



UPR
Recinto Universitario de Mayagüez

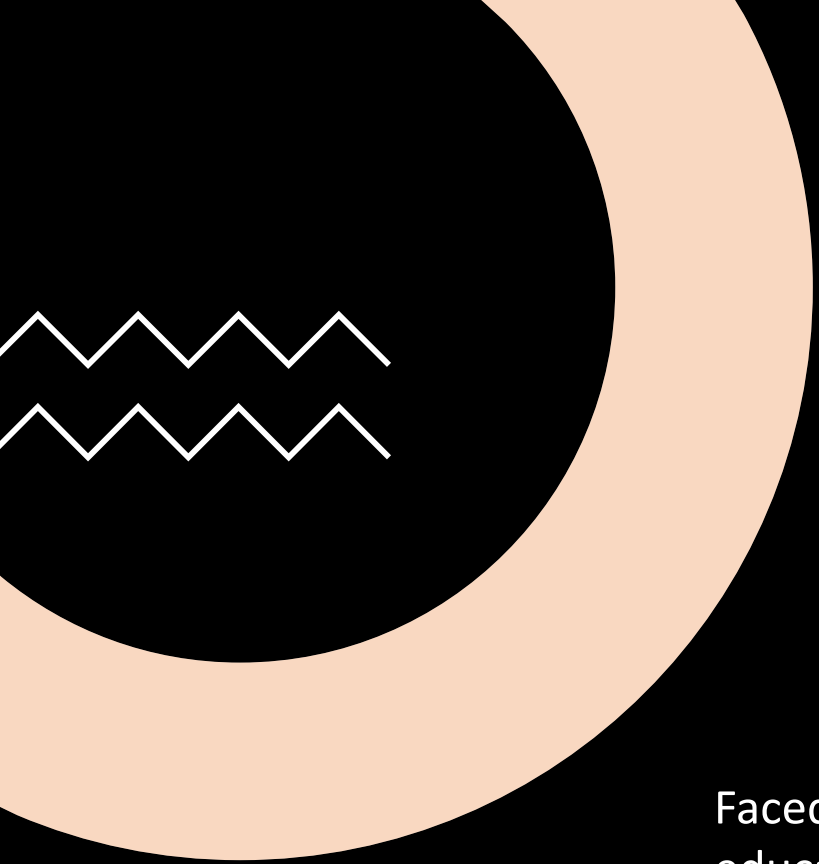



orujo



Continuing Education for Chefs
That fish, can you eat it?





Introduction

Our waters are rich in diversity of species. However, they are unknown to a large number of chefs.

As a general rule, restaurants that offer fish and shellfish in our archipelago have the same options on their menus: snapper, mahi mahi, sometimes trunkfish, hogfish, lobsters, octopus (usually imported) and conch.

Faced with this situation, the idea of creating a continuing education course aimed at chefs was born.

The idea is to introduce them to other lesser-known species by the hand of Carlos Portela, a very well known chef.

It is a way to protect the most fished species and to present the chefs with underutilized species.



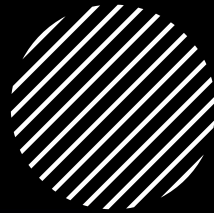
Goals

- . They will know at least 5 - 6 underutilized and little-known species in the gastronomic sector.
- . Explain and recognize characteristics of the meat and the ways to give value to the whole piece.
- . They will identify the fishes by their common names and describe and explain the biology and traditional use of each species.
- . They will know the areas where they are fished and obtained and the seasons of each species.
- . They will learn methods of processing, cleaning and use.
- . They will design and create dishes with them.
- . They will learn key points to market them (chefs, waiters and restaurant owners).



Meet
Chef Carlos Portela





I met Chef Carlos Portela and his family, in a gastronomic activity where the products to be cooked came from a farm that practices agroecological farming.

I was in charge of introducing him to the species that he was going to cook. When he saw the quality of the species, he was inspired. Each species was elevated to extraordinary levels in flavors and presentation.

In the activity I gave a short lecture about the cooked species.

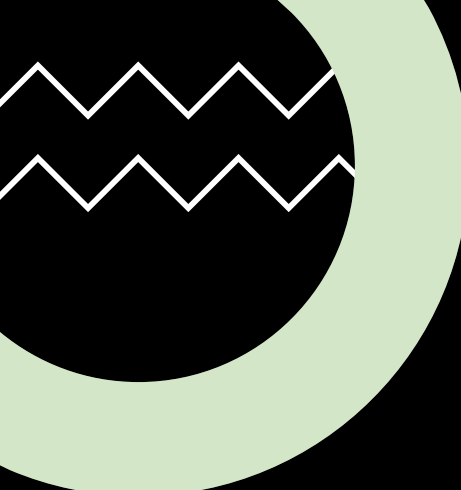
Recently, I had the idea to create a continuing education course for chefs. It has the approval of the UPR – Mayagüez Campus, the Caribbean Fisheries Administration Council and the Puerto Rico Sea Grant Program.





Chef Carlos Portela

Carlos Portela Castro is a Puerto Rican chef who founded his life project, Orujo Taller, where he has been studying Puerto Rican cuisine for about 8 years. In his confections, he goes from the primitive to the modern and uses endemic ingredients and pre-colonial influences. Portela is a graduate of Johnson & Wales University in Rhode Island.



In addition, he belongs to different culinary organizations such as the Chaine des Rotisseurs, CREA (Culinary Research Educational Academy), American Culinary Federation, Slow Food International among others. Recognized as "The Best Chef in the Caribbean" in 2005 and by the Caribbean Hotel & Tourism Association, he has traveled to different parts of Europe and Panama representing Puerto Rican Gastronomy.

By July 2020, he completed a degree in Science and Cooking from Harvard X University.

He is currently working to be a link in the chain of Puerto Rican chefs and expand the philosophy of food sovereignty along with knowledge of the cuisine of Puerto Rico and the Caribbean among the most complex and tasty internationally.





- The resources to be used in the course are the following:
- Chef Carlos Portela Castro owner of the restaurant Orujo Taller de Gastronomía
- Jannette Ramos García from Puerto Rico Sea Grant Program
- René F. Esteves Amador from Puerto Rico Sea Grant Program
- Marcos Hanke Herrero from Caribbean Fishery Management Council



Thank you!

