

## **14. Nutritionally balanced and Healthy, value added emulsion products from Fish**

### **Preamble:**

The project entitled “*Pilot scale demonstration of fish ball in curry*” financially supported by Rajiv Gandhi Science and Technology Commission (RGSTC), Mumbai, Government of Maharashtra was successfully implemented by Dr. Vithal R. Joshi, Associate Professor, (College of Fisheries, Ratnagiri; Dr. B.S.K.K.V, Dapoli) with the development of value added products from low cost fish. The technology was demonstrated at various parts of Konkan where Acetes raw material is available in plenty. This technology is expected to provide better returns to the fishermen during the bumper season. This technology is now ready for transfer and deployment at village level.

### **Objectives:**

Fish is perishable in nature and requires appropriate technology of preservation for extended shelf life. About 30% of the marine catch is considered as low cost fish. Low priced fish do not fetch a worthwhile price. Value addition and conservation of these raw materials to fish ball in curry product will be of immense utility. Further extended shelf life for a short period or long period can be achieved by cook chill storage or cook frozen storage respectively. After retort pouch processing fish ball in curry, this product can be stored at room temperature for a long period.

### **Products developed:**

Considering opinion, technology for preparation of fish ball in curry was upgraded. Other products developed were, steamed fish vada, fish chikuwa, fish sandwich and fish bhakarvadi.

1. These products are healthy and nutritionally balanced with proper combination of protein, fat and carbohydrate.
2. No added colour, preservatives and chemicals.

Products developed are safe for human consumption in compliance with the new food law in force as per FSSAI (FOOD SAFETY STANDARDS AUTHORITY OF INDIA).

### **Equipment required for production:**

Shell separator, Strainer, Moisture separator, Bowl chopper, etc

Spray washer, slicer, shredder, peeler, blancher, food processor, Packing machine, sealing machine, Autoclave, etc.



**Fish ball in curry in pouch**



**Fish ball in curry**



**For details contact:**

**Dr. Vithal R. Joshi,**  
Associate professor,  
Department of Fish Processing Technology,  
College of Fisheries, Shirgaon,  
Ratnagiri-415 612  
Tel. No. 02352-232241  
E-mail ID: [vithalrjoshi@gmail.com](mailto:vithalrjoshi@gmail.com)

**Member Secretary**  
Rajiv Gandhi Science and Technology  
Commission,  
Government of Maharashtra,  
7<sup>th</sup> floor, Mantralaya,  
Madam Cama Road  
Mumbai-400 032.  
Tel.No. 022-22024711,22024755,22823418  
E-mail ID: [rgstcmaha@rediffmail.com](mailto:rgstcmaha@rediffmail.com)