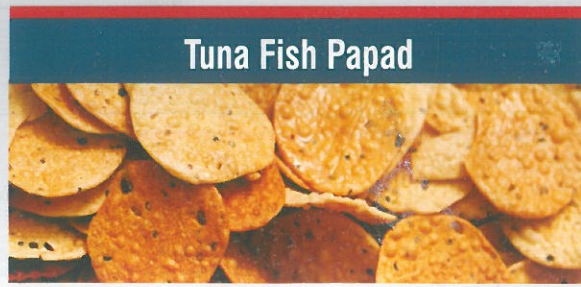




Tuna Fish Fry

Tuna Fish Fry can be used as it is with any kind of food. You can try in between bread instead of Jam.



Tuna Fish Papad

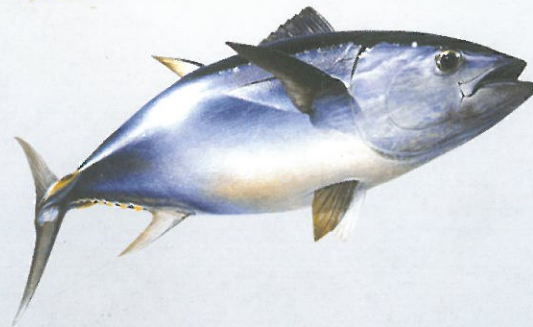
Papad can be micro waved or fried in vegetable oil for serving.



Fish Wafers



Wafers can be micro waved or fried in vegetable oil for serving.



For Further details may contact:
 Minicoy Island Novelty Mas Producers Society Ltd.
 Gulzaar, Lenu Magu, Aumagu Village,
 MINICOY. Pin 682 559
 Email: pvmi@rediffmail.com
 Phone: 04892 222577 | Mob: 09447722341

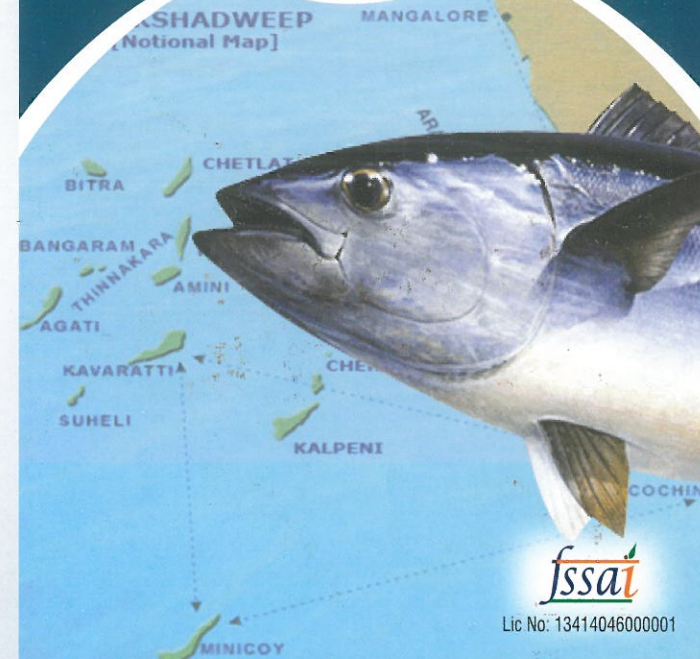


Minicoy Island Novelty Mas Producers Society Ltd

Lakshadweep - Minicoy Island TUNA PRODUCTS

Minicoy Island Novelty Mas Producer's Society Ltd.

(Minmas) Gulzaar, Lenu Magu, Aumagu Village, MINICOY.



Health Benefits Of Eating Tuna

Omega-3-fatty acids, present in tuna, on human health have been known for a long time. They are especially beneficial for the maintenance of a healthy cardio-vascular system. They also prevent erratic heart rhythms, leading to less possibilities of blood clotting inside arteries and maintain a higher level of HDL as compared to the LDL levels (Harmful cholesterol). The high levels of omega-3 essential fatty acids in tuna help protect against muscular degeneration of the eye and dry eye syndrome. It also protects against cancer in the ovaries, pancreas, and every part of the digestive tract and also lowers the risk of leukemia. Tuna is a good source of protein. Selenium present in tuna acts as a powerful antioxidant.



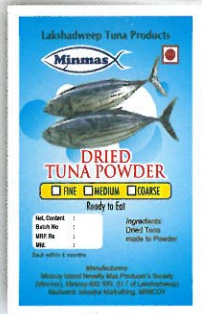
Technical support:

(GIFT - CENTRAL INSTITUTE OF FISHERIES TECHNOLOGY, KOCHI)



Tuna Extract Fry

Ready to eat. Made from tuna extract, small pieces of boiled smoked tuna fish, salt, spices, etc. You can try in between bread instead of Jam. Can eat with Porota, Chapathi



READY TO SERVE.



Dried Tuna (Masmin)

After cleaning Masmin can be made to flakes, Powder, etc. The flakes can be used to make Fish curry adding some ingredients of Fish Curry.



Tuna fish Powder

Tuna Fish Powder can be used as a taste maker in almost all dishes. This Powder can be sprinkled on green Salad to taste better. Can also be used for making Fish soup.

Tuna Fish Pickle



Tuna Fish Flakes



The flakes can be used for making Fish Curry. Using mixie this can be still disintegrated to make Chutney with the ingredients used for making dried Prawns chutney. Can be used for preparing Fish burger, Fish roll, Fish puff, etc.

Tuna Fish Chutney



Chutney can be used as it is with Rice, Kanji. This Powder can be sprinkled on green Salad to taste better. You can try in between bread instead of Jam.