#### CANNING OF MACKEREL FILLETS IN TOMATO SAUCE

**Aim:** To study canning of skinless and boneless mackerel fillets in tomato sauce.

**Introduction:** One of the best products that can be prepared from Indian mackerels is the canning of skinless and boneless fillets in quarter Dingley cans using tomato sauce as the filling medium.

Product Code : MKFT-Mackerel fillets in tomato sauce.

Cans Used : Quarter Dingley can (plain)

Std. Net Weight : 106 grams

Std. Solid Weight : 75 grams (Min)

# **Materials & Equipments:**

Fresh or frozen mackerel of good quality, Caustic soda, tomato sauce, wooden trays, tables, cutting boards, tubs, cans, can closing machines, retort etc.

### **Procedure:**

Raw material

Whole fresh fish (or good quality frozen fish)

Thawing

If frozen material is used.

Weighing

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Lye peeling

: The fish are deskinned in boiling (hot) sodium hydroxide (1%) solution

for  $1 - 1\frac{1}{2}$  minute.

Washing

Wash the lye peeled fish thoroughly in running water for 20 minutes to

remove all the traces of alkali from fish. Otherwise, the alkali adversely

affects taste and flavour due to pH change and also leads to can

corrosion.

Precooking :

By cooking the fish in steam at  $100^{\circ}$ C for 20 minutes.

Cooling	:	The fish are cooled overnight at room temperature to facilitate easy filleting, due to firming of meat.
Filleting and Cleani	ng:	The fish are placed laterally on the surface of planks and fillets are obtained by cutting the fish just above the backbone so as to obtain two longitudinal pieces. The fillets are later cleaned to remove dark meat and any traces of skin, blood clots etc.
Trimming	:	The fillets are trimmed to can size (9.5 cms. for Quarter Dingley cans)
Packing	:	80-85 grams of fillets are packed, either longitudinally or by packing them across the can in two layers with their flat inner surface facing the bottom and top of the container. Add 2.5 grams of table salt per can.
Filling	:	Add hot (85-95 <sup>0</sup> C) tomato sauce to net weight.
Seaming	:	Vacuum seaming or after proper exhausting
Can washing	:	
Retorting	:	At 115 <sup>o</sup> C (10 psi) for 50 minutes
Cooling	:	
Drying	:	
Labeling	:	

Storage

## **Observations:**

Weight of raw material :

Weight of lye peeled fish :

Weight of fish after pre-cooking :

Weight of trimmed fish fillets obtained :

Weight of fish packed :

Quantity of filling media used :

Number of cans produced :

Number of persons involved & hours worked :

## **Calculations:**

Calculate the lye peeling loss, precook loss, trimming loss, filleting yield, canning yield, yield rate and efficiency.