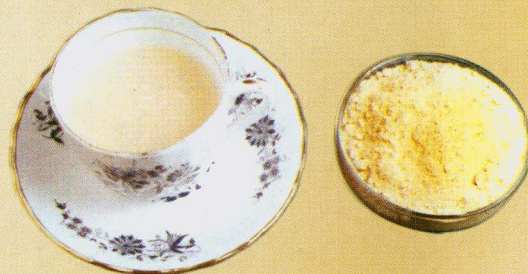


FISH SOUP POWDER



Produced by :
Head of Division
Extension, Information & Statistics, CIFT



For further information, please contact:

The Director,
Central Institute of Fisheries Technology,
CIFT Junction, Matsyapuri P. O.,
Willingdon Island, Cochin - 682 029
Tel : 0484-2412300
Telefax : 0091-484-2668212
E.mail : cift@ciftmail.org
Website : www.cift.res.in

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CENTRAL INSTITUTE OF FISHERIES TECHNOLOGY
(Indian Council of Agricultural Research)
DARE, Ministry of Agriculture, Govt. of India
Willingdon Island, Matsyapuri P.O., Cochin-682 029

FISH SOUP POWDER

The Product

Soup powders prepared from different materials like vegetables, meat, egg, chicken etc. are very popular and widely consumed in different parts of the world. These are rich in dietary constituents like protein, vitamin, fat and minerals. However, soups making use of fish are not so common. But fishes of low economic value landed in our country can very well be employed for preparing a product with similar qualities.

Chief Ingredients

Picked cooked meat	: 750 g
Salt	: 170 g
Fat	: 125 g
Onions	: 750 g
Coriander	: 12 g
Starch	: 250 g
Milk powder	: 100 g
Sugar	: 30g
Pepper (powder)	: 15 g
Ascorbic acid	: 1.5 g
Carboxymethyl cellulose	: 3g
Monosodium glutamate	: 10g

Method of preparation

Blending of the processed fish meat:

Disperse the processed fish meat in about 150 ml of water and blend the material in a waring blender.

Incorporation of fried ingredients and reblending:

Fry the onion in vegetable fat in quantities as shown in the composition above. When the onion becomes light brown, add the powdered coriander and pepper and stir. Remove from fire.

Add the fired onion and all other ingredients other than milk powder to the blended fish and again blend till it becomes a thick fine paste.

Drying:

Pour the whole mass in thin layer in aluminium trays and *dry* in artificial dryer at about 70°C.

Powdering and incorporation of milk powder:

Powder the dried mass, add the skimmed milk powder and powder well to get a homogenous product.

Packaging

Pack the soup powder in airtight, polythene lined, aluminium foil bags or in cans.

(Storage life of the product is one year)

Preparation for consumption:

Boil 5 g of the powder in 100 ml water for 5 minutes. The soup is now ready for the table.

