



[www.ecovima.com](http://www.ecovima.com)

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As the largest importer of Nile Perch in Canada, E-Covima positions itself as a key company in Quebec in the domains of importation, transformation and distribution of fish and fish fillets. E-Covima specializes in importing the most talked about fresh and frozen exotic fish on the market. Dedicated to offering fish that contribute to a healthy lifestyle, E-Covima selects fillets that are rich in protein, minerals and Omega-3's. The main species of fish imported by E-Covima are: Nile Perch, Pangasius, Barramundi, Grouper, Parrot Fish, Red Snapper, Swordfish, Tuna, Blue Marlin, Ombrine, and Mahi Mahi. We also distribute a large selection of food products and accessories to sushi restaurants.

Thanks to its new factory in Lachine, E-Covima's excellent know-how has been considerably increased. The company uses thawing and packaging techniques that assure quality-control and prolong the freshness of the fish for products destined to the ready to eat markets.



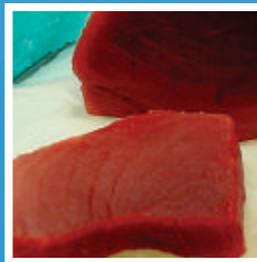
**Barramundi** is offered either frozen or Re-fresh fillet. With its flaky texture, it can be served with a salad or as sashimi. It is delicious when accompanied by a Tandoori sauce.



**Nile Perch** is loved for its mild flavour and has a firm, flaky texture. It is a versatile fish that can be fried, steamed or grilled.



**Pangasius** is presented as a boneless, skinless frozen fillet with delicate aromas that are enhanced when sautéed, cooked in a frying pan or featured in a bouillabaisse.



**Tuna** is a high-quality fish with both sublime texture and taste. An excellent source of Omega-3's. Sear lightly in a frying-pan.



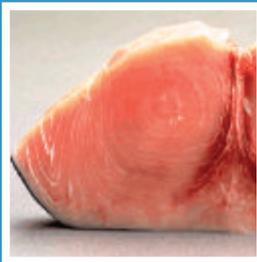
**Red Snapper** is low in fat, making it the perfect choice for those who are watching their waist-line! Can be cooked in the over or in papillote, sprinkled with a light dash of olive oil.



**Grouper** is low in calories while offering high protein and mineral content. It can be cooked in a variety of different ways including poaching.



**Parrot Fish** is characterized by its slightly sweet taste. Adored when it is cooked in the over or in a frying pan, it works equally well in the microwave.



**Swordfish** originates from tropical and sub-tropical waters and offers savoury meat that is excellent for braising.



**Mahi Mahi** is characterized by its firm and savoury meat. Cooked on the barbecue or in a frying pan, it can be served with grilled pineapple and a papaya salsa.



**Scallops** sprinkled with turmeric and seared in olive oil are perfectly accompanied by a side dish of herbed quinoa.



By Jérôme Ferrer,  
Chef and owner of Europea Restaurant, Montreal

**4 portions**

- 4 filets of Nile perch
- 1 carrot
- 1 zucchini
- 1 beet
- 1 celery stalk
- 1 pinch of cumin
- 1 dash of olive oil
- 1 / 2 lemon (the juice)
- 1 / 2 orange (the juice)
- 100 g butter [7 tablespoons]
- 1 generous pinch of Fleur de Sel
- Cracked pepper to taste

**Garnish**

- A few branches of chervil and tarragon
- 4 fresh mint leaves
- 1 bunch of chives
- 1 handful of mesclun
- 15 ml vinaigrette [1 tablespoon]

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**Vegetable Tabouleh**

Julienne the vegetables. Finely dice half of the julienned vegetables and mix with Fleur de Sel, pepper, olive oil, cumin and a splash of lemon juice. Refrigerate.

**Nile Perch Roulades**

Divide the remaining julienned vegetables into four portions. Place each portion upon a Nile Perch filet. Roll the filet and secure with a toothpick. Bake in oven at 175°C (350°F) for 10 minutes.



**NILE PERCH ROULADE ON A BED OF CUMIN  
VEGETABLE TABOULEH WITH CITRUS BUTTER**

**Citrus Butter**

Bring orange and lemon juices to a boil. Add to the cold butter and whip until the mixture is smooth.

**Garnish**

Pluck the chervil and estragon from their stalks. Chop the mint and chives. Mix herbs with mesclun. Top with vinaigrette. Compléter par une vinaigrette.

**PRESENTATION**

Place the tabouleh on a plate. Lay the Nile Perch roulade upon the tabouleh – don't forget to remove the tooth-pick! Pour the warm citrus butter around the fish and garnish with herbed mesclun.



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Pangasius



Nile Perch



Cobia