

BULK REEF SUPPLY®

Reef Chili Frozen Food Recipes

Equipment Required

- Food Processor w/ cheese grater blade
- Cleaver
- Cutting board
- Mixing spoons x2
- Disposable pans or containers for mixing x2
- Ice
- Quality plastic/freezer bags with thick walls or vacuum sealer with bags

The recipes are listed in order and are designed to be progressively mixed to achieve your desired food starting with the Primary Proteins Mix which is the base. This makes 6lbs of food for the purpose of using the entirety of the liquid ingredients. You can reduce the recipe and just do your best to maintain proportions.

Primary Proteins Mix - Fish Only

- Frozen Shrimp 1.5lb
- Frozen Tuna 1.5lb
- Frozen Squid 1.5lb
- Frozen Scallops 1.5lb
- BRS Freeze Dried Krill Superba 3oz
- BRS Freeze Dried Mysis 3oz
- TDO Chroma Boost Medium Pellets 3oz

Herbivore Blend

- Two Little Fishies SeaVeggies Mixed Flakes 60 grams
- Hikari Seaweed Extreme 1.5oz

Small Active Fish and LPS Corals

- BRS Calanus 2oz
- Aqua Edibles Super Eggs 4oz
- NYOS Goldpods 250ml

Supplements - Improve coloration, boost immunities and increase nutritional value

- BRS Spirulina Powder - 2 capfuls
- BRS Paracoccus Powder - 2 capfuls
- American Marine Selcon 60ml
- Brightwell Aquatics AminOmega 60ml

Coral Food

- BRS Reef Chili 0.65oz
- BRS Golden Pearls - 2 capfuls
- BRS Copepod Powder - 2 capfuls
- BRS Rotifers - 2 capfuls
- NYOS Chromys 250 ml
- Aqua Edibles Egg Brew 4oz
- Brightwell Aquatics CoralAmino 250ml
- ESV Dried Phytoplankton - 2 capfuls
- PolypLab Reef-Roids - 2 capfuls

Preparation and storage

Keep all ingredients frozen and work fast to keep everything as cold as possible.

Step #1 - Stack mixing trays, one inside the other, with a layer of ice inside the bottom tray to keep the top tray cold as you mix the ingredients.

Step #2 - Measure liquid ingredients in a separate bowl.

Step #3 - Measure dry ingredients in a separate bowl.

Step #4 - Chop frozen ingredients one at a time in a food processor using the grater blade. Blenders or traditional chopper blades tend to create mush instead of chunks. If the frozen chunks are too large, chop using the cleaver and cutting board before going into the food processor.

Step #5 - Add chopped ingredients into the cold trays and mix with liquid ingredients and finally the dry ingredients you measured out earlier. Mix fast with spoons and keep it cold!

Step #6 - Package into individual bags or cube trays if desired. Vacuum sealed bags also work great but not absolutely required. Monthly portions are recommended.

Step #7 - Place into freezer and store frozen.