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Take gram flour (Bason) and add water to make into thick slurry.

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To the gram flour slurry mix fried paste of onion, garlic, ginger and green chillies and mix thoroughly



Add salt, pepper powder, cumin powder, chilli powder, green coriander paste and mix well



Dip the raw salted fish fingers in the slurry mixture



Then, Roll over bred crumbs



Pack and store in deep freezer (-20 0C). As such it can be stored well for 3 months.

**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.

## 6. Fish Pickle

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

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)

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Marinate dressed fish with 1% salt and 0.2% turmeric powder for 1 hour



Fry marinated fish in half of the oil and keep aside



Fry one half of garlic (whole) and half of green chilli (whole) in little oil and keep aside



Prepare paste of ginger, remaining garlic and green chillies



Prepare paste of mustard seeds, fenugreek (meethi), cumin seeds (jeera), coriander seed (dhania) and asafoetida (hing)



Heat the remaining oil and season it with paste of mustard seed, fenugreek, cumin seed, coriander seed and asafoetida



Add paste of ginger, garlic and green chilli and continue frying until characteristic odour and golden yellow colour



Add salt, turmeric powder and chilli powder under low flame



Add sugar and garam masala under low flame and mix thoroughly



Add fried fish, mix thoroughly but gently



Remove the pan from flame



While the contents is warm, add vinegar, citric acid and sodium benzoate and mix well

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