

Lecture 9b



Processing

Processing



✧ It is important to know how you are going to process your fish

- ✧ Whole - In the round
- ✧ Gutted and scaled
- ✧ Fillets, cutlets
- ✧ Fish cakes, wors?
- ✧ Salted or smoked
- ✧ Fresh vs. Frozen



Processing



- ❧ It is best to try and keep the fish alive until you are ready to start processing
 - ❧ An ice-slurry is the best way to chill your fish
 - ❧ Using a sharp knife make a clean cut through the gill arches and place the fish in the ice-slurry to “bleed-out” and chill.
- ❧ Some customers like their fish “in the round”
 - ❧ Once the fish have chilled dry it off and wrap in cling wrap.
 - ❧ Individually wrapped fish should be frozen before final packaging
 - ❧ Make boxes of wrapped, frozen fish – 2kg, 5kg, 25kg



Processing



- ❧ Most customers prefer the fish gutted and scaled
 - ❧ Start with removing the scales
 - ❧ Gut the fish and clean the abdominal cavity
 - ❧ Head on or head off?
- ❧ Pack fish individually or in small packs 2-4 fish
 - ❧ Individual fish should be wrapped to avoid sticking when freezing
 - ❧ Once the fish are clean and packed freeze them as soon as possible
 - ❧ Once frozen the individual fish/packs can be packaged into larger boxes – 5kg, 10kg, 25kg
- ❧ If fish are to be sold fresh they need to be placed in crushed ice
 - ❧ If the ice is maintained the fish can stay fresh like this for 4-6 days



Processing



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❧ Value adding

❧ Additional processing can increase the value

❧ Cutlet and fillets

❧ People buy with their eyes

❧ Make sure your packaging looks attractive



Processing



- œ Be creative, try new things
 - œ Fish cakes, fish burgers and fish wors



Processing



- ❧ Salting and smoking is a good way to preserve fish
 - ❧ Not everyone has access to ice or freezers
 - ❧ Smoking and salting have effectively been used to preserve fish for thousands of years



Processing



∞ Cleanliness

∞ Maintaining the cold chain

∞ Appearance

∞ Consistency

∞ Remember! Fish do not make you money.... Selling fish makes you money!

