EXPERIMENT 16 PREPARATION OF FISH SOUP POWDER

Structure

16.1 INTRODUCTION

This is a ready-to-prepare product. It can be stored conveniently as a dry powder. The method used is similar to those for other soup powders made using vegetables, meat, etc.

Objective

After performing this experiment, you will be able to:

- prepare fish soup powder and soup.

16.2 EXPERIMENT

16.2.1 Principle

Soup can be readily prepared by mixing the powder with sufficient quantity of water and heating. Meat and the combination of various food additives give good flavour to the product. Ingredients that help in further enhancing the taste and that provide proper thickening of the soup are also incorporated. By drying, we can conveniently store the mix at room temperature.

16.2.2 Requirements

- Fish meat
- Ingredients as per composition given in procedure
- Frying pan and utensils
- Bottles
- Stove
- Balance
- Grinder
- Tray drier

16.2.3 Procedure

1) Dress any lean fish- i.e. remove head, scales, fins and entrails and then wash.
2) Cook in steam or in boiling water for 30 minutes.
3) Collect meat by separating it from skin and bones.
4) Weigh out ingredients as per the following composition:

Ingredients	Weight in grams
Cooked fish meat	750
Table salt	170
Refined vegetable oil	120
Sliced onion	750
Coriander powder	12
Corn flour	250
Milk powder	100
Sugar	30
Pepper powder	15
Ascorbic acid	1.5
Carboxymethyl cellulose (CMC)	3
Monosodium glutamate (MSG)	5

5) Heat oil in frying pan to a temperature of 180–190ºC.
6) Add onion and fry till it takes up a light brownish colour.
7) Add coriander, pepper and salt. Mix and remove from flame.
8) Transfer the fried material and the cooked meat to a wet grinder. Add a small amount of water and grind well.
9) Add flour, CMC, ascorbic acid, MSG and sugar. Grind for another 10 minutes.
10) Spread the ground material in a thin layer in trays (about few mm).
11) Dry at 50 – 60ºC in a drier till it is very dry (6 – 8% moisture content).
12) Pulverize to a fine powder.
13) Mix with milk powder. Weigh.
14) Pack in bottles air-tight.
15) Test the quality of soup. For this, mix powder with 20 times its weight water and boil for about five minutes.
16) Evaluate its taste, consistency, etc.

16.2.4 Observations

Weight of ingredients = (Weight of each ingredient actually used)

Weight of soup powder =

Quality

Taste :

Consistency :

16.2.5 Results

The overall quality of the product is ..... .

16.3 PRECAUTIONS

- The material is hygroscopic (able to absorb moisture from air). Therefore, it should be packed air-tight.