

4. Fish Cutlet

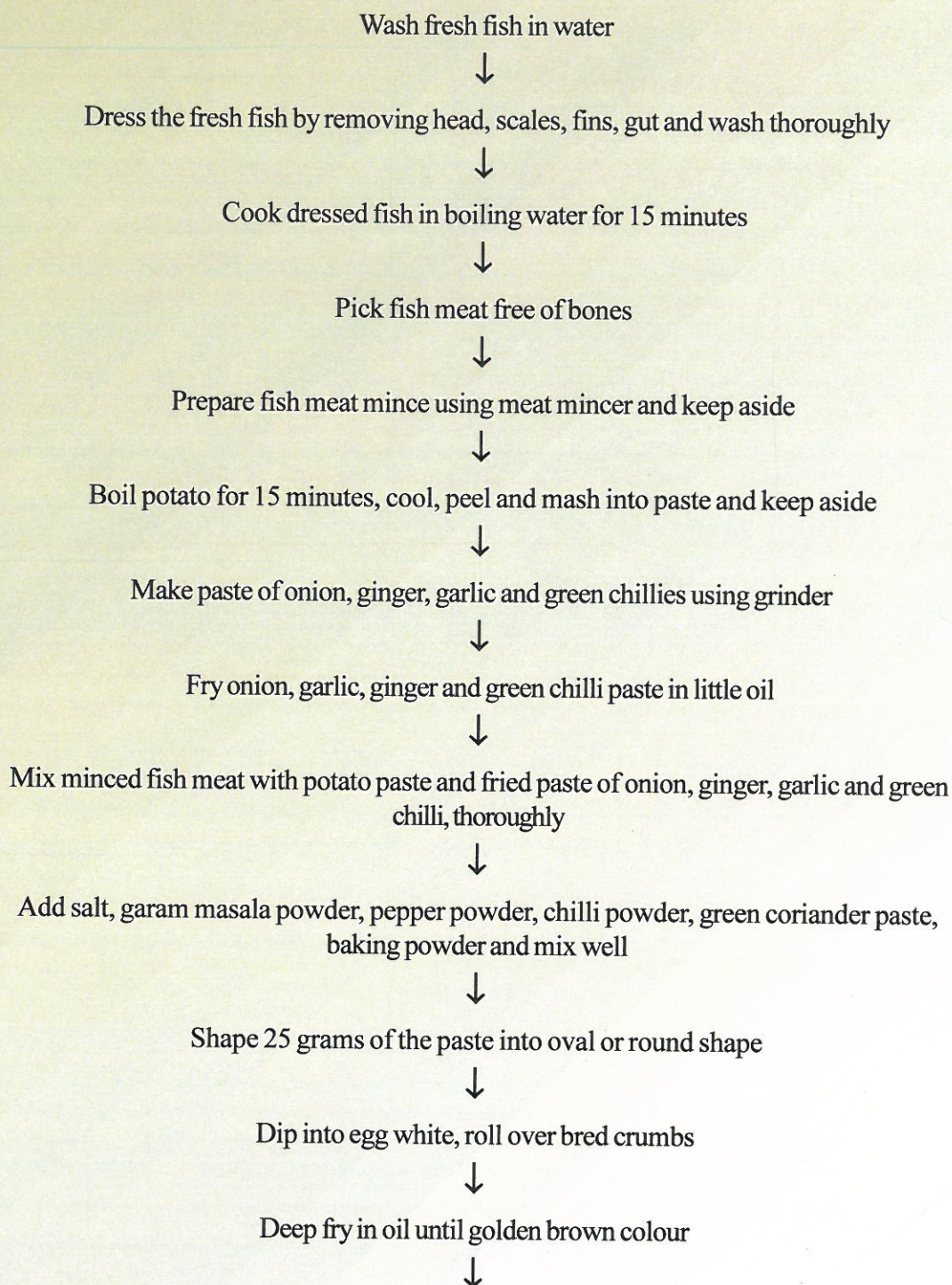
Jimmy Mize, T. J. Ramesha and L. N. Murthy

The food consumption pattern is changing drastically world over because of the improvement in standard of living of the people. In India to the food habits of people are changing. The conventional products are disappearing from the markets and their place is being taken up by the products emerging in new styles, in the form of value added convenience or ready-to-eat products. Fish cutlet is one such product that is rich in nutritive value and suit the taste of consumers. It is prepared by mixing several ingredients along with fish meat followed by shaping, battering and breading. Raw cutlets can be stored in deep freezer and when required, can be fried in oil and served hot.

Ingredients:

| Materials | Quantity (g) |
|-------------------------|---------------------|
| Minced fish meat | 1000 |
| Potato | 350 |
| Salt | 25 |
| Onion | 200 |
| Garlic | 15 |
| Ginger | 15 |
| Green chilli | 10 |
| Chilli powder | 10 |
| Pepper (powdered) | 4 |
| Garam masala | 10 |
| Green Coriander (paste) | 6 |
| Baking powder | 1 |
| Egg | 6 |
| Bred crumbs | 200 |
| Refined oil | 200ml |

Steps Involved



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



Breeding and battering



Final product fish cutlets

5. Fish Finger

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Fish fingers can be prepared either by using the fish fillets or by using minced meat. The fishes are dressed and filleted. The fillets are cut into the shape of fingers. If the minced meat is used, then the frozen minced meat is cut into the shape of fingers. The finger shaped meat is dipped in battering solution and breaded. The battered and breaded fish fingers can be stored in deep freezer and served hot by frying in oil or in microwave oven.

Ingredients:

| Materials | Quantity (g) |
|-----------|--------------|
| Fish meat | 1000 |
| Salt | 25 |
| Onion | 150 |