

Production of low-salted dried fish and quality evaluation

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Salted dried fish is a common, low cost protein source among the South-East Asian people. The local traditional dried fish processing techniques resulted high salt contents in dried fish products. The objective of the study was to develop a method to produce dried fish using least amount of salting and to preserve the protein value. *Scomberoides commersonianus* (Talang queenfish or “kattawa”) and *Sardinella gibbosa* (gold striped sardinella or “salaya”) fish were selected. The minimum strength of brine which increase water phase salt (WPS) value more than 3.5% in wet salted fish was determined using a series of brine solution with different salt strength after 45 min of salting. Physical parameters, nutritional value and shelf life of low-salted dried fish were determined using the standard methods. Salting at 10% brine for 45 min was selected as the best salting conditions based on WPS value in salted wet fish. Protein content of low-salted dried kattawa fish was 56.30 ± 1.57 % wet basis whereas in traditional dried kattawa fish contain 45.15 ± 2.28 %. In low-salted dried salaya fish, protein content was 48.27 ± 1.18 % and it was 37.17 ± 1.34 % in traditional dried salaya fish. Salt content of 6-8% was determined in low-salted dried fish samples whereas 12-13% was determined in traditional dried fish of both kattawa and salaya. It has been found that low salted kattawa and salaya dried fish can be kept more than three months in ambient temperature (29-31 °C) by packing with polythene or vacuum packing .

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