

SMOKING OF FISH USING COFISKI



Traditional methods of smoking over the fire hearth



Locally available smoked fish in the market



Fresh fish after dressing ready to be smoked



Arranging fish on trays



Ready to eat smoked fish



Farmers tasting the product

3. Fish Balls

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Fish ball is a ready-to-cook convenient product prepared using the minced fish meat. The fish meat is mixed with various ingredients and shaped in the form of ball, battered and breaded. The fish balls obtained can be stored in deep freezer for longer duration and can be served hot by frying in oil.

Ingredients

MATERIALS	QUANTITY (g)
Minced fish meat	1000
Corn flour	50
Salt	25
Onion	200
Garlic	25
Ginger	25
Green chilli	10
Chilli powder	10
Cumin powder	6
Turmeric powder	3
Pepper (powdered)	4
Coriander seed (powdered)	6
Egg	6
Bred crumbs	200
Refined oil	200ml

Steps Involved

Wash fresh fish (preferable fish with lesser interstitial bones) in water



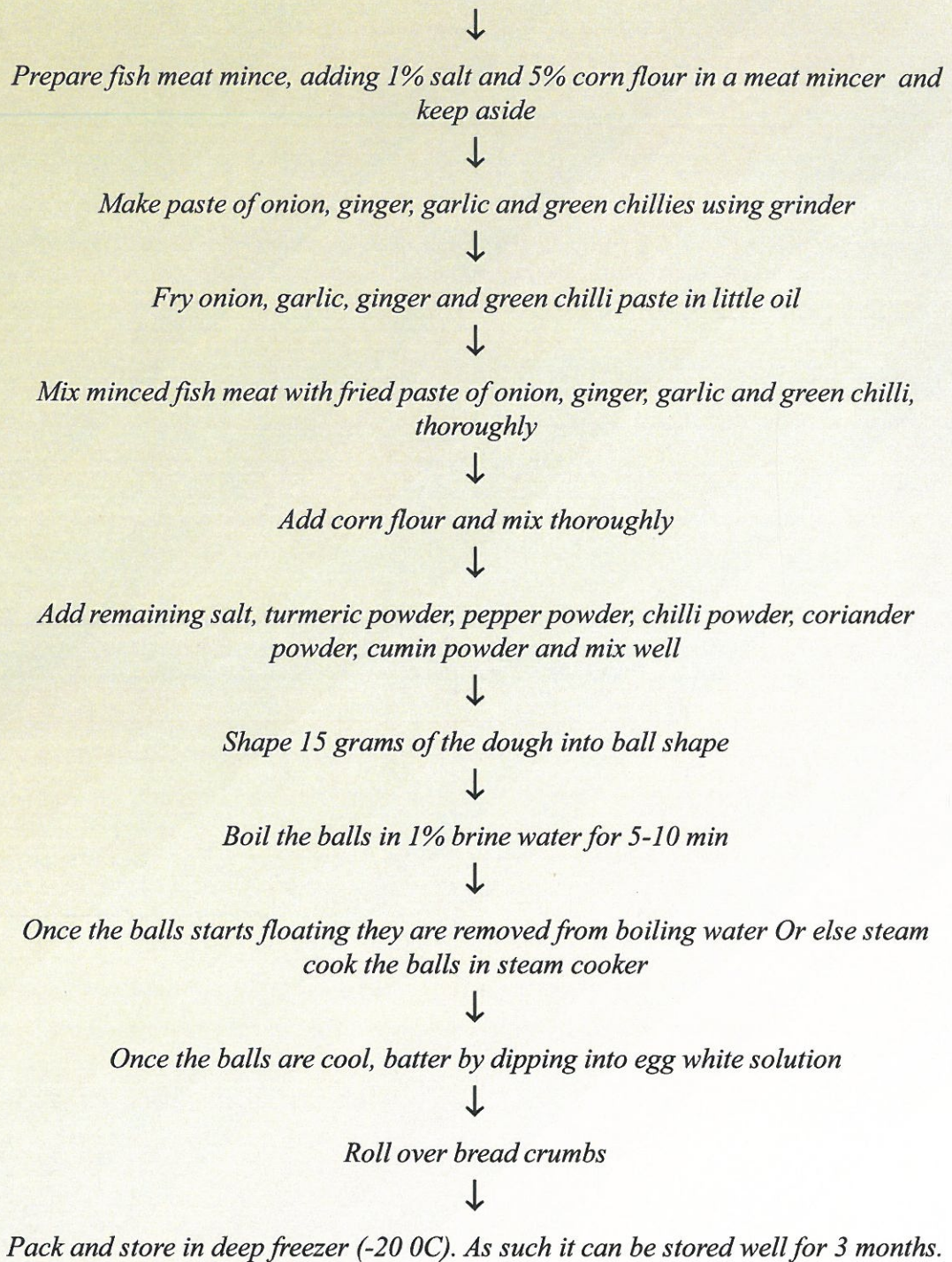
Dress the fresh fish by removing head, scales, fins, gut and wash thoroughly



Cut the whole dressed fish into fillets for easy removal of bones



Pick fish meat free of bones (manually or by mechanical meat bone separator)



OR ELSE



Before use, Deep fry in oil until golden brown colour



Serve with tomato ketchup or dip sauce or Pack in polyethylene pouches and store in deep freezer.



*Preparation of ingredients
by SHG members*



Removal of bones



Boiling of fish balls



*Cooked balls ready to be
battered and breaded*



Battering and breading



*Final product ready to eat
fried fish balls*