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**Fish Marinating Mix**



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## ***Instant fish marinating Mix***

As a whole, marinates are considered to be as preserved, tenderized and flavored foods. The marination process should allow the tenderizing agents to soak as deeply into the meat as possible. It has to be noted that marinating time also vary greatly on the kind, cut and size of the meat. A good marinate will have the proper balance of flavorings, tenderizing agents and oil. Acids and enzymes from natural sources are the best agent for this purpose, which helps in softening the meat and also flavors the meat by releasing shorter peptides. For instance, the commonly used ingredients include natural vinegars, citrus juice and pineapple extract. The major flavorings include fresh or dried herbs and spices. One of the most popular flavorings in marinates are fresh garlic and ginger. It has been suggested that salt can be used to both flavor and tenderizing agent in marinated meat. In some cases, sweeteners such as molasses and honey are used. There are reports that sugar can give meats a brown color once cooked. Asian sauces, such as soy sauce, are common as well. The next ingredient is oil which are used to moisten the meat and to add flavor. Generally, recipes for red meat marinades may not include oil since the meat already contains enough fat. At the same time lean fish benefit from oil in the marinate mix.

In general, marinate should be thin enough to penetrate the meat, so as to reach the desired flavor. Marination should be done as per a well-designed stepwise protocol. Always uncover and turn the food over occasionally so all sides are coated evenly with the marinate. It is to be well considered about the food safety issues while marinating which otherwise may increase the risk of contamination finally leading to food borne illness. It is always recommended to keep marinate foods in the refrigerator

### **How to apply**

- Marinating is a step-by-step process of layering the components as layers
- Apply the tenderising agent evenly on the meat as first layer and keep chilled for an hour
- Add sufficient quantity of potable water to the dry marinate mix till it achieves sufficient consistency.
- Apply thin layer of the marinate mix over the scored body of the fish uniformly as second layer and keep for 30-45mins. Keeping overnight may be recommended for certain types of marinates to get the best flavour
- Apply flavouring extract/sprinkle flavouring flakes over the marinate layer as third layer
- Sprinkle garnishing agent as fourth layer

## **Pack information**

Individual packet contains

- Sachet packet 1: Tenderizing agent
- Sachet Packet 2: Marinating mix
- Sachet Packet 3: Flavour extract
- Sachet Packet 4: garnishing agent

