

### III. PROCESSING TECHNOLOGIES

#### Technology No.25

#### READY- TO-EAT FISH SANDWICH PASTE IN RETORT POUCHES

**Inventors:** Dr. S. Basu & Dr. B.B. Nayak

**Division:** Fisheries Resources, Harvest and Post-Harvest Technology Division

**Technical details:**

A novel technology was developed at CIFE, Mumbai to produce ready-to-eat fish sandwich paste in retortable pouches by utilizing low-cost fish and fish oil rich in omega-3 fatty acids. Heat process schedule was standardized to get an acceptable quality and the nutritive value of sandwich spread was enhanced by incorporating fish oil which was evident from increased levels of EPA and DHA as determined by GC-MS. The storage characteristics were studied and found that the product showed no significant changes during 12 months of storage period. Under optimum process conditions, fish oil incorporated sandwich paste made from low-cost fish mince did not show any oxidative rancidity. Improved stability, spread ability and texture of the product were obtained. The sandwich paste in retortable pouches could be stored at ambient conditions for 12 months.

**Market potential:**

Market for processed foods has been growing at a greater rate due to change in lifestyle and food habits of people. It has been changing from whole, frozen foods through ready to cook products to finally ready to eat products. The demand for ready to eat fish products is increasing both in domestic and international market because of health benefits associated with fish and fishery products.



**Contact details:**

Dr. B.B. Nayak, Principal scientist & Head Fisheries Resources, Harvest and Post-Harvest Technology Division, ICAR-CIFE, Mumbai

E-mail ID: [nayakbb@cife.edu.in](mailto:nayakbb@cife.edu.in) ; Contact No.: +91 98692 53483