



LILONGWE UNIVERSITY OF AGRICULTURE AND NATURAL RESOURCES

BUNDA CAMPUS

DEVELOPMENT OF FISH- BASED RECIPES

1. FISH SAUSAGE

Ingredients

- Fish fillet	400g
- Binder	4g
- TSP Soya	160g
- Chakalaka	14g
- BBQ	19g
- Vegetable oil	56g
- White pepper	4.5g
- Garlic powder	4.5g
- Vinegar	4g
- Salt	1.5g

Method

- i. Clean the fish. Remove scales by scraping off with a knife. Make a slit along the belly from the fish's rectum up to where the head begins. Remove all the innards and discard. Rinse the fish in cold water, and place on cutting board. Slice the meat off the fish along the bones from the head towards the tail using a sharp knife. Repeat on the other side as well.
- ii. Scrape off the skin from the fillets. Remove the small bones from the fillet.

- iii. After that place all the fish flesh in a bowl for storage in cold storage or refrigerator for a few minutes in 0° C.
- iv. Assemble the meat mincer and grind the fish meat using the mincer.
- v. Grind TSP Soya with blender and soak in boiled water for 4 minutes.
- vi. Add fish mince, TSP soya, all spices, binder, vinegar, vegetable oil and mix well.
- vii. Wash casings with clean water.
- viii. Stuff the semi-solid fish paste (sausage paste) into casings and brown them in a hot frying pan with small amount of oil.

2. FISH BALLS

Ingredients

- Fish fillet	400g
- Soya TSP	160g
- Flour	100g
- Vegetable Oil	56g
- Garlic Powder	4.5g
- White Pepper	4g
- Red pepper	4.5g
- Salt to taste	1.5g

Method

- i. Clean the fish. Remove scales by scraping off with a knife. Make a slit along the belly from the fish's rectum up to where the head begins. Remove all the innards and discard. Rinse the fish in cold water, and place on cutting board. Slice the meat off the fish along the bones from the head towards the tail using a sharp knife. Repeat on the other side as well.
- ii. Scrape off the skin from the fillets. Remove the small bones from the fillet.
- iii. After that place all the fish flesh in a bowl for storage in cold storage or refrigerator for a few minutes in 0° C.
- iv. Assemble the meat mincer and grind the fish meat using the mincer.
- v. Grind Soya TSP in a blender.
- vi. Soak the ground Soya TSP in boiled water.
- vii. Add Minced fish steak, ground Soya TSP and flour and mix well.

- viii. Add the remaining ingredients and mix well.
- ix. Form the fish mixture into small balls.
- x. Dust the fish balls with flour and brown them in a hot frying pan with small amount of oil.