

- 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 functioning 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**

FISH NOODLES



Ingredients:

½ cup fish meal
 1 cup all-purpose flour
 3 tbsp. salt
 1½ tsp. lye
 ½ cup all-purpose flour
 (for dusting)

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



Ingredients:

¼ cup fish meat
 ½ cup water
 1½ cups sifted all-purpose flour
 12 tsp. white pepper
 1 tsp. baking powder
 ½ tsp. iodized salt

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:

¼ cup fish meat
 ¼ cup water
 1½ tsp. garlic powder
 1½ cups sifted flour
 ¼ tsp. MSG (optional)
 1 tsp. baking powder

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



Ingredients:

½ cup fish meat
 1 pc. red bell pepper
 2 pcs. egg
 1 pack tasty bread
 1 box cheese
 1 pack bread crumbs

Procedure:

- Grind minced fish in food processor.
- Flatten the tasty bread 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



Ingredients:

1 kilo fish minced meat
 1 medium carrot
 1 medium onion
 1 stalk celery, chopped
 1 cup bread crumbs
 1 box cheese, diced

Procedure:

- 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 then 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.