

ENGO EM AMAN PE MONAM OR ENGO GATTU NAM. (FISH CUTLETS)

Silo melo ani ani ekurang ilen nam legape boje ko engo em padung. Deke legape, engo lok are sim boje dope, deloke engo em yama dope, boje longe pe mela dope emla angu- angu donam ipe lagi dung, dekepe mila central institute of fisheries e engo cutlet (fish cutlet) emnam aman ko molan botung.

DOPE NAM ATI MONAM LEGA PE EKURANG.

1. Nyuna engo :- 1000g
2. Tulang :- 25 g(approx)
3. Silu mirchi :- 125 ml
4. Take :- 15 g
5. Delap :- 250 g
6. Alu guti (Nyuna) :- 500g
7. Jaluk (powder) :- 3 g(to taste)
8. Clove (powder) :- 3 g
9. Siri pori(powder) :- 2g(to taste)

10. Kesi kepa :- 2 g
11. Rokpi :- 4 Nos
12. Lup rooti powder :- 200g

METHOD OF PREPARATION (AMAN MOLENNAM ADONG)

1. Engo apil dem 20 minutes ko rato ka.
2. Delokrung em ashi em topak toka.
3. Ashik, nyopak delokke engo along em satbin toka.
4. Alo delokke kesi kepa, (powder) em ilik pala deme engo (boiled) delo likto ka delokke ayi rupe soyel suto ka.
5. Tula lo dilap em bazi toku yali dope. Mirsi em lang kesi kepa dem bazi toku. Deme engo nyuna la soyel suto ka.
6. Nyuna alu-gooti, delokke kesi, kepa em engo lo soyel suto kuka.
7. 40 g aping aping mopa la delok rong em rokpi em gatkela ara lok ala lo kerape soyel supala lup rooti powder lo soyel suta ka. Delok rong em ansi na jega lo mepo langka.
8. Delokke rong em doku pe imilo lalen pal tula lo bazi toku ka.

FISH CUTLETS

The product with the increase in mechanization of fishing craft and employment of newer fishing gear, fish landing in general and that of less

important miscellaneous by- catch in particular, have increased considerably in the last few years. for better utilization of the under-utilized fishes, it is necessary to convert the by-catch into diversified and sophisticated fish products. One of the many products developed by the Central Institute of Fisheries Technology is fish cutlets. The basic raw material required for preparation of this product is cooked fish or 'fish kheema' (fish meat picked from whole fish by means of a meat picking machine)

INGREDIENTS

| | |
|------------------|--------------------------|
| Cooked fish meat | : 1000g |
| Salt | : 25 g(approx- to taste) |
| Oil | : 125 ml |
| Green chilli | : 15g |
| Ginger | : 25g |
| Onion | : 250g |
| Potato (cooked) | : 500g |
| Pepper (powder) | : 3g (to taste) |
| Clove(powder) | : 3 g |
| Cinnamon(powder) | : 2g (to taste) |
| Turmeric | : 2 g |
| Eggs | : 4 Nos. |
| Bread powder | : 200g |

METHOD OF PREPARATION

1. Cook fish mince in boiling water for 20min.
2. Drain off the water.(in case of whole fish, dress the fish and cook for 30 min. and drain).
3. Remove skin, scales and bones and separate the meat.
4. Add salt and turmeric to the cooked meat and mix well.
5. Fry chopped onions in oil till brown. Fry chilly and ginger. Mix these with the cooked meat.
6. Add mashed potato and spices and mix well with the meat.
7. Shape 40g each of this in oval or round form, dip in beaten eggs, roll in bread powder and store in deep freezer.
8. Thaw and fry in oil before use.

Translated by (Poyil Kune)

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ENGO CUTLETS

(FISH CUTLETS)



**Krishi Vigyan Kendra
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Arunachal Pradesh
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