





PRACTICE ABSTRACT n° 50

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Fish balls, crackers, nuggets, burgers and cakes

Traditionally, the most common preservation methods for fish are smoking, drying and salting. However, secondary fish products such as fish balls, crackers, nuggets, burgers and cakes provide higher value and can be processed from raw materials such as mince from fish carcasses. These products were developed from farmed fish species of Nile tilapia, *Barbus* sp. and African catfish.

Product	Illustration	Product	Illustration
Fish balls 64% fish mince and 36% other ingredients: 18% wheat flour, 11.4% onions, 1.8% bread crumbs, 3.8% fat, 0.7% salt and 0.26% black pepper.		Fish burgers Fish mince (60%), margarine (8%), wheat flour (1.5), starch (2.5%), onion (14%), salt (2%), mixed spices (5.2%)	
Fish nuggets Fish mince (80.24%), water (9.95%), lemon (0.30%), onion (6.01%), spices (0.36%), wheat flour (1.90%), and sugar (0.2%)		Fish cakes Fish mince (277.2g), salt (3.6g), sugar (7.2g), wheat flour (40g), garlic powder (3.6g), cooking oil (7.2g)	
Fish crackers 200 g fish mince, 180 g tapioca starch, 12 g sugar, 13.5 g salt, 30.5 g ice, 3 g MSG, and 2.1 g sodium bicarbonate	