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FISH WAFARS



भारत
ICAR

Krishi Vigyan Kendra

Lohit District

Arunachal Pradesh

Dried, ready-to-fry-and-serve wafers, prepared by employing carbohydrate as the main base and incorporating salt and several other ingredients with or without spices are very popular in most parts of the country. Such products are known by different names in different languages as 'Kondattam' in Malayam, 'Vathal' in Tamil, 'Sandings' in Kanarese, 'Odiyalu' in Telugu and 'Tikiya' in Bengali. Since fishes are abundant in Lohit district, fish wafers can easily be prepared. This type of products making can easily be adopted by farm women or women self help groups and earn from it. The recipe for making wafers enriched with fish protein and the method of its preparation is described in details in this leaflet.

Selection of fish for wafer making:

- ✍ Fish should not give any offensive odour.

- ✍ The eyes should be bright and clear not dull or sunken.

- ✍ The gills should be a bright-red coloured and there should be no blubber.

- ✍ The flesh should be so firm that no dent will be made when it is touched with the finger.

Fish may also be tested for its freshness by placing it in a pan of water. If it sinks it is known to be fresh, but if it floats it is not fit for use.



Ingredients needed are:

Processed fish meat	: 2.5 kg
Corn flour	: 1.250 kg
Tapioca starch /	: 2 kg
Channa Besan /	
All purpose flour or Maida	
Common salt	: To taste
Water	: 3.5 litres (as per requirement)

Method of preparation :

- ✂ To prepare the processed fish take out the fillets/ boneless fish and mince it.
- ✂ Then homogenize/mix the processed fish meat with a litre of water for 10 mins. in a mechanical grinding machine.
- ✂ Add the cornflour, tapioca starch, salt and rest of the water to the mixture and blend the whole mass for one hour.
- ✂ Spread the homogenised mass uniformly in aluminium trays in a thin layer of 1-2 mm thickness and cook in steam for 3-5 minutes.

✍ Cool to room temperature.

✍ Cut the cooked material into desired shapes and dry under sun or in artificial dryer (at 45°C % 50°C) to a moisture content below 10%.

✍ Pack suitable lots of the dried product in sealed polythene bags or glass bottles and store in a cool and dry place till marketing.

The product can be stored in good condition for two years.

Permitted food colours can be incorporated, if needed, at the time of mixing the ingredients with the processed fish meat in order to get the desired colour.

Generally, this type of product is used as a side dish after frying in oil.



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