

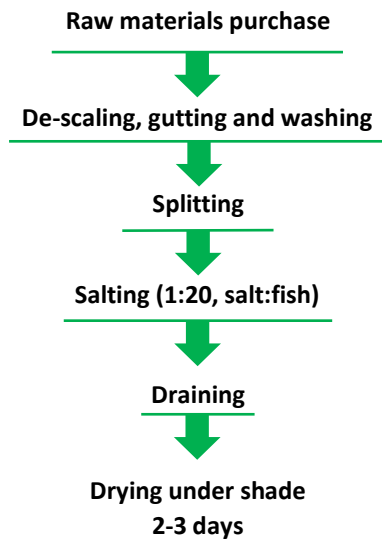
PRACTICE ABSTRACT n° 41

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Salting of farmed fish

Salting is one of the low-cost preservation technologies available to fish processors. Salting has a preserving effect as it extracts water from the fish muscle and transports salt into it. The salt lowers the water activity inside the muscle, making the remaining water less accessible for microorganisms, which inactivates or inhibits microbial growth. The salted fish was prepared using *Barbus* sp., Nile Tilapia and African catfish as follows.

The split and washed fish were sliced into thinner portions (10mm thick). The portions were salted in 1:20 ratio (that is 0.25kg salt for 5kg fresh fish) then put on stainless steel trays overnight slanted at an angle of 20° to aid drainage of excess water. The fish portions were then spread on a raised rack mesh surface at ambient temperatures (26 - 30°C). Portions of large fish were also turned regularly (every 1 hour) and dried for 2 - 3 days.



Process flow of salting

Shade drying of salted fish

The salting technology was used to develop salted fish products with extended shelf life especially for Nile Tilapia.