



Report of the Second Fish Swad Festival organised by ICAR-CIFE, Mumbai

The ICAR-Central Institute of Fisheries Education (CIFE), Mumbai organized a Fish Swad Festival on March 20, 2023, at its new campus in Mumbai.

The event began with an inauguration ceremony at 6:00 PM. It was inaugurated with ribbon cutting by Dr. Himanshu Pathak, Director General, ICAR and Secretary DARE, New Delhi, Dr. J. K. Jena, DDG Fisheries Science, Dr. Ravishankar C.N., Director, ICAR-CIFE, Mumbai, Dr. N.P. Sahu, Joint Director, ICAR-CIFE, Mumbai and other dignitaries.

The dignitaries were welcomed with a teeka ceremony by CIFE students from each state dressed in their traditional attires.

This was followed by delectable fish food dishes prepared by CIFE in-house master chefs. Visitors got the opportunity to indulge in a wide range of fish food delicacies. Fish Swad Festival at CIFE was an evening filled with food, fun, and entertainment, an unforgettable evening at CIFE of rich culinary experience.

Fish, the delectable denizens of the deep, have been a staple food in India for centuries and the event aimed to promote the consumption of fish and create awareness about the fisheries sector's importance in India's economy. From the mighty rivers of the north to the lapping waves of the south, the bounty of the water bodies has been savoured and celebrated through the ages in India. Each state has an impressive array of fish dishes. The culinary traditions of India are as diverse and colourful as the country itself, and the fish dishes are a testament to the culinary prowess of its people.

The Fish Swad Festival was open to the public, and it attracted a large number of people, including students, researchers, fishers, influencers, industry professionals, and the general public.

The festival had a variety of activities and exhibitions that showcased the diversity of fish and seafood found in the waters of India. There were stalls showcasing different dishes of fish, and visitors had the opportunity to taste the different types of fish cooked in various ways.

The visitors had the opportunity to taste different fish dishes from various parts of the country, including traditional recipes and fusion dishes. Stalls also had dishes made of millet providing importance to the International Year of Millets. A variety of fresh fish dishes across states were prepared by expert chef staff mentors and student master chefs.

Unique selfie point stall highlighted the importance of fish with various slogans and a mascot moving around with slogans like 'Fillet Millet Miley to Dil Khiley' in hindi giving importance to International Year of Millets and integrating fish and millets in diets.



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Each stall had traditional fish dishes, fusion dishes and one dish of millet recognising the importance of the International Year of Millets. The fish dishes exemplified the diverse cuisine of the region. The aromatic mix of traditional spices provided an exquisite flavour to the tender fish. The blend of flavours lingered on the palate long even after the meals were over. Different fish dishes were prepared by marinating the fish in a blend of authentic spices before frying the fish to perfection. The dishes had the tangy spice which left one's taste buds tingling.

The stall of Northern and Central region had dishes from Madhya Pradesh, Chhattisgarh, Uttar Pradesh, Punjab and UT of Jammu and Kashmir. Dishes from Madhya Pradesh included Indori fish fry, fish burger, fish cutlet, mangodi, shahi thandai, sewai ki kheer, and Jabalpuria paan. Unique dishes like phara, fish tarii, millet chikki, fish mangodi, amari sharbat were from Chhattisgarh and Amritsari fish fry was from Punjab. Signature dishes of Kashmir were saffron qawah, fish pickle, lotus stem fish curry and shahi feni. Dishes were prepared in a blend of spices, including ginger, garlic and red chilli powder and served with a side of mint chutney.

Bihar and Jharkhand named their stall as "Aapan Bihar Jharkhand" and had dishes like Bihari Litti Chokha, Jharkandi fish fry, multigrain fish parantha, shrimp tempura, malpua and aam pana.

North Eastern Aroma stall had dishes like fish fuchka, fish chowmein and fish chop from Tripura, fish momos and Kimpab from Sikkim, sorsefish and fish pitika from Assam, Sinju from Manipur, ngathu karaing from Nagaland and special fish salad from Meghalaya and Arunachal Pradesh. Stall from West Bengal and Odisha aptly named as 'Banga Kalinga Bhoj' had special dishes of prawn dum alu biryani, chilli fish, fish frankie, Masala coke, Rasgollas and Mandiya kheer.

The coastal state of Maharashtra had a stall named as "Konkan Katta" which had its own unique take on fish, with the signature dishes mackerel fry, mandeli fry, zunka bhakar, kari kolm and solkhadi. The local Koli fishing community also participated and prepared delicious and authentic dishes like fish curry, surmai fry, bhakri, prawn biriyani and prawn curry.

The southern state of Kerala has its own take with a stall named as "Thattukada" and had iconic dishes kappa puzhukku, mackerel curry, seer fish molee, shrimp roast, appam, rice puttu, ragi (millet) puttu, Kerala parotta, Kerala vegetable stew, and payasaam. The fish dishes were prepared by simmering fish in fragrant coconut broth with blend of aromatic spices, like cinnamon, cardamom and cloves which gave an exquisite flavour to the tender fish and the creamy coconut milk a luxurious texture. The fish dishes were enjoyed by visitors with steaming appams and more.



Tamil Nadu a coastal state has fish cuisines which are well-known for its taste. “Tamil Virundhu” was the name of the stall from Tamil Nadu and had dishes Nandu rasam, scrumptious sura puttu, meen varuaval, manpaanai meen kolambu, Chettinad eraal thakku, kezhvarag ladduu, panagam and surulpaasi banam.

The coastal regions of Karnataka are known for their delicious fish dishes that are a blend of traditional and modern cooking techniques. The use of local spices and ingredients gives these dishes a unique flavor that is sure to tantalize the taste buds. Stall from Karnataka was named as “Karunada Saviruchi” and had starters like crab cutlets, fish spirals dry fish chutney, peanut holige and main dishes were prawn ghee roast, squid masala fry, crab sukka, fish curry and prawn birayani along with beverages like muskmelon smoothie.

Andhra Pradesh and Telangana, two states in Southern India have a rich and diverse culinary tradition. The use of a variety of spices, herbs, and unique cooking techniques make the fish dishes of Andhra Pradesh and Telangana stand out. Stall from Andhra Pradesh and Telangana named as “Telugu Ruchulu” had dishes like Nellore chepala pulusu, Hyderabad shrimp dum biryani, Rayalaseema raagi (finger millet) sangati, nizam's fish fry, Andhra royyala vepudu, mamidikaya pulihora and double ka meetha.

CIFE-Post Graduate School Students Union (PGSSU) organised a stall with games and posters and products prepared by students. Agri Business Incubation Unit of CIFE had its stall where incubatees participated. Vegetarian stalls by Institute Joint Staff Council (IJSC) and Ladies club of CIFE catered to the vegetarians.

Visitors were able to appreciate that fish dishes of India are a testament to the rich culinary traditions of India. The diverse flavours and aromas of the iconic dishes, vibrant and colourful festival were savoured and celebrated by all proving once again that fish dishes are culinary prowess of its people.

The Fish Swad Festival also featured an exhibition stall that showcased about CIFE and various aspects of the fisheries sector, including aquaponics, aquarium, biochar, biofloc aquafarming, Swacchtha Action Plan Project, product development utilising fish waste, precision farming, craft and gear, and Integrated Plant Poultry System model. The exhibits were informative and interactive, providing the visitors with an opportunity to learn about the different techniques used in the fisheries industry.

The festival also had exhibitions on sustainable fishing practices, which included information on the importance of maintaining a healthy ecosystem for fish to thrive. Experts from CIFE were present to answer the visitors' queries.



The second Fish Swad Festival-2023 organized by ICAR-CIFE Mumbai was a resounding success that achieved its objective of promoting the consumption of fish and creating awareness about the fisheries sector's importance in India's economy. The festival was well-attended and provided a platform for the visitors to learn about the different aspects of the fisheries industry. The dishes were well-prepared and received positive feedback from the visitors. It was an excellent opportunity for visitors to learn more about the importance of fish and seafood in their diet, the diversity of fish and sustainable fishing practices. The festival not only provided an entertaining day out for visitors, but it also raised awareness about the importance of fish in diets, need for responsible fishing practices and the conservation of aquatic resources. The Organising Secretary of Fish Swad Festival was Dr. Arpita Sharma, Principal Scientist and Head (Acting), FEES Division.

A designer menu card prepared by the students and staff master chefs was released by the dignitaries during the cultural programme. Recipe book on 'Indian Fish Cuisines' was distributed to the dignitaries.

Dr. Himanshu Pathak, Director General, ICAR and Secretary DARE and Dr. J. K. Jena, DDG Fisheries Science appreciated the efforts of ICAR-CIFE, Mumbai specially the PGSSU, students and staff mentors in organizing the event of such a large scale representing all states of India and making it a grand success.

