

Consulate General of the Socialist Republic of Viet Nam in Sydney
Viet Nam Trade Office in Australia



**Sensational aquatic flavor
on Australian plates**

**taste the food**
**see the GOOD**

message
from
the tropical
decks



FOREWORD

Since the dawn of time, along over 3,000 kilometers of its spectacular coastlines, Viet Nam has made the most of its naturally bestowed advantages to develop an outstanding aquaculture industry, where high-quality seafood originates. Previously recognized in prominent markets such as the EU and the US, Vietnamese Seafood is now bringing the best of its advanced aquaculture techniques and high quality standards to Australian kitchens.

Within the limited pages of this book, readers will be guided through the broad picture of Vietnamese aquaculture regions and how two of its most renowned products, Basa and Prawns, made their ways to Australian plates.

All contents of the book remain the property of the Consulate General of Viet Nam in Sydney, Australia and the Viet Nam Trade Office in Australia.

Our heartfelt thanks go to all concerned organizations for the kind assistance and support in the development of the book.

Hoang Minh Son
Consul General of the S. R of Viet Nam in Sydney

TESTIMONIALS

The presence of Vietnamese seafood will be a compelling addition to the wide range of cuisine selections in the Australian market, as well as an exotic addition to your delicious, nutritious and healthy meals. It is to our greatest expectation that Vietnamese seafood will become more readily available in Australian supermarkets, meeting the highest standards, and welcomed enthusiastically by Australian consumers.

Nguyen Cam Tu
Deputy Minister of Industry and Trade



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Having considered Australia a potential market, Viet Nam is proud to see its seafood available in our partner country as evidence of the growing trade relationship between the two nations, as well as the effective cooperation for the mutual benefit between aquaculture, import-export and retail businesses. We expect this will open the path for other remarkable aquaculture products from Viet Nam to enter Australian kitchens in the future and further enrich the diversity as well as delectability in every Australian family's daily menu.

Vu Quang Minh
Assistant Minister of Foreign Affairs
President of the Economic Diplomacy Fund



I highly value the quality of basa and prawn from Viet Nam. During my visits to the aquaculture regions in the country, I have got an opportunity to observe their production from rearing to manufacturing, and it must be said that I am entirely satisfied with every detail. Vietnamese seafood has a huge potential to widen its reach even further and is undoubtedly qualified for the Australian market.

Norman Grant
Chairman of Seafood Importers
Association of Australia



**ALL ABOUT
VIETNAMESE SEAFOOD**

The river-bound story

Vietnam's aquaculture industry has grown to be one of the strongest in the world throughout 17 years of continual development. Aquaculture has since played a vital part in the national economy and aqua-farmers' livelihoods, especially in the Mekong Delta region where the industry most flourishes.

Covering over a million square kilometers of the exclusive economic zone on the West side of the South East China Sea, and with a dense river system, Viet Nam has a tremendous resource for aquaculture harvesting and exploration. The country's aquaculture output has been growing steadily at an average rate of 9.07% per year. Most of the aquaculture products come from the Mekong Delta region, with its interlaced canal system and numerous coastal areas. 



A closer look at Vietnamese aquatic specialties

Basa

Basa is a type of freshwater fish which inhabits non-saline areas along the Mekong River: namely An Giang, Dong Thap, Tien Giang, Can Tho, Vinh Long, Ben Tre, Hau Giang, Soc Trang, Tra Vinh, Kien Giang, Tay Ninh and Quang Nam; with the total farming area of 5,623 hectares (in 2015) and expected to rise up to 7,600 - 7,800 hectares in 2020. These provinces are mostly located in the lower part of Mekong River, which is divided into two main streams (Tien River - Mekong River and Hau River - Bassac River), connected to a huge number of other rivers and canals containing a variety of aquatic plants and animals, which serve as abundant feed sources.

For the two species imported to Australia the correct marketing names under the Australian Fish Names Standard are Basa for *Pangasius hypophthalmus*, and Royal Basa for *Pangasius bocourti*.

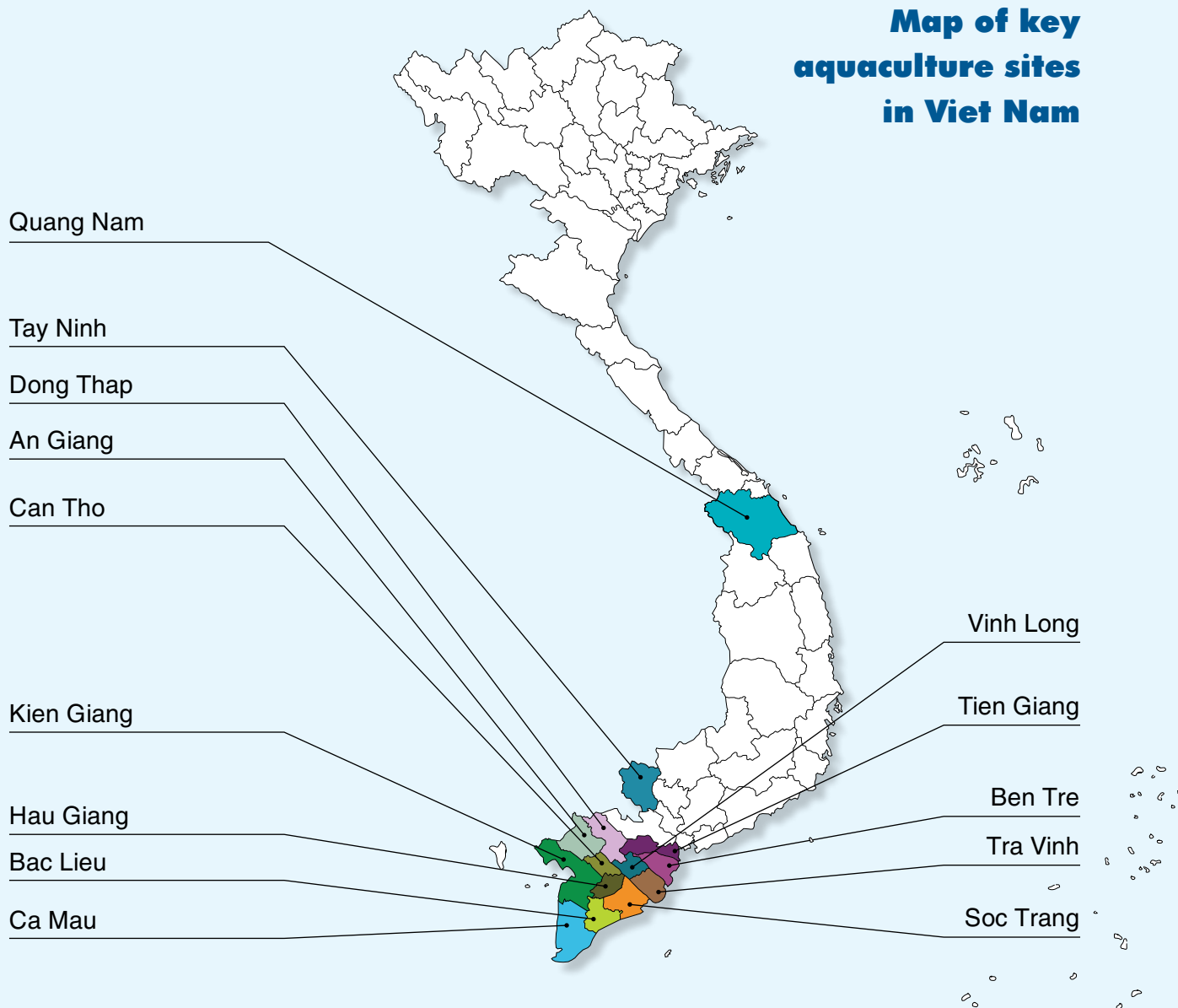


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Prawns

Other highlights of the Vietnamese aquaculture menu are black tiger and vannamei prawns. Occupying more than 600,000 hectares of prawn farming, Viet Nam is the leading producer of black tiger prawns in the world with an output of 300,000 tons per year. Black tiger prawns have been the traditional species for a significant number of years, while vannamei prawns have only been cultivated in the country since 2008. Prawn farming areas are also concentrated in the Mekong Delta provinces, most noticeably Ca Mau, Bac Lieu, Soc Trang, Ben Tre and Kien Giang. 

Map of key aquaculture sites in Viet Nam



Other seafood exports

Aside from the renowned Basa and prawns, Viet Nam is also the home of other highly appreciated products such as tuna, squid, octopus, crabs, etc. These export delicacies are found all along the coastline, but mainly harvested in the Central and Southern regions, where the natural conditions particularly favour the growth and reproduction of aquatic species. 🐟



Viet Nam is one of Australia's leading aquaculture suppliers and the country's seafood has been performing impressively on the Australian market. Currently, Viet Nam is regarded as almost the exclusive source for Basa to Australia, with the export proportion reaching up to 98%. The country is also the leading exporter of processed prawns to Australia, occupying 31.1% of total import value. Hence the scope of this book will focus on the development of these two most popular products in order to provide more insights on how the tropical aquatic specialties make their way to Australian plates.



Sustainable Aquaculture

Eco-friendly and healthy farming

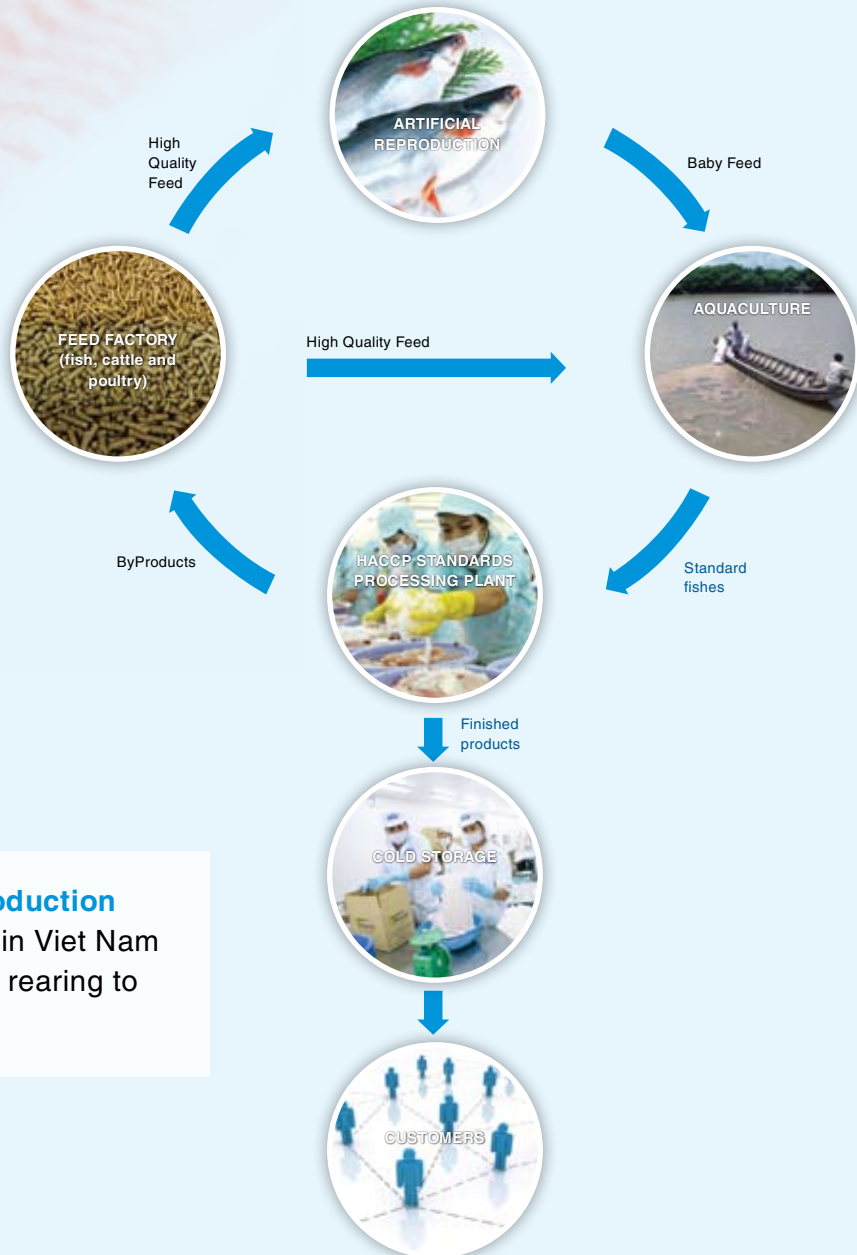
The Ministry of Agriculture and Rural Development in Viet Nam has imposed the Viet Nam Good Aquaculture Practices (VietGAP) quality standard consisting of 104 criteria for Basa and prawn production, namely including food safety, environmental responsibility, social responsibility and traceability. The Ministry has been meticulous in encouraging and supporting aqua-farmers in following four specific criteria:

- (i) Protecting farming areas, monitoring waste treatment during production, improving biodiversity in rearing zones and creating natural food chains;
- (ii) Developing effective systems of production and farm management;
- (iii) Maintaining the sustainability of bio-resources;
- (iv) Ensuring the health condition of aqua-farmers.

The use of chemicals and antibiotics in Basa and prawn farming is strictly controlled and monitored by competent

authorities, along with veterinary and hygiene conditions. Up until now, nearly 3,000 hectares of Basa and prawn farming areas have been certified as sustainable aquaculture models by GlobalGAP, AquaGAP, BAP, SQF-1000, ASC and more. The application of such standards to the farming process helps elevate the value of the products from the farmers' end to the customers', and maintain the stable and sustainable development of the country's aquaculture as a whole.

For wild-caught aquatic creatures, the Viet Nam aquaculture sector constantly promotes responsible harvesting, using tools with minimum impacts on habitats and endangered species, as well as the conservation of natural resources. 



Safe and responsible production

The production of seafood in Viet Nam is a closed-loop cycle from rearing to processing.

There are about 100 Basa and 160 prawn processing factories in Viet Nam, mostly located in the Mekong Delta region or South Central Coast, and equipped with advanced technologies for automating production, which in turn provides higher-quality outputs. The majority of these establishments meet both domestic and international standards, with certification from the BRC, IFS, ISO 9001, ISO 14001, SQF2000, BAP, Halal and more. 🐟

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Valuable aquatic selections for Australians

Basa is a safe and sustainable fish by nature, not prone to the uptake of contaminants and with a low feed conversion ratio. Vietnamese Basa is highly appreciated by local and international consumers, for its white, boneless flesh and pleasant flavor, free of muddy odours. With a moderate lipid content it is surprising that such high nutrition value can come with a reasonable price. Vietnamese Basa products have been exported and consumed in over 150 countries and territories around the world under a variety of forms, ranging from whole fish, breaded fillets, to caramelized slices in clay pots.

Unlike cold-water prawns, whose meat can be watery and sometimes bland, warm water Prawns like black tiger and vannamei have a distinctly bold, sweet, firm-textured meat. These two types of prawns are therefore warmly welcomed in 95 major markets, including the US, the EU, Japan, China, South Korea, Australia, Brazil, Mexico and the whole ASEAN community. Processed prawns are usually sold in frozen raw form or as value-added products. 

Seafood Benefits and Nutrition Facts

Basa

Basa has been recognized as an affordable and healthy choice for families. It is an ideal mix-and-match fish that fits every cuisine - a tasty bite in salads, soups, curries and seafood combos as well as an excellent ingredient for a healthy diet.

By having Basa in your recipes, you include an ingredient that is rich in protein, average in fat, low in saturated fat and cholesterol; containing zero carbohydrates and zero sodium. Sixty percent of the calories supplied by Basa are from protein. 🐟

Nutritional value per 100 grams

Energy	92 kcal
Protein	15 g
Carbohydrates	0 g
Fat	3.5 g
Cholesterol	80 mg

Prawn

Prawns have been proved to be a high-benefit option for increasing your overall health in a truly delicious way, including improved bone and brain health, weight management, and a lowered risk of cardiovascular disease.

The most beneficial aspect of prawns is the treasure trove of vitamins and nutrients that they provide, consisting of iron, calcium, sodium, phosphorus, zinc, magnesium, and potassium, along with Vitamins A, E, B6, and even vitamin B12. They also contain iodine, thiamin, riboflavin, and niacin. 🐞

Nutritional value per 100 grams

Serving Size: 100 g

Amount Per Serving

Calories from Fat 16

Calories 106

% Daily Values*

Total Fat	1.73g	3%
Saturated Fat	0.328g	2%
Polyunsaturated Fat	0.669g	
Monounsaturated Fat	0.253g	
Cholesterol	152mg	51%
Sodium	148mg	6%
Potassium	185mg	
Total Carbohydrate	0.91g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	20.31g	
Vitamin A 4%		Vitamin C 3%
Calcium 5%		Iron 13%



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Viet Nam is the supplier of over 90% basa products in the world, with the output of over 1.116 thousand tons in 2014 and 1.047 thousand tons in 2015.



Viet Nam has been the leading exporter of processed prawn to Australia for the last 5 consecutive years.



BASA AND PRAWNS ON AUSTRALIAN PLATES

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Basa Nuggets

Ingredients (Serve 5 - 6)

- 1-2 lb basa pieces
- 1 egg
- 2 cups buttermilk (can use regular or low-fat milk)
- 3 cups cornmeal
- Salt and pepper (other seasonings you want)
- Oil

A close-up photograph of a white plastic basket filled with several golden-brown, breaded nuggets. The nuggets are irregularly shaped and have a thick, crumbly coating. They are resting on a rustic wooden surface. A small green herb leaf is visible near the bottom left of the basket.

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Directions

- ▶ A deep fryer is the best frying tool for this recipe. Heat until hot. If you don't own a deep fryer, put oil in a skillet until it is halfway up and use medium high heat.
- ▶ In a large bowl beat egg with a fork, add buttermilk to it. Beat again to incorporate.
- ▶ In another big bowl put cornmeal and seasonings to taste.
- ▶ Rinse nuggets and dip into milk mixture, depending on how many you have you could probably fit them all in at one time.
- ▶ Take a few out of the milk and dip in to the cornmeal, roll around to get it coated good, then put into oil.
- ▶ If using skillet put them in until skillet is full, fry 3 minutes, turn and fry another 2-3 minutes. If using a deep fryer fry 5 minutes, about halfway through stir them around to break up any that might have clumped together. They are done when golden brown and flake easily with a fork.

Grilled fish with Mango Salsa

Ingredients

(Serve 4)

- 110g - 170g basa fillet
- 16ml extra-virgin olive oil
- 30ml lemon juice
- 2g minced fresh parsley
- 2 cloves of garlic, minced
- Dried basil
- 2 large ripe mangoes
- 1 red bell pepper, diced
- 1 large red onion, minced
- 6g chopped fresh cilantro
- 2 jalapeno peppers, seeded
(depending on how hot you want it)
- 60ml lime juice
- Salt and freshly ground pepper

Directions

▶ For Marinade:

- Whisk together the extra-virgin olive oil, 1 tablespoon lemon juice, parsley, garlic, basil, 1 teaspoon pepper, and teaspoon salt in a bowl and pour into a resealable plastic bag.
- Add the pangasius fillets, coat with the marinade, squeeze out excess air, and seal the bag.
- Marinate in the refrigerator for 1 hour.

▶ For Salsa:

- Peel, pith and dice the mango.
- Combine with the red bell pepper, red onion, cilantro, and jalapeno pepper in a bowl.
- Add the lime juice and 1 tablespoon of lemon juice, and toss well.
- Season to taste with salt and pepper and refrigerate until ready to serve.

▶ Pre-heat frying/grill pan.

▶ Remove the Basa from the marinade, and shake off excess. Discard the remaining marinade.

▶ Grill the fillets skin side down for approximately 3 to 4 minutes per side, depending on the thickness of the fillets.

▶ Serve the Basa topped with mango salsa.



Basa with Vegetables

Ingredients

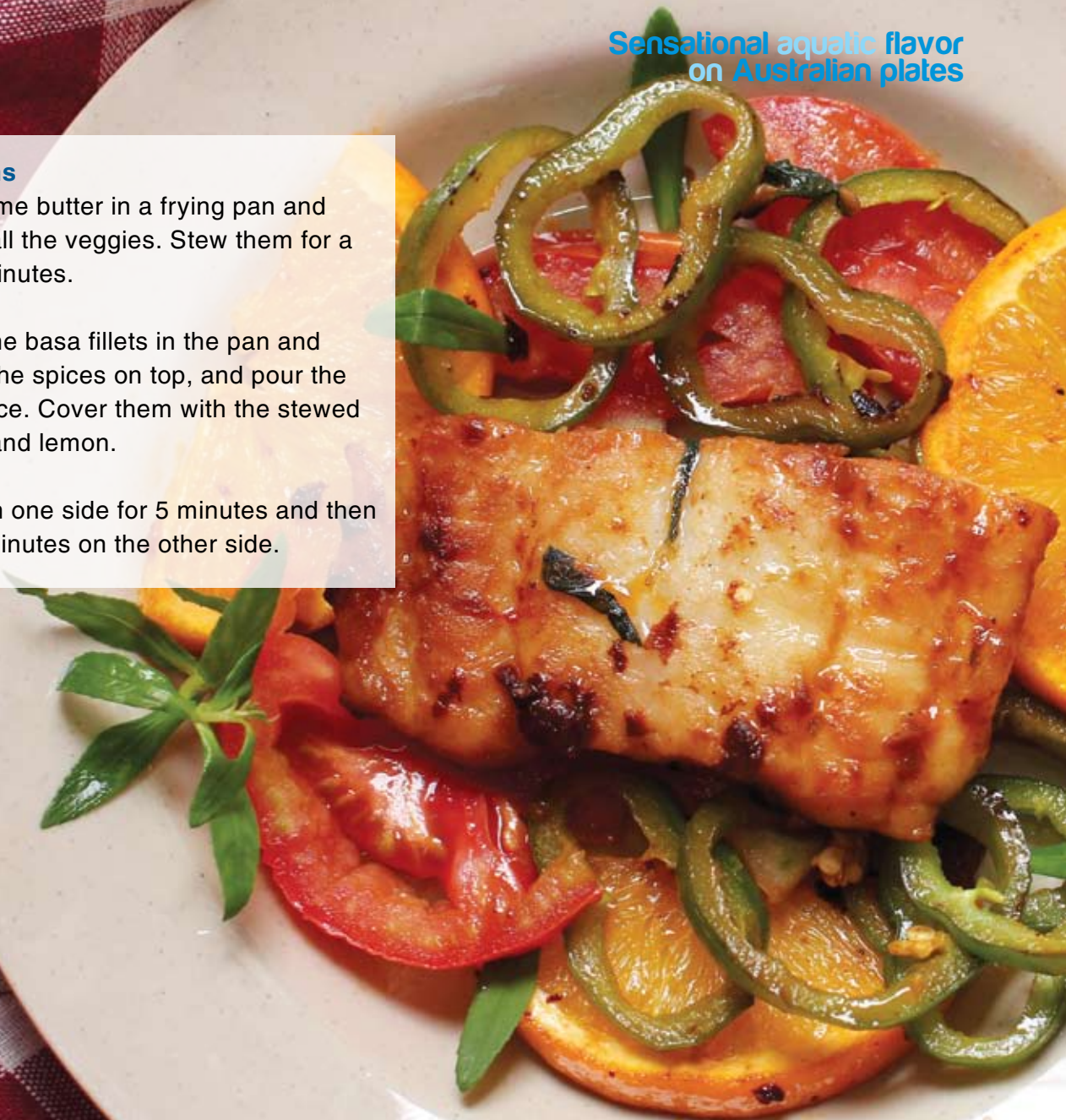
(Serve 4)

- 4 fillets basa
- 1 tomato cut in pieces
- 1 green pepper (cut in pieces)
- 5 pieces of lemon
- Add up to your taste: basil, black pepper, rosemary, coriander
- Butter
- The juice of half a lemon

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Directions

- ▶ Melt some butter in a frying pan and place in all the veggies. Stew them for a couple minutes.
- ▶ Place the basa fillets in the pan and sprinkle the spices on top, and pour the lemon juice. Cover them with the stewed veggies and lemon.
- ▶ Bake on one side for 5 minutes and then 5 more minutes on the other side.



Basa and Prawn stuffed mushrooms

Ingredients

(Serve 4 - 6)

- 2 basa fillets
- ½ cups butter melted
- 1 cup croutons
- ¾ cups mozzarella cheese
- ½ cups parmesan cheese
- 240 ml small prawn
- 3 garlic cloves
- 1 tsp. thyme leaves
- ½ tsp. salt
- ½ tsp. pepper
- 0.5 kg. regular, button mushrooms

Directions

- ▶ Preheat oven to 210°F.
- ▶ Line baking sheet with parchment paper.
- ▶ Combine all ingredients except mushrooms in bowl and stir well to incorporate.
- ▶ Spoon fish mixture into mushrooms.
- ▶ Place stuffed mushrooms onto baking sheet.
- ▶ Cook 10 to 12 minutes or until lightly browned.
- ▶ Garnish with thyme leaves. Serve warm.

Sesame Noodles with Prawn & Snap Peas

Ingredients (Serve 4)

- 8 ounces uncooked whole wheat linguine
- 1 tablespoon canola oil
- 1 pound uncooked medium prawn, peeled and deveined
- 2 cups fresh sugar snap peas, trimmed
- ½ teaspoon salt
- ½ teaspoon crushed red pepper flakes
- ¾ cups reduced-fat Asian toasted sesame salad dressing



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Directions

- ▶ Cook linguine according to package directions for al dente.
- ▶ Meanwhile, in a large skillet, heat oil over medium-high heat. Add prawn, peas, salt and pepper flakes; stir-fry 2-3 minutes or until shrimp turn pink and peas are crisp-tender.
- ▶ Drain linguine, reserving $\frac{1}{4}$ cups pasta water. Add pasta, pasta water and salad dressing to prawn mixture; toss to combine.

Prawn and Pesto Crostini recipe

Ingredients

(Serve 4)

- 1 18" baguette
- 1-pound jumbo prawn, peeled & deveined
- ½ cup pesto (24 teaspoons)
- 1 teaspoon olive oil
- 1 tablespoon butter
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons red pepper, finely diced (optional)

Directions

- ▶ Preheat the oven to broil.
- ▶ Slice the baguette into ½” rounds and lay on a baking sheet. Place under the broiler for 1-2 minutes or until lightly brown. Rotate the pan once.
- ▶ Remove the bread from the oven and set aside.
- ▶ Toss the prawn with the salt and pepper and set aside.
- ▶ Heat the olive oil and butter in a large skillet over medium-high heat.
- ▶ When the oil and butter are hot, add half of the prawn in a single layer.
- ▶ Cook the prawn for two minutes per side. Remove from the heat and set aside. Repeat with the remaining prawn.
- ▶ Spread each piece of baguette with one teaspoon of pesto and top with a piece of prawn.
- ▶ Arrange on a serving platter and sprinkle with the diced red pepper, if desired.



Greek Yogurt Prawn, Avocado and Tomato Salad

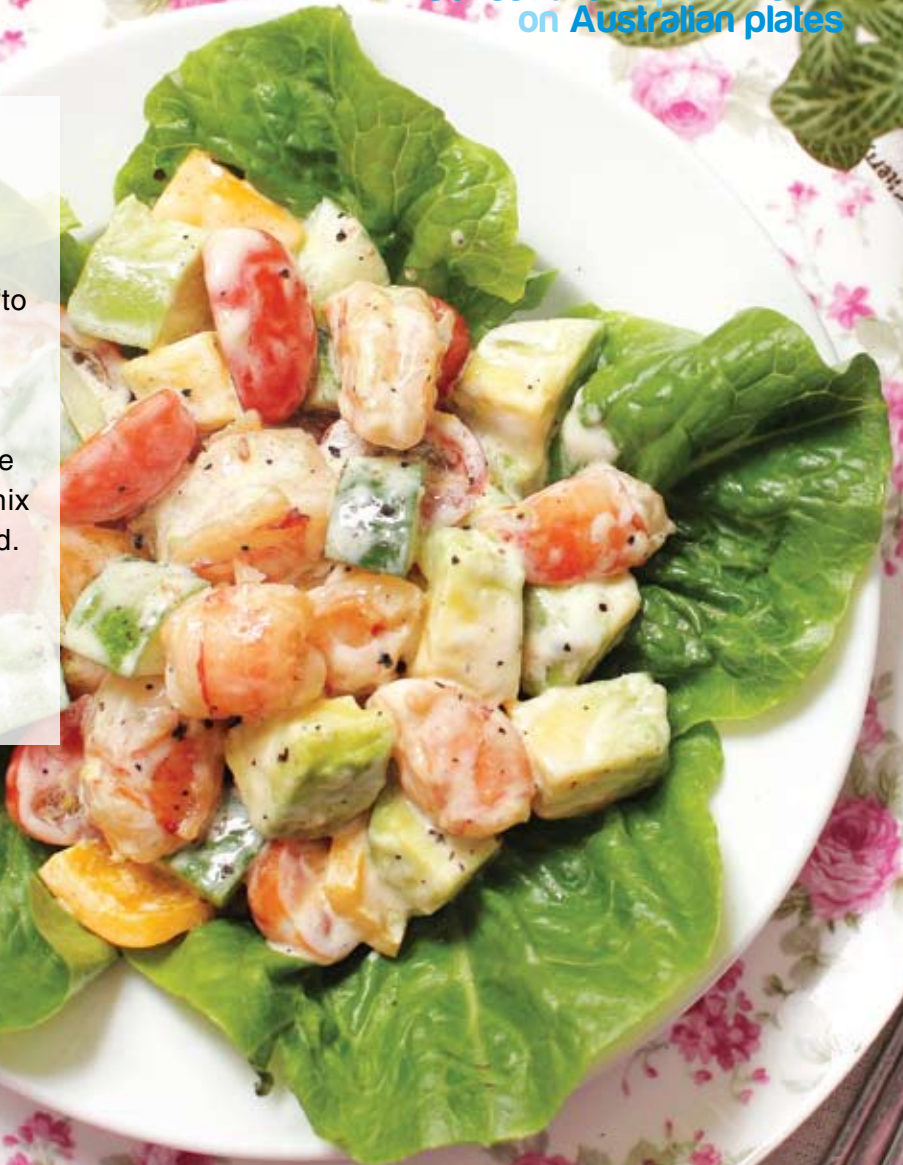
Ingredients (Serve 4)

- 1lb cooked frozen prawn or 12 oz thawed & drained, cut in halves
- 1 cup grape tomatoes, sliced in halves
- 2 medium bell peppers, coarsely chopped
- 2 medium avocados, cubed
- ½ long English cucumber, cubed
- ½ cups cilantro, chopped
- Greek yogurt dressing:
 - ½ cups Greek yogurt
 - 2 tsp. apple cider vinegar
 - 1 tiny garlic clove
- ⅓ tsp. salt
- ½ tsp. black pepper

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Directions

- ▶ Add Greek yogurt dressing ingredients to a small food processor and process until smooth. Set aside for flavours “to marry” each other.
- ▶ In the meanwhile, prep your veggies and add them to a large bowl. Pour dressing over and mix gently to combine. Serve chilled.
- ▶ Storage Instructions:
Refrigerate covered for up to 2 days (dressed is OK).



Prawn Tacos with Corn Salsa

Ingredients

(Serve 4)

- 1 cup fresh corn kernels (about 2 ears)
- 1 teaspoon olive oil
- ½ cups grape tomatoes, sliced in halves
- 2 tablespoons chopped green onions
- 2 tablespoons chopped fresh cilantro
- 3 tablespoons fresh lime juice, divided
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 diced peeled avocado

Cooking spray

- 1 pound medium prawn, peeled and deveined
- 2 teaspoons honey
- ¼ cups light sour cream
- 8 (6-inch) corn tortillas

Directions

- ▶ Preheat broiler to high.
- ▶ Combine corn and oil in small bowl; toss gently to coat. Arrange corn in an even layer on a jelly-roll pan; broil 6 minutes or until lightly browned. Combine corn, onions, tomato, cilantro, 1 tablespoon juice, salt, pepper, and avocado in a medium bowl; toss gently.
- ▶ Heat a large grill pan over medium-high heat. Coat pan with cooking spray. Combine prawn, 1 tablespoon juice, and honey in a medium bowl; toss to coat. Add prawn to pan; cook 2 minutes on each side or until done.
- ▶ Combine sour cream and remaining 1 tablespoon juice in a small bowl.
- ▶ Warm tortillas according to package directions. Place 2 tortillas on each of 4 plates. Top each tortilla with about ¼ cup corn mixture, about 4 prawn, and 1 ½ teaspoons sour cream mixture.





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CREDITS

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