

FLAVORED SMOKED FISH

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ABSTRACT Smoking has been used as a method of preserving food throughout history. Across cultures and continents, fish and meats have been smoked by people so that they could be stored for long periods. Smoked fish is known for its tasty, smoky flavor. No additional condiments are needed to enjoy it because it is packed full of its own natural flavor. Smoking fish may seem like a hassle, but in reality, it is one of the easiest ways to prepare fish. Smoking fish produces a meal that is tender, delicious, and loaded with flavor. The researchers' aimed to develop a process and formulation in preparing flavored smoke fish hence this study was proposed. The researchers determined the correct procedure in preparing two (2) sample treatments and conducted two (2) replications for each treatment. The general acceptability of flavored smoked fish was rated moderately liked by the respondents in all replications in terms of its appearance, taste/ flavor, aroma/ smell, texture and mouthfeel, thus, as a result of the study paved the potential of flavored smoked fish and further exhibited the feasibility for production as additional source of income for fisher folks.

Keywords: fish, smoked fish, flavored smoked fish

INTRODUCTION

Background of the Study

Smoking has been used as a method of preserving food throughout history. Across cultures and continents, fish and meats have been smoked by people so that they could be stored for long periods. Thanks to refrigeration, smoking meat is not done out of necessity anymore, but instead for the enjoyment of the delicious flavor and texture.

Smoked fish started out as a very simple procedure where the flesh was cut and dried slowly over a fire. The drying being a key component of the process because the removal of all the moisture is what prevents bacteria from developing. The chemical properties of the smoke itself also aided in preservation, making for an end product that could be stored for extended periods, or easily packed for traveling long distances.

In Europe and Great Britain during the Middle Ages, smoked fish and meats were necessary to feed people through the cold, desolate winter when food was scarce. Fresh fish could not travel very far, so it was preserved, usually by salting.

Today the smoked fish market is thriving and has been elevated to new heights with a renewed interest in traditional products and methods. Fish smoking has been used as a way of preserving and flavoring food for many thousands of years. Smoking processes and methods have been passed down through generations and are still very much in use today around the world.

Although many of us are lucky enough to have refrigeration, food smoking today is still very popular due to the fantastic taste it imparts and still practice the art of food smoking which forms part of their everyday diets.

Objectives of the Study

The researchers' aimed to develop a process and formulation in preparing flavored smoke fish and conduct acceptability testing of the product.

METHODOLOGY

This chapter presents the criteria of the study, description of the study, evaluation of the study, list of tools and equipment, list of ingredients, procedures in preparing and processing flavored smoked fish and picture documentations during the processing and evaluation of the study. The study was based on related information gathered and studies and/or researches conducted by other researchers which provided basis for making the process and formulation for flavored smoked fish. Part one of the study focused on the formulations and processes in the preparation of flavored smoked fish. The researchers determined the correct procedure in preparing two (2) sample treatments and conducted two (2) replications for each treatment, in which two (2) trials will be done for each sample treatments. Part Two of the study was the conduct of sensory evaluation of the flavored smoked fish as

to appearance, flavor/taste, aroma/ smell, texture and mouth feel. Forty (40) randomly selected students and GSC personnel acted as respondents of the study. Five (5) hedonic scale was used as measure of acceptability of the said product.

List of Tools and Equipment

1. Knife
2. Chopping board/ scissors
3. Bowl
4. Measuring cup
5. Ladle
6. Weighing scale
7. Basin
8. Drying pan

List of Ingredients

1. Fish
2. Salt
3. Batuan
4. Sugar
5. Hot pepper (siling labuyo)
6. Water

Procedures in Preparing Flavored Smoked Fish

Sample 1- Hot & Spicy

1. Prepare tools, utensils and equipment.
2. Weigh fish.
3. Remove the guts of the fish and wash thoroughly.
4. Prepare brine solution, add the flavouring (finely chopped hot pepper) and soak fish for 40 minutes.
5. Prepare pre-cooking brine solution and soak fish until eyes turned white.
6. Drain to remove excess water.
7. Sundry for 1 hour.
8. Smoke fish in smoke house for 30 minutes.
9. After smoking, cool, pack, seal and label.

Sample 2- Sweet & Sour

1. Prepare tools, utensils and equipment.
2. Weigh fish.
3. Remove the guts of the fish and wash thoroughly.
4. Prepare brine solution, add the flavouring (mixture of macerated batuan and sugar mixture) and soak fish for 40 minutes.
5. Prepare pre-cooking brine solution and soak fish until eyes turned white.
6. Drain to remove excess water.
7. Sundry for 1 hour.
8. Smoked fish in smoke house for 30 minutes.
9. After smoking, cool, pack, seal and label.

RESULTS AND DISCUSSIONS

The acceptability of the hot and spicy smoked fish regardless of the replications was rated as like extremely in terms of appearance, flavor, aroma, and mouthfeel. This means that the finished product was acceptable and suit the palate of the respondents.

Table 1. Acceptability of Hot and Spicy Flavored Smoked Fish

Sensory	Replication 1		Replication 2	
	f	%	f	%
Appearance				
Neither like or dislike	0	0.0	0	0.0
Like moderately	11	36.7	4	13.3
Like extremely	19	63.3	26	86.7
Total	30	100	30	100.0
Flavor/Taste				
Neither like or dislike	2	6.7	0	0.0
Like moderately	12	40.0	5	16.7
Like extremely	16	53.3	25	83.3
Total	30	100	30	100
Aroma				
Neither like or dislike	0	0.0	0	0.0
Like moderately	14	46.7	2	6.7
Like extremely	16	53.3	28	93.3
Total	30	100	30	100

The acceptability of the sweet and sour smoked fish regardless of the replications was rated as like extremely in terms of appearance, flavor, aroma, and mouthfeel. This means that the flavored smoked fish was acceptable to the respondents.

Table 2. Acceptability of Sweet and Sour Flavored Smoked Fish

Sensory	Replication 1		Replication 2	
	f	%	f	%
Appearance				
Neither like or dislike	0	0	0	0
Like moderately	11	36.7	4	13.3
Like extremely	19	63.3	26	86.7
Total	30	100	30	100
Flavor/Taste				
Neither like or dislike	3	10.0	0	0
Like moderately	15	50.0	5	16.7
Like extremely	12	40.0	25	83.3
Total	30	100	30	100
Aroma				
Neither like or dislike	3	10.0	0	0.0
Like moderately	12	40.0	8	26.7
Like extremely	15	50.0	22	73.3
Total	30	100	30	100
Texture				
Neither like or dislike	4	13.3	0	0.0
Like moderately	11	36.7	11	36.7
Like extremely	15	50.0	19	63.3
Total	30	100	30	100
Mouthfeel				
Neither like or dislike	2	6.7	0	0.0
Like moderately	12	40.0	9	30.0
Like extremely	16	53.3	21	70.0
Total	30	100	30	100

CONCLUSION

The acceptability of flavored smoked fish was rated moderately liked by the respondents in terms of its appearance, texture/flavor, aroma/smell, texture, mouth feel.

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