- Fish is a food of excellent nutritional value, providing high quality protein and a wide variety of vitamins A and D, phosphorus, magnesium, selenium and iodine
- Fish oils in fatty fish are the richest source of a type of fat that is vital to a normal brain development in unborn babies and infant and are vital for the healthy fun ctioniing of the body and brain.
- Experts agree that, even in small quantities, fish can have a significant positive impact in improving the quality of dietary protein by complementing the essential amino acids.

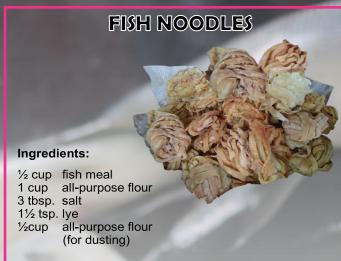




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FISH
PROCESSING
AND
VALUE-ADDED
PRODUCTS



Procedure:

Combine all dry ingredients. Add the fish meat, lye and water, and then mix thoroughly.

Knead the mixture by passing through a noodle machine. Cut into noodle strand through a noodle cutter. Deep fry

FISH CHIPS



½ cup

½ cup

1½ cups sifted all-purpose flour

112tsp. white pepper baking powder 1 tsp. odized salt $\frac{1}{2}$ tsp.

water

Procedure:

Combine all dry ingredients, fish meat and add water gradually, if necessary. Knead and run thoroughly in a noodle machine. Cut into desired size. Deep fry.

FISH CRACKERS



Ingredients:

1/4 cup fish meat ½ cup water 1½ tsp. garlic powder 1½ cups sifted flour 1/4 tsp. MSG (optional) baking powder 1 tsp.

Procedure:

- Combine all dry ingredients.
- Add fish meat and water and mix thoroughly.
- Knead the mixture by passing through noodle machine until it forms a thin sheet.
- Cut into desired size and length. Deep fry.

FISH BREAD ROLLS



½ cup red bell pepper 1 pc.

2 pcs. egg 1 pack tasty bread cheese 1 box bred crumbs 1 pack

Procedure:

- Grind minced fish in food processor
- Flatten the tasty bred using the rolling pin.
- Wrap the minced meat into the tasty bread and the rest of the ingredients
- Dip into beaten egg and roll on in bread crumbs.
- Fry until golden brown. Serve hot.

CROQUET SURPRISE



fish minced meat 1 kilo

1 medium carrot 1 medium onion

1 stalk celery, chopped 1 ocup bread crumbs 1 box cheese, diced

Procedure:

Ingredients:

- Grind minced fish meat
- Add grated carrot and chopped onion and celery.
- Continue grinding until mixture is attained.
- Form into medium sized balls, make a hole at the middle, fill in with cheese hen cover with fish meat.
- Dip the fish balls in a homogenous mixture and roll on in bread crumbs.
- Fry in hot deep oil until golden brown in color.
- Serve with hot chili sauce.
- Binder: Combine 12 cup sifted flour and 2 eggs. Beat and stir until a homogenous mixture is obtained.