai ihalivim yu na femili bai u kisim moa moni long pislama bilong yu.

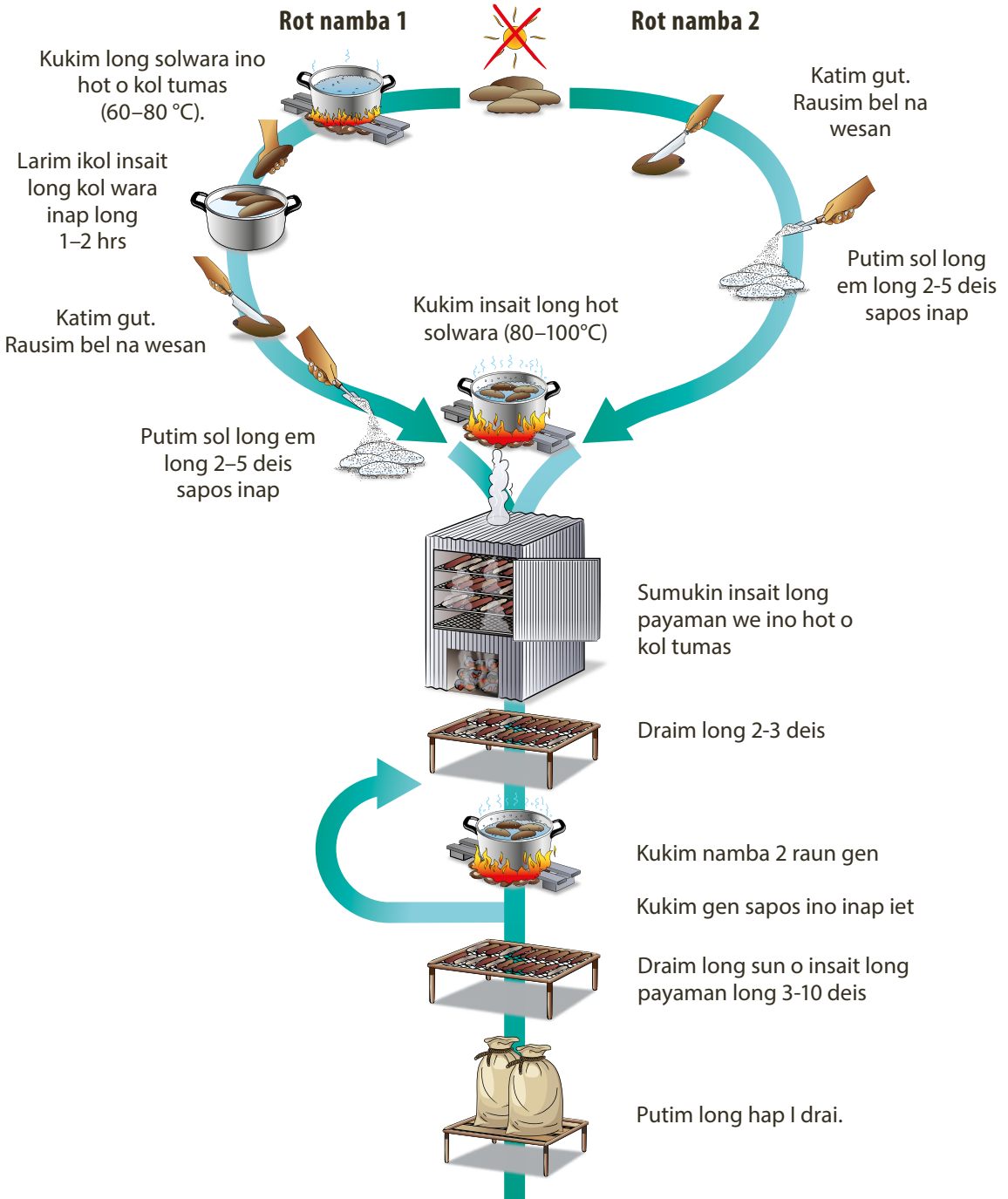
Gutpela prais bilong pislama bilong yu taim yu draim gut iken halivim yu long malolo long go long solwara na painim pislama long olgeta dei na wik.



Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

Rot bilong kukim pislama

Lukaut noken bagarapim ol animols



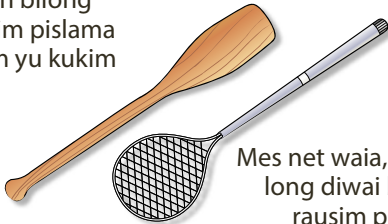
Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

Ol samting bai yu nidim



Sap naip

Hap palang spun bilong tanim pislama taim yu kukim



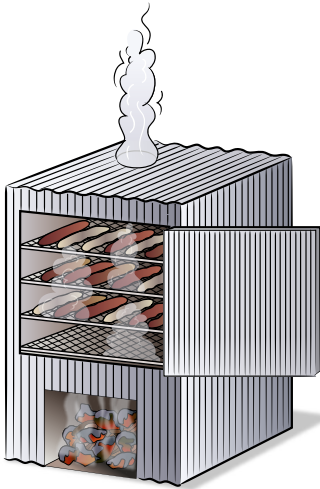
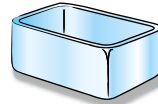
Mes net waia, taitim long diwai bilong rausim pislama taim itan



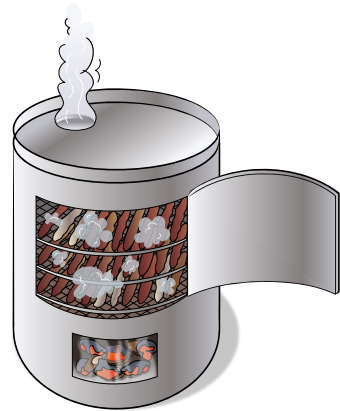
Bikpela pot or wanpela 200 L (44 gallon) dram, katim namel na imas clean gut



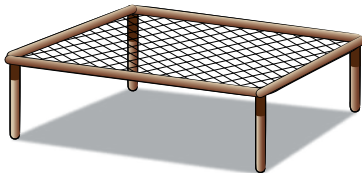
Namel sais sol na plastic o faibagalas kontena bilong solim pislama



Dram o payaman bilong simukim pislama



Waia bilong draim pislama long sun



Bikpela plastik bek bilong pulumapim pislama



Stik bilong holim opim teatfish na twain rop bilong taitim



Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

Ol rot bilong mekim gut pislama behain long taim yu rausim long solwara

Pislama imas stap long peles ikol antap long bot, o insait long bek long solwara. Taim yu putim long bot imas gat haus long bot bilong karamapim pislama bai istap kol.



Karamapim gut pislama antap long bot.

Noken pulumapim planti pislama tumas, nogut ol ipaspas tumas na dispela iken bagarapim ol pislama.

- ✓ Putim black teatfish na white teatfish pislama wantaim.
- ✓ Putim olgeta kain bilakpela pislama wantaim
- ✓ Putim prickley redfish em yet o wantaim Surf redfish
- ✓ Putim curryfish em yet

Bikpela lukaut imas stap taim yu mekim dispela wok bilong aburusim ol bagarap olsem skin bilong pislama iburuk na tu ol narapela kain bagarap.

Sampela ol pislama bai istat long bagarap sapos ol ihat tumas na tu oli drai tumas. Putim ol dispela kain pislama long dram igat kol solwara na putim aninit long malur antap long bot. Senisim tu wara insait long dram klostu, klostu, tasol.

Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis



Curryfish



Amberfish



Greenfish

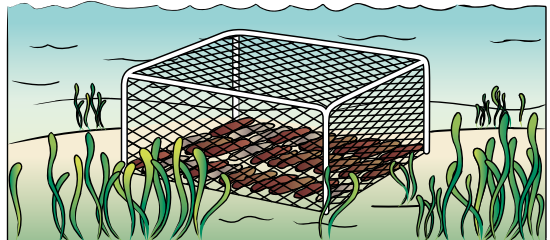


Dragonfish

Behain long yu kisim curryfish, amberfish, greenfish na dragonfish putim ol inside long solwara we ikol or putim insait long bikis ais inap time bilong kukim. Noken rausim bel inap taem yu laik redi bilong kukim. Rausim bel na putim long bokis ais iken bagarapim pislama. Teatfish, prickly redfish na tigerfish to iken putim long ais.



Yu mas katim na kukim pislama taim yu kambek gen long solwara stret. Sapos yu nonap long kukim same time yet, putim ol long solwara we l orait long pislama bai stap na ino ken bagarap o yu ken pulumapim solwara long wanpela dram na putim ol pislama.



Putim gut pislama long solwara iken sapos ileit long kukim.

Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

Rot bilong katim na klinim bel bilong ol pislama

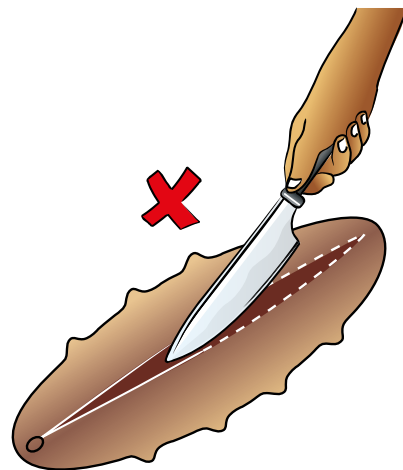
Ol bikpela lukluk yu mas tingim na bihainim:

- ✓ Bikpela lukaut imas stap taim yu katim pislama. Ol man na meri long Asia husat isave kaikaim pislama isave laikim pislama ol ikatim stret long ples oli makim long katim.
- ✓ Noken katim pislama long maus bilong en igo olgeta long as bilong en.
- ✓ Long gutpela na bikpela lukluk, liklik kat tasol igutpela moa long bikpela na longpela kat.
- ✓ Klinim gut olgeta pekpek na wesan long bel bilong pislama na larim ol rop masel bilong en istap.
- ✓ Taim yu go painim pislama long solwara na stap moa long wanpela dei, yu mas putim ol pislama bilong yu insait long sol o long ais nogut ibagarap. Noken putim insait long bokis ais.

White teatfish na black teatfish

Katim long baksait bilong pislama, (olsem isave silip, kaikai na wokabaut).

Larim 2–3 pela finga mak sais long maus na long as bilong pislama istap. Pislama imas silip stret antap long palang o pellet taim yu katim.

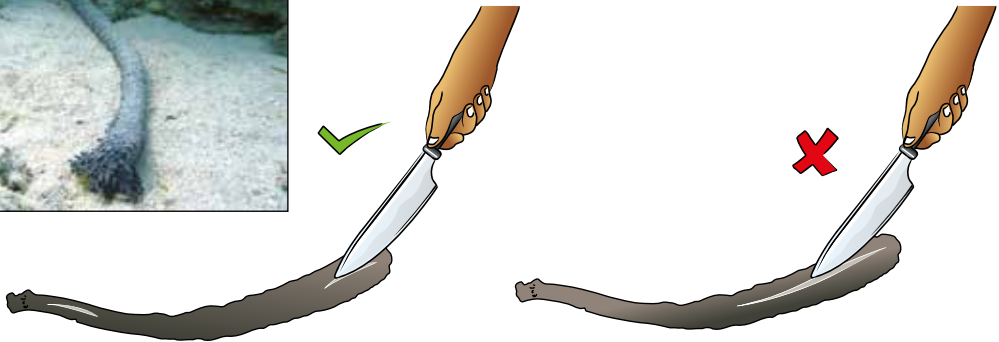


Katim gut pislama long maus igo long ass

Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

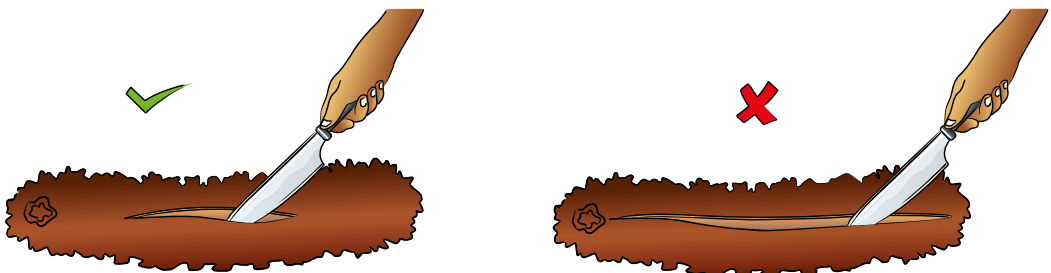
Snakefish

Ol longpela pislama olsem sinekpis, yu ken katim long tupelo hap long bel bilong en. Yu ken boilim pastaim bai istrong na stret bihain yu katim na klinim. Yu mas klinim gut na rausim olgeta wesana insait long bel bilong en.



Prickly redfish, amberfish, na elephant trunkfish

Katim longpela na stretpela kat long bel bilong pislama. Lusim mak inap olsem tripela finga mak klostu long maus na as bilong pislama. Long prickly Redfish, yu ken katim tupela liklik hap long bel na klinim gut wesana na pekpek bilong en.

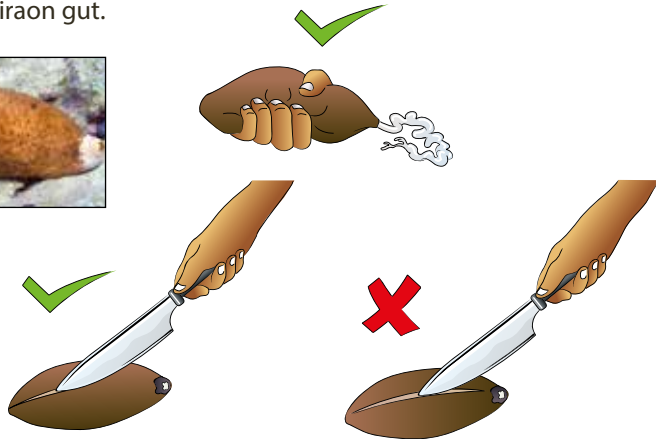


Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

Blackfish and stonefish

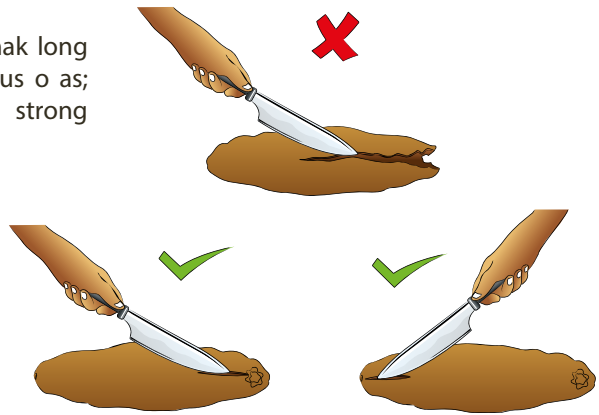
Yu ken bingim na rausim olgeta pipia insait long bel bilong pislama na bihain yu ken kukim. Tasol narapela hevi em bai pislama ino save drai gut insait taim yu no katim gut. Narapela rot em bai yu kukim pastaim long hot wara (inoken boil) na bihain yu katim liklik tasol klostu long as bilong pislama na klinim.

Ol Asia isave laikim pislama irakon gut.



Ol narapela kain pislama

Katim liklik mak olsem 2-3 pela finga mak long long bel bilong pislama klostu long maus o as; noken katim long tupelo hap. Tingim strong olsem, yu mas katim wanpela hap tasol.

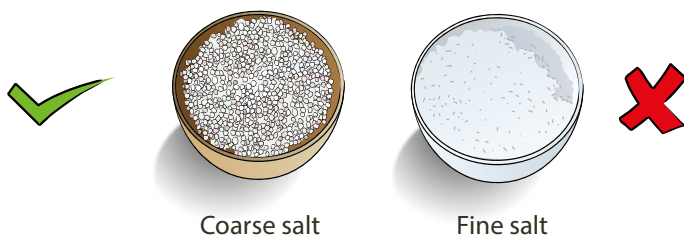


Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

Rot bilong putim pislama long sol

Sol isave rausim wara long bodi bilong pislama. Sol tu isave mekim pislama ihevi moa bihain long taim yu kukim na dram. Na dispela bai ikamapim moa moni taim yu salim na ol ibaem bihainim hevi bilong en.

Bikpela sid sol o namel sid sol iorait long mekim wok wantaim pislama. Liklik sid sol iken bagarapim skin bilong pislama. Bikpela sid sol isave go insait long mit bilong pislama isi isi tru na dispela rot iorait moa.



Tupela rot bilong putim sol long pislama bilong yu:

Rot bilong putim sol long pislama taim yu no kukim/boilim yet

Putim ol pislama igo insait long wanpela dram o bokis yu nilim gut. Lainim gut ol pislama na karamapim long sol, na sapos igat sampela moa, lainim gut olgeta na karamapim long sol. Putim 1 kg sol long 3 kg pislama. Dispela rot em igat bikpela wok long halivim ol pislama taim yu nonap long boilim/kukim bihain tasol long yu kisim ol long solwara.

Rot bilong putim sol long pislama taim yu kukim/boilim pinis

Bihain long taim yu kukim/boilim pislama long hat wara nay u katim opim pislama na klinim; putim pislama insait long bokis palang. Lainim ol sotpela liklik sais diwai aninit bilong sindaonim ol pislama na lainim ol pislama igo wantaim ples yu katim ilukluk igo daon log as bilong bokis.

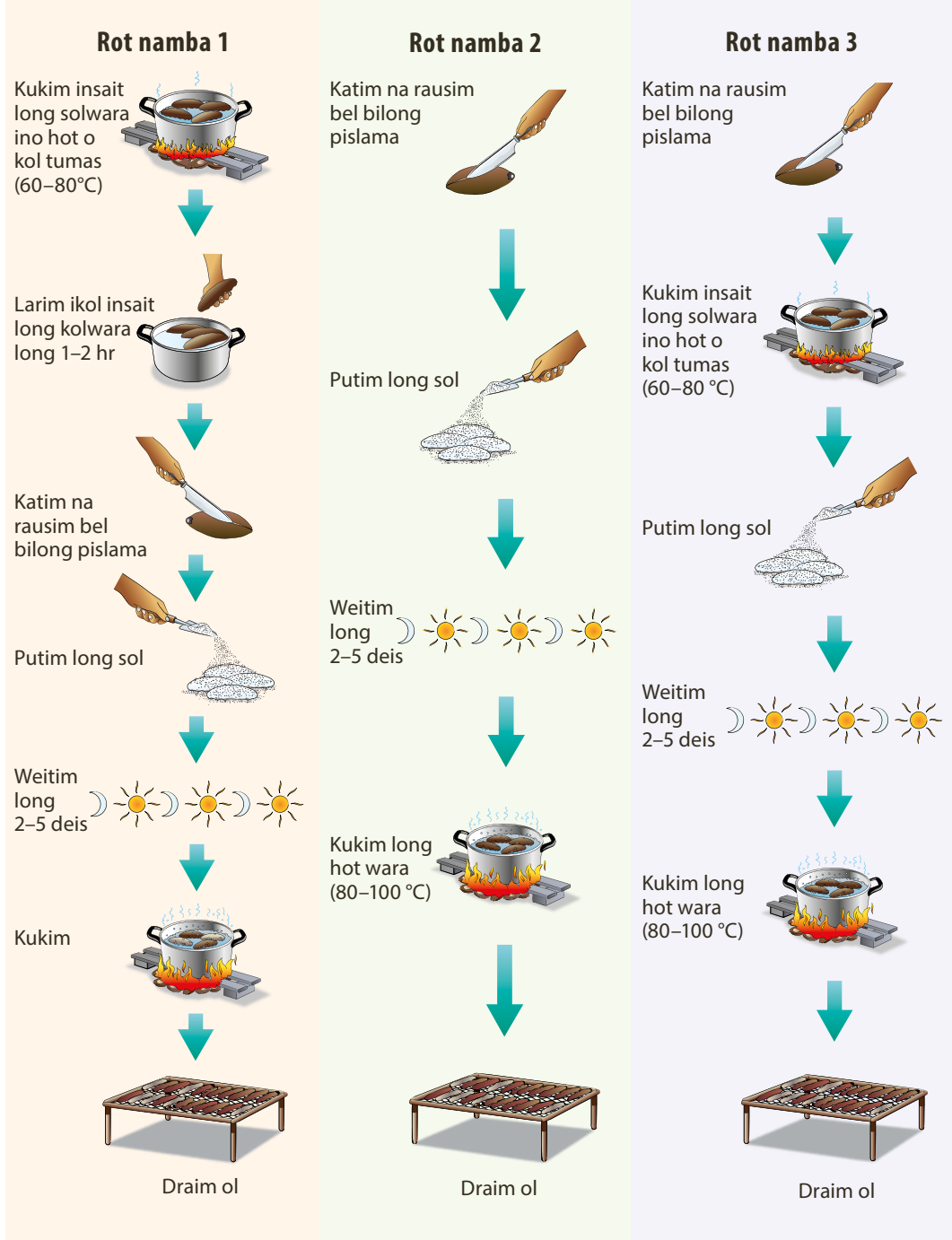
Putim sol na karamapim nambawan lain bilong pislama, na bihain yu lainim ol narapea pislama antap long sol na karamapim tu long sol. Mekim olsem sapos yu kisim planti pislama inap olgeta yu lainim igo insait long bokis palang. Ol wara insait long bodi bilong pislama bai pundaon igo stap namel long ol liklik diwai aninit long bokis, na dispel bai ihalivim long mekim ol pislama inoken wet tumas. Putim 1 kg sol long 1 kg pislama. Wasim sol long wara bihain long yu putim long pislama tupelo o tripela taim pinis pastaim long yu putim ken long pislama.

Sapos yu putim sol long pislama bihain tasol long yu katim bel na klinim ol pislama na pastaim long yu kukim/boilim ol, yu mas putim ol long dram bihain tasol long kisim ol pislama na putim sol long ol.

Planti taim ol lain isave kisim pislama bai iputim long pislama bihain long nambawan taim ol ikukim/boilim na dispela emi bilong seivim namba bilong sol oli baim bilong wok pislama. Long dispela rot, yu mas larim ol pislama ikol gut pastaim na bihain yu ken putim ol insait long sol.

Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

Taim bilong solim pislama



Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

Noken putim sol long olgeta kain pislama wantaim. Putim sol long ol wankain pislama ol yet long wanwan bokis o dram.

Tasol yu ken putim ol sampela kain pislama wantaim, long taim bilong putim sol.

- ✓ Putim sol long Black Teatfish na White teatfish wantaim. Yu mas pulumapim sol igo insait long bel bilong pislama. Bihain yu putim igo insait long bokis palang na hap yu bin katim imas lukluk igo daon long as bilong bokis.



- ✓ Putim sol long olgeta blackfish wantaim. Noken putim ol wantaim ol narapela kain pislama, nogut bilakpela kala/pen bilong ol ibagarapim ol narapela kain pislama. Sapos yu putim sol long ol Blackfish bihain long yu kukim/boilim, yu mas putim ol long bokis wantaim hap yu bin katim ilukluk igo daon.



Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

- ✓ Putim sol long prickly redfish em yet o wantaim surf redfish.



Putim pislama long sol long 2-5 pela dei

- ✓ Noken putim sol long greenfish long wanem bai oli ilusim kala/pen bilong skin bilong ol. Sampela lain tu ino save putim sol long curryfish, tasol yu ken putim sol tu long en bihain long yu katim. (Putim sol bihain long yu katim)



Kukim curryfish pastime na behain solim

- ✓ Putim amberfish long sol long tupela dei tasol nogut ol ilusim kala/pen bilong sikin bilong ol, sapos yu larim long sol long moa long tupela dei.



Tupela dei insait long sol tasol

Wanem samting bai yu mekim sapos yu nogat sol?

Sapos yu no inap long kisim bikpela sid sol, go stret long rot bilong kukim. Tasol sapos yu no putim sol long pislama, namba bilong dei bai yu draim pislama long en bai ilongpela na pislama tu bai inonap long hevi olsem na bai yu kisim liklik moni long ol pislama bilong yu.

Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

Ol rot bilong kukim pislama

Igat planti rot bilong kukim pislama

Taim yu kukim pislama long wara I hat tumas, em iken bagarapim skin bilong pislama.

Igutpela moa long kukim wanpela taim tasol na bihain draim long 2-3 pela dei. Kukim ken namba tu taim na namba tri taim sapos yu lukim pislama ino kamap gut.

Ol bikpela lukluk

- ✓ Long nambawan kuk, yu ken kukim pislama long wara inoken hat tumas (hat liklik tasol)
- ✓ Putim pislama igo insait long wara ino hat tumas na bihain putim liklik paia moa bai mekim wara iboil.
- ✓ Sapos yu ken kukim long solwara em bai iorait moa long wara bilong ren.
- ✓ Kukim ol wanwan kain pislama ol yet.
- ✓ Kukim ol liklik pislama long sotpela taim tasol na ol bikpela pislama kukim long longpela taim liklik.
- ✓ Kukim pislama long bikpela sospen na putim planti paiawut bilong mekim bikpela paia aninit long sospen.
- ✓ Taim yu tanim pislama na tu taim yu rausim pislama long sospen imas gat bikpela lukaut nogut yu bagarapim skin bilong pislama.
- ✓ Bihain long yu kukim pislama pinis, wasim pislama long wara bilong ren bilong rausim sol.
- ✓ Yu ken kukim pislama long skin bilong kokonas. Noken kukim long mangoro long wanem mangoro igat bikpela wok bilong lukautim nambis na bus bilong yumi.

Wanem kain wara bai mi mas kukim pislama long en?

Traim kukim ol pislama long wara bilong solwara moa long wara bilong ren. Wara bilong solwara bai iholim pas kala/pen bilong pislama na tu skin bilong pislama bai inonap buruk.

Sapos yu nonap long kukim long wara bilong solwara, kukim long wara bilong ren.

Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

Narapela rot bilong kukim



Hotim solwara



Putim pislama igo insait



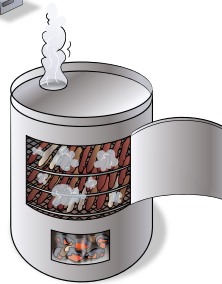
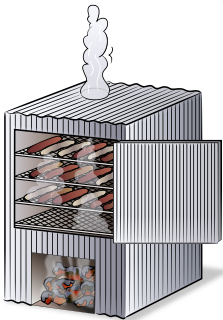
Larim bai boil



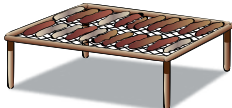
Tanim bihain long faipela minit.
Lukaut nogud yu bagarapim sikin bilong ol pislama



Rausim taim em ikuk inap long mak



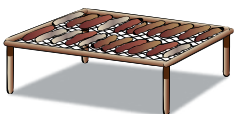
Sumukim insait long draiya we ino hot o kol tumas



Draim inap long 2 igo long 5 deis



Kukim namba 2 raun gen na kukim gen sapos em ino tan gut yet



Draim long san o draim long haus long 3 igo inap 10 deis inap em istorong olsem ston



Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

Bai wara ihot osem wanem?

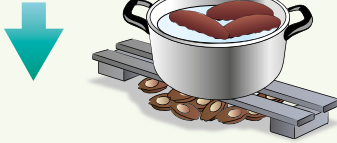
Igat tupelo gutpela rot we yu nap long traim

Méthode A

Pulumapim kol solwara long pot (20–30 °C).



Putim ol pislama igo insait



Laitim paia na boilim



Kukim Longpela taim liklik. Kukim tupelo o tripela raun gen sapos pislama ino tan gut yet.

Méthode B

Pulumapim solwara, laitim paiya na boilim (40°C)



Putim ol pislama igo insait taim wara ino hot tumas yet



Boilim solwara igo long 70–90°C



Kukim Longpela taim liklik. Kukim tupelo o tripela raun gen sapos pislama ino tan gut yet.

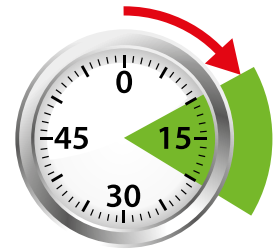
Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

Wanem ol taim (haua) bai mi kukim pislama?

Hamas minit bai mi kukim pislama?

Whiteteatfish na Blackteatfish

Kukim long 10–20 minit long nambawan kuk, stat long taim wara iboil o taim wara ikisim mak bilong en long hat. Sapos yu no katim na klinim Stonefish na Hairy blackfish na kukim, yu mas tanim ol klostu, klostu nogut skin bilong ol bai iburuk.



10–20 min

Blackfish (*Actinopyga*) species

Kukim long 15–25 minit namba wan raun. Sapos yu no bin katim stonefish na hairy blackfish pastaim long yu kukim, tanim klostu klostu taim yu kukim bai pislama ino ken buruk.



15–25 min

Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

Ol bikpela pislama

Kukim long 20-30 minits long nambawan kuk, stat long taim wara iboil o taim wara ikisim taim bilong en long boil.

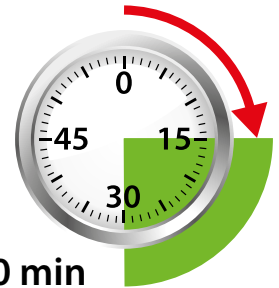


20-30 min

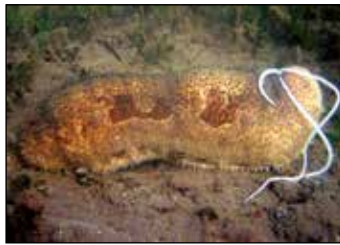


Ol narapela pislama

Kukim long 15-30 minits long nambawan kuk stat long taim wara iboil o taim wara ikisim mak bilong en long hat. Yu ken tanim liklik tasol o nogat yu ken tanim taim yu kukim bikos skin bilong ol dispela pislama imalumulum tumas na iken buruk isi tasol.



15-30 min



Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis



Yu mas kukim pislama namba tu taim bihain long yu draim 2-3 pela dei. Dispela bai ihalivim long rausim wara insait long mit bilong pislama bai idrai hariap. Dispela tu bai ihalivim long kamapim gutpela pislama na bai imekim pislama istret na ino kurungut. Bihain long kukim ol pislama stretim taim ol imalumalum yet. Long namba tu kuk, kukim long 10–30 minit stat long taim wara iboil



10–30 min

Sampela taim bai yu mas kukim sampela pislama namba tri taim. Yu mas mekim dispela sapos igat pipia bilong sol istap iet long pislama na tu pislama ikurungut na ino stret. Draim pislama long 2–3 pela dei pastaim baihain yu kukim namba tri taim. Long namba tri kuk bai yu kukim long 5-10 minit stat long taim wara iboil.



5–10 min

Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

Sandfish na golden sandfish

Rot bilong rausim pipia na binatang bilong solwara ipas long skin bilong pislama

Sandfish na golden sandfish pislama igat planti pipia na binatang bilong solwara ipas long skin bilong ol, we yu mas borosim na rausim bihain long taim yu boilim pinis.



Bihain long yu kukim long nambawan taim, igat planti ol kain rot bilong rausim ol pipia long skin bilong pislama. Ol dispela rot bai imekim skin bilong pislama ibagarap liklik na tu bai imekim ol pipia na binatang long skin bilong pislama Ikamaut long skin bilong pislama.

1. Karamapim insait long wesana na kapsaitim hot wara antap long wesana long hap yu planim pislama long en. Karamapim wesana long ol pipia bek o kolos bai hot inoken ken kamaut. Tanim bel bilong pislama bai ilukluk ikam antap taim yu putim insait long wesana na larim istap long wanpela nait; o
2. Putim olgeta pislama insait long wanpela bokis o dram na putim wanpela samting ihevi antap long en na larim istap long wanpela nait; o
3. Lusim insait long wara bilong solwara long wanpela nait.



Bihain long wanpela nait, kisim wanpela strongpela bras na brasim rausim ol pipia na ol binatang ipas long skin bilong ol pislama. Yu mas brasim rausim olgeta pipia na binatang long skin bilong pislama.

Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

Draim pislama long simuk bilong paia

Ino olgeta man isave kisim pislama insait long Pasifik Ailan kantri isave draim pislama long simuk bilong paia. Yu ken draim long sikin bilong kokonas o paiaavut bilong simukim pislama.

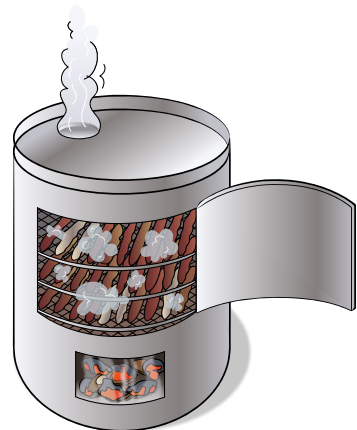
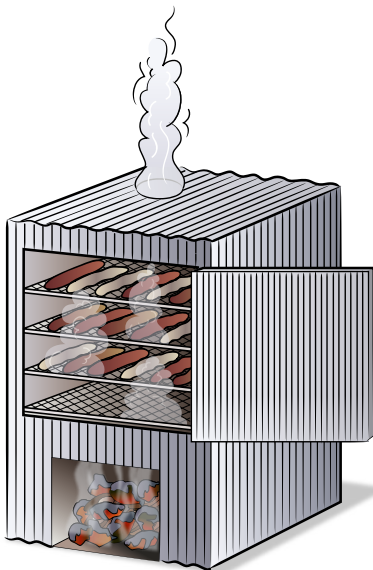
Pasin bilong draim pislama long simuk bilong paia iorait moa sapos inogat sol. Draim long simuk bilong paia isave halivim pislama tu long drai gut long taim bilong ren.

Sampel bikpela lukluk

- ✓ Simukim pislama long simuk bilong paia igutpela rot sapos yu nogat sol bilong solim pislama.
- ✓ Liklik simel bilong simuk bilong paia long pislama iorait tasol. Strongpela simel bilong paia long pislama inogut. Olsem na noken simukim pislama long paia long planti dei tumas.
- ✓ Simukim pislama long liklik paia tasol.
- ✓ Putim pislama antap long paia bilong simukim, tasol noken putim klostu tumas long hat bilong paia.
- ✓ Noken larim paia igo hat tumas. Paia ihat tumas bai ikamapim skin bilong pislama bai igo strong na pislama bai inonap long drai hariap.

Yu inap long simukim pislama long aven ol iwokim long ples. Putim waia o liklik diwai bilong lainim na draim pislama longwe long paia na larim liklik peles bilong simuk bai igo arasait antap long aven.

Yu ken simukim pislama long paia bihain long namba wan o namba tu taim yu kukim pislama.



Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

Drai pislama

Yu mas draim gut tru pislama bihain long taim yu kukim pinis.

Sampela bikpela lukluk

- ✓ Imas gat bikpela lukaut long taim pislama imalumalum iet na istap antap long waia bilong draim nogut skin bilong en iburuk.
- ✓ Pislama tu bai ilaikim sampela dei bai idrai gut tru. Ren na san bai imekim namba bilong dei igo longpela o sotpela na tu wanem rot yu bihainim long draim pislama.
- ✓ Sapos ol pislama ino drai gut, kukim ol ken bihainim rot mipela itoktok pinis long en.
- ✓ Ol pislama imas drai gut tru na strong olsem “ston” bilong kisim gutpela pei/prais na long banisim ol long bagarap taim ol iputim long ol ples bilong putim.
- ✓ Noken draim pislama long paia ihat tumas nogut skin bilong pislama igo strong tumas na ipasim insait bilong pislama long drai gut.

Putim ol pislama stik/diwai insait long White/Black teatfish na ol narapela kainkain pislama bilong opim ol bai oli drai hariap. Yu ken lusim ol stik/diwai insait long ol pislama taim yu kukim namba tu na namba tri taim. Tasol bihain long las taim yu kukim pislama, rausim diwai/stik na pasim ples ol ikatim wantaim rop taim pislama istat long drai.

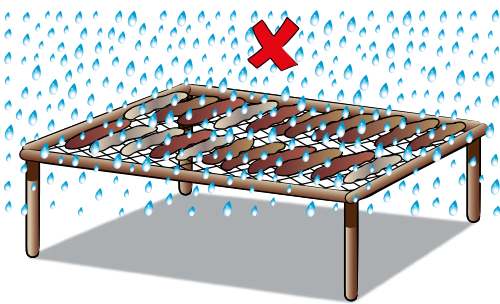


Sutim ol rop bilong White teatfish na Black teatfish isave holim wara insait long pislama wantaim liklik naip ba ol iken drai gut.

Ol rot bilong bihainim long taim yu kisim pislama long solwara i go inap long taim em i drai pinis

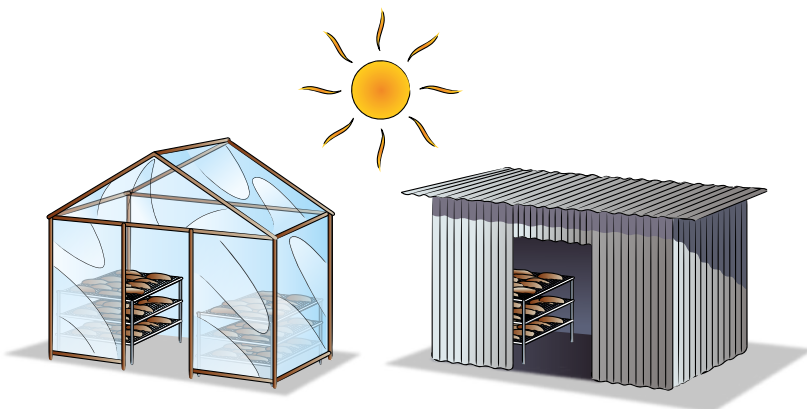
Draim ol pislama long san antap long bet waia o bet diwai. Karamapim long taim iren o kisim igo insait long haus.

Ren iken bagarapim ol skin bilong pislama yu wok long draim. Olsem na bai yu mas lukaut gut tru bai inogat wanpela wara ipundaon antap long pislama.



Sapos yu stap long ples ino kol tumas, karamapim ol pislama yu draim long nait. Long ples ikol na planti ren, kukim pislama ken na draim bai idrai gut.

Yu ken draim pislama long haus ol iwokim long palang/diwai na kapa o plastik bilong karamapim haus. Dispela kain haus bai ihalivim long holim pas hat bilong san na pasim ren.



Haus bilong draim pislama

Hat bilong haus imas namel long 35 na 45°C. Ples ihat tumas ino gutpela long wanem em bai imekim bodi bilong pislama itanim olsem rop na bai igat ol liklik solap bikos oli suruk hariap, na sol iken kamaut long bodi bilong ol.

Ol gutpela proses pislama na nogut proses pislama



Actinopyga mauritiana

Bihainim gutpela rot bilong mekim pislama



Nogat bagarap



Ol i katim gut

I no bihainim gutpea rot bilong mekim pislama



Noken katim long antap bilong pislama



Katim planti tumas long tupela sait



Holothuria lessoni

Bihainim gutpela rot bilong mekim pislama



I stret, nogat bagarap



Katim liklik tasol long aninit bilong pislama

I no bihainim gutpea rot bilong mekim pislama



I no brasim gut skin bilong en, waitpela samting olsem chok i pas i stap



katim tumas long as bilong pislama

Sampela tok kilia more

Ol gutpela proses pislama na nogut proses pislama



Holothuria fuscogilva

Bihainim gutpela rot bilong mekim pislama



I stret



Gutpela katim

I no bihainim gutpea rot bilong mekim pislama



I no katim stret



Pislama i stap long san pastaim long ol i kukim, skin i bagarap



Holothuria whitmaei

Bihainim gutpela rot bilong mekim pislama



I no bagarap, katim gut



I no bagarap

I no bihainim gutpea rot bilong mekim pislama



Katim tumas na i tanim tanim



I bin paia taim ol i simukim

Ol gutpela proses pislama na nogut proses pislama



Holothuria fuscopunctata

Bihainim gutpela rot bilong mekim pislama



I stret, nogat bagarap



Ol i katim gut

I no bihainim gutpea rot bilong mekim pislama



Katim planti tumas



Holim kain kain na bagarap



Bohadschia argus

Bihainim gutpela rot bilong mekim pislama



Liklik cut, gutpela kala



Liklik cut

I no bihainim gutpea rot bilong mekim pislama



Cut aburumim mak na
sutim skin



Skin kuk na bagarap

Sampela tok kilia more

Ol gutpela proses pislama na nogut proses pislama



Stichopus chloronotus

Bihainim gutpela rot bilong mekim pislama



Lukluk bilong pislama i tutak, nogat bagarap



Gutpela kat, lukluk bilong pislama i tutak

I no bihainim gutpea rot bilong mekim pislama



Katim tumas, lusim kala



Skin i buruk



Theleota ananas

Bihainim gutpela rot bilong mekim pislama



Lukluk bilong pislama i tutak, nogat bagarap



Gutpela kat

I no bihainim gutpea rot bilong mekim pislama



I gat sol i stap long skin bilong pislama



Katim tumas. Mas pasim long string

Ol gutpela proses pislama na nogut proses pislama



Holothuria scabra

Bihainim gutpela rot bilong mekim pislama

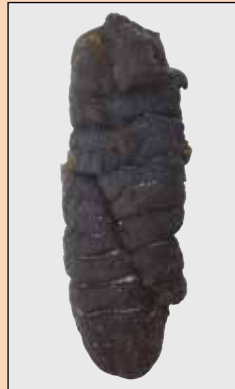


Lukluk bilong pislama i tutak, nogat bagarap



Liklik kat long aninit bilong pislama

I no bihainim gutpea rot bilong mekim pislama



Ol buruk long skin bilong pislama bihain long no lukautim gut



No solim gut i bagarapim skin bilong pislama

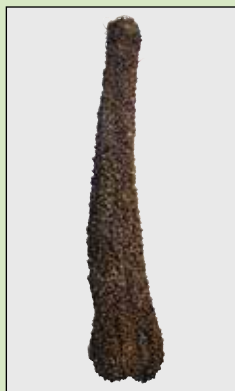


Holothuria coluber

Bihainim gutpela rot bilong mekim pislama



Liklik kat, nogat bagarap



Liklik kat

I no bihainim gutpea rot bilong mekim pislama



Wesan i stap iet bihain long rausim bel pinis, pislama i tanim tanim



Katim tumas

Sampela tok kilia more

Drai pislama

Ol drai pislam imas stap long ples idrai nogut ol ikol na kamap malumalum ken.

Putim ol pislama insait long bek idrai na karamapim ol long kol. Sapos yu nogat ples idrai bilong putim ol bek drai pislama bilong yu, putim ol antap long wanpela bet. Noken putim ol tasol long graun.



Putim ol drai pislama gut na lukaut long rat.

Salim pislama

Askim Fiseris opis long toksave long husat ol lain isave baem pislama na husat yu ken salim pislama bilong yu long en.

Namabawan samting yu ken mekim bilong kisim bikpela prais bilong pislama bilong yu, em long bai imas gat planti lain ibaem pislama. Dispela bai ihalivim yu long luksave long ol lain ibaem pislama long gutpela prais.

Bai yu kisim ol bikpela prais long ol pislama bilong yu sapos yu draim gut. Dispela bai ikamap sapos yu mekim olsem:

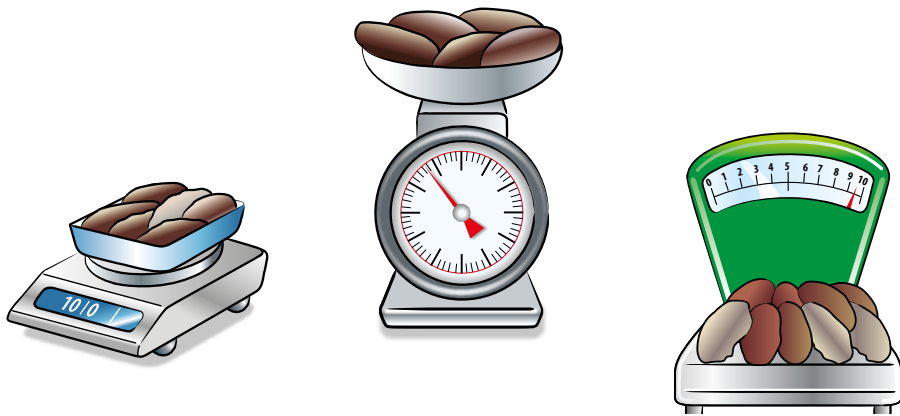
- ✓ Katim pislama long ples bilong katim na klinim gut olgeta pipia na wesan insait long pislama.
- ✓ Pislama inogat buruk long skin bilong en na ol narapela kain bagarap tu.
- ✓ Pislama inogat pipia bilong sol long skin bilong en.
- ✓ Pislama istret na inogat kurungut.
- ✓ Pislama idrai gut tru.
- ✓ Pislama igat gutpela kala.

Yu noken ting bai yu kisim ol gutpela prais bilong ol pislama taim yu katim nogut, ibagarap, ikurungut, igat pipia bilong sol long skin, kala ilus o ino drai gut.

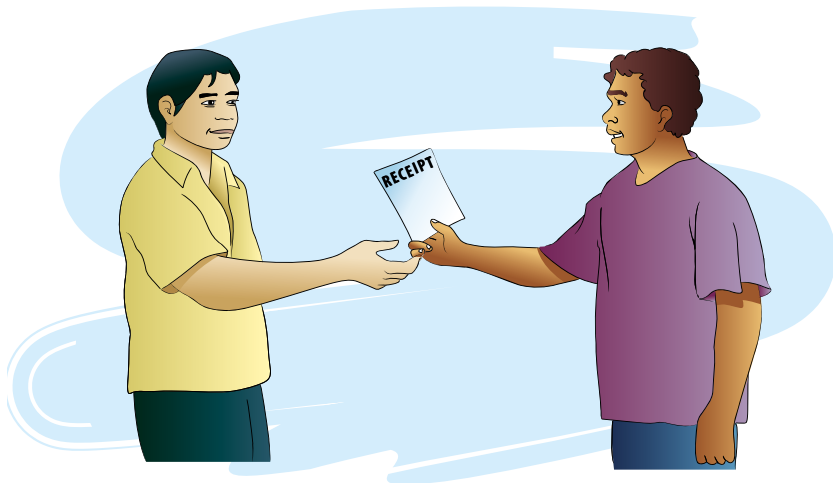


Sapos pislama bilong yu idrai gut tru, askim ol lain ibaem pislama long baem long bikpela pei long wanwan kain pislama

Sampela tok kilia more



Askim ol lain ibaem pislama long baem long kilogram na yu mas lukluk gut long mak bilong skel.



Yu ken askim long risit bilong ol pislama yu salim. Risit imas soim wanem kain pislama, wanem kain pislama na prais bilong wanwan kain pislama.

Ol rot bilong redim pislama bilong salim

Manuel bilong ol Pacific ilan fisas

Dispela buk ol i bin kamapim bilong halivim o manmeri insait long ol ailan insait long Pasifik, husat i save painim pislama, long luksave long ol rot bilong bihainim long taim ol i kisim pislama long solwara inap long taim ol i draim na salim i go long ol narapela kantri. Oli bin kamapim olsem wanpela rot bilong kisim save aninit long wanpela projek ol i colim long ACIAR project FIS/2010/096- Skelim ol wanem samting i save kamap long taim ol i kamapim gut ol rot bilong kisim pislama long solwara insait long Westen pasifik, lukluk stret long ol manmeri i save painim pislama long Fiji, Kiribati na tonga.

Ol lain we ol i save kaikai pislama em ol Asians. Ol i save baem long bikipela moni tru na tu ol i save kaikai long ol bikipela dei bilong ol, na tu olsem marasin bilong ol. Taim yumi kisim pislama, yumi mas bihainim gut ol rot bilong prosesim pislama bai i kamap gut, bai i kamapim gutpela kala, na gutpela lukluk bilong ol manmeri insait long Asia husat i save kaikai pislama. Pislama we yumi prosesim gut bihainim rot bilong prosesim bai ol baem long bikipela moni, na ol dispela ol i no prosesim gut em bai ol i baem long liklik moni.

Dispela buk givim ol gutpela toktok long ol rot bilong bihainim long taim bilong isim pislama long solwara, katim, kukim, simukim, draim, putim gut na salim ol pislama bilong Pasifik. I gat ol foto insait long dispela buk we i soim ol pislama ol i save kisim long solwara na ol dispela we ol i draim pinis na sampela ol bagarap we i save kamap long taim bilong prosesim pislama insait long Pasifik pastaim long ol i salim i go long ol narapela kantri.



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