



## Import product information

# Paiche (Arapaima gigas)

## The King of the Amazon

Paiche – also known as Pirarucu – is considered the true king of the Amazon. Native to Latin America, it is one of the largest freshwater fish in the world, reaching lengths of up to 4.5 meters and weighing over 200 kilograms. Its firm, white flesh is delicate in taste, versatile in preparation and is often compared to halibut or Chilean sea bass.



### Culinary experience

Thanks to its firm, white flesh with a fine taste reminiscent of Halibut or Chilean sea bass, Paiche is a delight and suitable for numerous preparations. When gently steamed, its natural flavour remains delicate, whereas grilling or frying results in an aromatic crust with a juicy interior. Paiche also demonstrates its versatility when baked in the oven, for instance with a herb or spice crust. In light, quick cuisine, its ideal for sautéing or poaching. It is also a popular ingredient in traditional Peruvian cuisine, whether served as Ceviche or Tartare, where its unique texture is particularly appreciated.

Thanks to its low fat content, zero cholesterol and high protein content, Paiche is also a healthy choice for those who are conscious of their nutrition. Whether in gourmet gastronomy or everyday cooking, Paiche combines exceptional flavour with valuable health benefits.

### Market potential

Paiche offers a unique selling point on the European market. As a premium fish from Peru, it is still relatively unknown here, offering importers, buyers in the horeca sector and retailers the opportunity to market an exclusive and sustainable product with high recognition value.



## Quality



- Sourced from sustainable aquaculture
- Fingerlings from own production in Peru
- BRCGS, ECOCERT, KOSHER certified

## Characteristics



- White, firm flesh
- Delicate flavour
- Similar to halibut and Chilean sea bass
- Suitable for numerous preparations
- Ideal for gourmet cuisine
- Suitable for everyday cooking



## Get in touch with us!



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## Sustainable Aquaculture

The Paiche (*Arapaima gigas*) is one of the largest freshwater fish in the world and is currently listed in Appendix II of the CITES agreement. International trade is therefore subject to certain restrictions to protect the species. This is why sustainability criteria play a major role in IPD's sourcing process.

IPD works exclusively with selected companies that meet all requirements of the European market and have a proven track record of sustainable production.

Paiche production takes place in sustainable aquaculture directly in the Amazon region. The IPD partner companies make sure that the fish grow under near-natural conditions in low stocking densities, without the use of hormones, antibiotics or chemical additives. Stocking is carried out with fingerlings from the company's own breeding programme, which helps to relieve pressure on wild stocks and protect biodiversity.

The farms supported by the IPD operate in accordance with internationally recognised sustainability and food safety standards. Many are also involved in local environmental and reforestation projects. This ensures a transparent, traceable and responsible supply chain – for the protection of nature, animals and people.

## Sourcing

The Import Promotion Desk (IPD), the German initiative for import promotion, supports European importers in purchasing Paiche and arranges contact with carefully vetted producers in Peru. When pre-selecting companies, the IPD takes into account criteria such as product quality, exportability and capacity, as well as compliance with international standards and certifications, particularly with regard to sustainable production. The IPD experts make sure that small producers are paid fairly, that sustainability and social responsibility are a top priority for these companies and that certifications are available or planned. Many companies have certifications such as ASC, BAP or Global G.A.P. or are involved in an aquaculture improvement project (AIP). Companies that are not yet certified must seek a certification in order to be included in the IPD programme.

## Nutritional values:



- Calories: 102 kcal
- Fat: 62.8 g
- Cholesterol: 0 mg
- Sodium: 89 mg
- Carbohydrates: 1.5 g
- Fibre: 0.9 g
- Protein: 16.518 g
- Vitamin E: 1,198 mg/100g
- Omega 3: 8.6 g
- Omega 6: 11.3 g

## Advantages



- Versatile in preparation
- Healthy food due to high content of omega-3, omega-6
- Mild flavour, comparable to sea bass
- Contributes to a balanced diet due to high protein content
- Omega-3 fatty acids are essential because they strengthen the heart, brain and eyes and reduce inflammation.
- Omega-6 fatty acids are important because they provide energy, support the skin and promote healing processes.

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