## 4. Fish Cutlet

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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

Wash fresh fish in water

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



Cook dressed fish in boiling water for 15 minutes



Pick fish meat free of bones



Prepare fish meat mince using meat mincer and keep aside



Boil potato for 15 minutes, cool, peel and mash into paste and keep aside



Make paste of onion, ginger, garlic and green chillies using grinder



Fry onion, garlic, ginger and green chilli paste in little oil



Mix minced fish meat with potato paste and fried paste of onion, ginger, garlic and green chilli, thoroughly



Add salt, garam masala powder, pepper powder, chilli powder, green coriander paste, baking powder and mix well



Shape 25 grams of the paste into oval or round shape



Dip into egg white, roll over bred crumbs



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



Breading 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