

Homemade Goldfish Food Revisited

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In the October, 1993 issue of the Goldfish Report, an article written by Bill Parsonson listed various methods of preparing homemade goldfish foods. Listed below are a few more recipes which may be used for koi and goldfish.

1. Dr. Gordon's Formula, as listed in The Goldfish Guide, by Matsui and Axelrod.

Ingredients:

One pond beef liver
2 teaspoons iodized salt
20 table spoons baby cereal

Preparation:

Remove veins from liver, and puree in a high speed blender. Mix liver puree, salt and baby cereal in a large bowl. Fill small glass containers (such as baby food jars) with the mixture, and place in a pan of water. Bring the pan of water to a boil and allow jars to remain in the water for ½ hour after the heat has been turned-off. The mixture never really hardens, and remains at a Jell-O-like consistency.

Results:

jar The food is of a Jell-O-like consistency and lasts for about 1 – 2 weeks in each (with refrigeration). Extra jars can be placed in the freezer and defrosted as necessary. The food is ideal for head growth varieties, since it is high in protein. Feeding can be hassle, because the food tends to dissolve in a paste-like substance in the water.

2. Dr. Gordon's Formula, modified

Ingredients:

One pound beef liver
2 teaspoons iodized salt
"Enough" baby cereal or spaghetti
Spinach, Zucchini, or peas (whatever amount, since I don't measure)

Preparation:

Remove veins from liver, and puree in a high speed blender. Mix liver puree, salt, greens (take your choice, they should be cooked and pureed before mixing), and "enough" baby cereal or spaghetti to make the resulting mess somewhat stable (i.e. not too watery). Prepare a cooking sheet that is about 1" deep with some non-stick stuff, preheat the over to 400 degrees Fahrenheit, and add the mixture to the pan and put in the oven. Cook for about 1 hour (or until you can't stand the smell any longer). The "cake" should be moderately hard on the outside and soft on the inside.

Results:

The food is like a cake (but don't be tempted to put frosting on it and eat it); with a crust on the outside and softer on the inside. The "cake" can be cut in squares and frozen. The food last from 1 – 3 weeks in the refrigerator. My fish all like this stuff (maybe they can't smell?), including the koi. Since it is cut into squares and has a firm consistency, it can be broken into pieces which suit the size of the fish. Once again, the protein is good for head growth fish, and the addition of the greens helps promote digestion.

3. Dr Pete's World Famous Formula**Ingredients:**

About ½ pound of fish (whitefish, tuna, Prawns, etc)

About ½ pound meat

"Enough" oatmeal, cream of wheat, or other heated cereal

Spinach or zucchini

Preparation:

Puree the fish and meat in a high speed blender. Cook the greens and puree in a blender. Mix the pureed meat and fish, add greens (take your choice), and "enough" oatmeal or other cereal to make the resulting mess somewhat stable (i.e., not too watery). Prepare a cooking sheet that is about 1" deep with some non-stick stuff, preheat the oven to 400 degrees Fahrenheit, add the mixture to the cookie sheet, and place in the oven. Cook for about 1 to 1-1/2 hours (or again, until you can no longer stand the smell), until the "cake" is hard to the touch of a fork or knife.

Results:

The food is hard when cooked. It can be chopped in a blender, or by hand in small squares. Since the food is hard, it will usually last longer than either of the other two types. It can be stored in the refrigerator almost indefinitely (or until things start growing in your refrigerator), and can be frozen for use at a later time. Like pellet food, it may be best to wet this food before feeding to round-bodied varieties. The fish seem to like the food, and it also contains high enough levels of protein so that the head growth varieties benefit from this food.

Like many people, I like to experiment with fish foods. I've tried dozens of recipes, with most turning out to be disastrous. In addition to preparing fish foods, I feed my fish prawns, crayfish, boiled tuna, earthworms, etc. on a rare occasion. They especially like pureed peas, and the peas seem to aid in digestion.

