

Method of preparation

Mix the peeled prawns with salt (3% on the basis of weight of prawns) and dry under sun for 1-2 hours. Fry the prawn in minimum quantity of oil and set apart. Fry garlic, ginger and green chilli in remaining quantity of oil. When brown in colour, add chilli powder and turmeric powder and mix together over a low flame. Remove from flame, add the prawns and mix thoroughly. Allow to cool and add vinegar, sugar and remaining salt. If necessary, add 1% acetic acid to make up the consistency. Fill in clean, dry bottles taking care to provide a layer of oil at the top covering the contents.

Flexible pouches made of 12 μ polyester laminated with 118 μ LD-HD co-extruded film can also be used for packing the pickle.

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FISH PICKLE



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FISH PICKLE



Traditionally, spicy, pungent pickles made of vegetables like lime, gooseberry, ginger, garlic etc. were used as an important side dish along with meals and used to be considered an appetiser. Though such pickles made of fish or meat were practically unknown in the past, such products have now become very popular and products under several brand names are now available in the market.

Ingredients

1. Fish
(dressed and cut into small pieces) : 1 kg
2. Mustard : 10 g
3. Green chilli (cut into pieces) : 50 g
4. Garlic (peeled) : 200 g
5. Ginger (peeled and chopped) : 150 g
6. Chilli powder : 50 g
7. Turmeric powder : 2 g
8. Gingelly oil : 200 g
9. Vinegar (acetic acid 1.5%) : 400 ml
10. Salt : 60 g
11. Pepper (powdered) : 2.5g
12. Sugar : 10 g
13. Cardamom, clove, cinnamon
(powdered) : 1.5 g

Method of preparation

Mix the fish thoroughly with 3% of its weight of salt and keep for two hours. Light salted and partially dried fish also may be used. Fry the fish in minimum quantity of oil. Set apart the fried fish.

Fry the ingredients 2-5 in the remaining quantity of oil and then add chilli powder, pepper powder and turmeric powder and mix well over low flame for a few minutes. Remove from fire, add fried fish and mix well. When cooled, add vinegar, powdered cardamom, clove, cinnamon, sugar and remaining salt and mix thoroughly. Sufficient quantity of boiled and cooled water may be added to cover the ingredients well. Transfer to clean, sterile glass bottles and seal with acid proof caps. Take care to see that there is a layer of oil over the contents in the bottle.

Flexible pouches made of 12 μ polyester laminated with 118 μ LD-HD co-extruded film can also be used for packing the pickle.

PRAWN PICKLE

Ingredients

1. Prawn (peeled) : 1 kg
2. Green chilli (small pieces) : 50 g
3. Ginger (small pieces) : 150 g
4. Garlic : 200 g
5. Chilli powder : 35 g
6. Turmeric powder : 2 g
7. Gingelly oil : 200 ml
8. Vinegar (1.5% acetic acid)
(boiled and cooled) : 300 ml
9. Salt (approx. 60 g) : to taste
10. Sugar : 5 g