

# FISH CUTLETS



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# FISH CUTLETS

## The Product

With the increase in mechanisation of fishing craft and employment of newer fishing gears, fish landings in general and that of less important miscellaneous by-catch in particular, have increased considerably in the last few years. For better utilisation of the under-utilised fishes, it is necessary to convert the by-catch into diversified and sophisticated fish products. One of the many products developed by the Central Institute of Fisheries Technology is fish cutlets. The basic raw material required for preparation of this product is cooked fish or 'fish kheema' (fish meat picked from whole fish by means of a meat picking machine)

## Ingredients

Cooked fish meat	: 1000 g
Salt	: 25g (approx- to taste)
Oil	: 125 ml
Green chilli	: 15 g
Ginger	: 25g
Onion	: 250 g
Potato (cooked)	: 500 g
Pepper (powder)	: 3 g (to taste)
Clove (powdered)	: 3g
Cinnamon (powdered)	: 2 g (to taste)
Turmeric	: 2g
Eggs	: 4 Nos.
Bread powder	: 200g



Fish Cutlets after frying

## Method of preparation

- ❖ Cook fish mince in boiling water for 20 min.
- ❖ Drain off the water. (In case of whole fish, dress the fish and cook for 30 min. and drain).
- ❖ Remove skin, scales and bones and separate the meat
- ❖ Add salt and turmeric to the cooked meat and mix well.
- ❖ Fry chopped onions in oil till brown. Fry chilli and ginger. Mix these with the cooked meat.
- ❖ Add mashed potato and spices and mix well with the meat.
- ❖ Shape 40 g each of this in oval or round form, dip in beaten eggs, roll in bread powder and store in deep freezer.
- ❖ Thaw and fry in oil before use.