

Fish and Prawn Pickle

Pickling of seafood is a recent concept and different styles of shrimp/fish pickle have been prepared to satisfy a wide range of consumers spread all over the country. Fish is rich in essential amino acids such as lysine, methionine, threonine and isoleucine. Fish fat is highly unsaturated which contains eicosapentaenoic acid and docosahexaenoic acid. This is essential to control blood cholesterol level so as to prevent heart attack. Fish is also rich in minerals like calcium, potassium, sodium, magnesium and iodine. To increase the utilization of underutilized low value fishes, which are rich in above nutrients, for human consumption value added fishery products can be prepared. Fish pickle / prawn pickle is of one such kind. Fishes belongs to family leiognathides, sciaenides, nemipterus, mullets and lutjanus of marine origin, catla, rohu, cat fish, common carp and tilapia of fresh water origin can be effectively utilized. Apart from fin fishes, shell fishes such as shrimps, crabs, cuttle fish, squid, chank, oysters and lobster meat can also be used. The product has a shelf life of 10-12 months at room temperature and can be used as condiments.

Preparation of fish pickle

- Raw material
- Washing
- Fillets are prepared from whole fish
- Fillets cut into small cubes (3 cm size)
- Fry fish meat cubes in oil and keep them aside
- Grate the peeled garlic, ginger and green chillies using mixer/grating
- Fry fenugreek, cumin seed, mustard, asafetida and make powder
- Add curry leaves to the remaining hot oil in the frying pan
- Add garlic, ginger and green chilly paste and fry for a while at medium flame
- Add the fenugreek, cumin seed, asafetida and mustard powder and continue to stir
- Add vinegar and salt allow to boil till characteristic smell emerges
- Add turmeric powder and chilly powder under low flame
- Add garam masal for good flavor and odour
- Add citric acid and sodium benzoate when the temperature of the content is little higher than the room temperature and mix thoroughly
- Add fried meat and mix with the gravy
- After cooling completely keep it over night for maturation
- Pickles are packed in sterilized glass bottles or laminated LD pouches (400 microns)
- Bottles are sealed air tight: ensure that the layer of oil floats on the surface of the pickle
- Label the bottles having statutory requirement and printed on it
- Storing at room temperature

Preparation of Prawn pickle

Recipe

Ingredients	Amounts	
Peeled prawns	1 kg	
Mustard seed	4 kg	
Menthi seed	4 kg	
Peeled garlic	100 gm	} Made in to paste together (1st paste)
Ginger (fresh)	25 gm	
Green chilli	30 gm	
Chilli powder	30 gm	} Made in to paste together adding water (2nd paste)
Turmeric powder	5gm	
Cumin	30gm	
Salt	80gm	
Sugar	5gma	
Oil	250ml	
Vinegar	300ml	
Benzoic acid	250mg	

Preparation Method

- When the prawns procured from the landing center repeatedly with portable water to make it free from sand and any other extraneous material.
- Peel the prawn hygienically in a sanitary environment.
- Weight the peeled prawns.
- Mix the 50% of the salt as shown in the recipe with the peeled prawn and keep aside for 1-1/2 hrs for the salt to penetrate in to the muscle.
- Make garlic, ginger and green chilli in to paste together (called the 1st paste) in an electric blender.
- Make dry chilli powder, turmeric powder and cumin powder together in to a paste (called 2nd paste) by adding sufficient water and mixing.
- Add 50% oil in frying pan and fry the salted prawn. Keep the fried prawns aside.
- Add half-broken mustard seed and menthi seed in the hot oil and fry for 1-2 minutes.
- Now add the 1st paste made of garlic, ginger and green chilli in the hot oil and fry it for a white.
- When the 1st paste is half-fried, add the 2nd paste and continue frying until characteristic odours of fried species emerge.
- Add sugar during frying of paste.
- Add the fried prawns in to the fried spice mixture and continue frying in a low flame with vigorous stirring. Take care that spice does not stick to the bottom.
- Stop frying when characteristic smell emerges.
- Remove the frying pan from the flame and allow the contents to cool under a fan.
- When the temperature of the contents is little higher than the room temperature, add vinegar and benzoic acid and mix thoroughly.
- Wash the glass bottle with hot (90°C) water and dry it.
- Pack the pickle in glass container. Take care that a layer of oil and vinegar remain on the top of the content. Close the container with acid proof lid.
- Label the bottle having all statutory matter printed on it.

- The product remains acceptable at ambient temperature for 7 months. It was free from *Escherichia coli*, *staphylococci* and *salmonella*.