

6. Fish Pickle

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Pickling is an age old practice in India and it is used as a condiment in Indian dishes. Pickles are prepared from vegetables and fruits and are very popular in Indian markets. Pickling is one of the safe means of preservation and the preparation of fish pickles is of recent origin. In the region there are lots of small fishes which can be used for preparation of pickles without removing bones. The pickle prepared with bones will be rich in protein and micronutrients and will supplement to the dietary nutrient requirements. Fish pickles also acts as a good appetizer. Fish pickles can find good domestic market as well as export

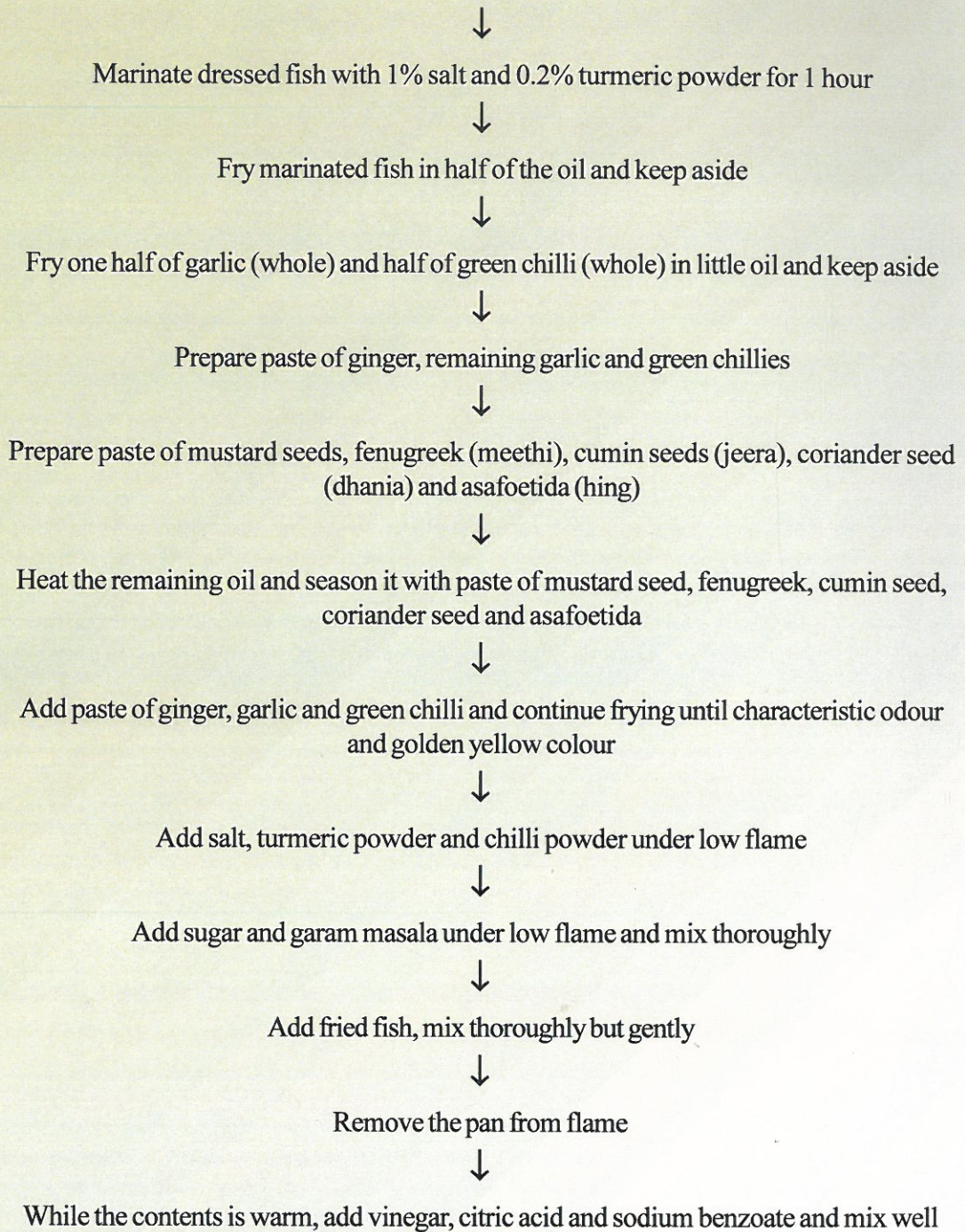
market in the neighbouring states and south-east Asian countries.

Ingredients:

Materials	Quantity (g)
FISH (Dressed)	1000
Ginger (peeled and chopped)	120
Green chillies	50
Garlic (peeled)	125
Chilli powder	50
Turmeric powder	10
Cumin seed / Jeera (powdered)	25
Fenugreek / Meethi (powdered)	12
Asafoetida / Hing (powdered)	10
Mustard (powdered)	25
Coriander seed / Dhania (powdered)	20
Garam masala	10
Vinegar	300 ml
Salt	50
Citric acid	5
Sodium benzoate	0.5
Sugar	10
Refined oil	400 ml

Steps Involved

Wash fish thoroughly in water and dress by removing head, gut and fins
(In case of bigger fish, fish is filleted and cut into small cubes of 3cm size)





keep overnight for maturation



Pack pickles in glass container/food grade plastic container/stand pouches and label

NOTE:-

- Ensure that a layer of oil floats on top of the content inside the pack
- Fish pickle has a shelf life of 6 months at room temperature



Participants Actively Involved in Preparation of Fish Pickle



Participants Testing the Final Product

Distribution of Certificates and Packed Fish Pickle to Participants