

SMOKED DEBONED MILKFISH... ANYONE?



Smoked fish is one of the Philippines' ethnic foods that has evolved through the years. With the development of the deboning process, it gave way to smoked deboned milkfish, a fish which is generally known to have numerous bones and spines.



Smoke deboned bangus is a lightly-salted butterfly-split fillet, smoked to golden brown color with an appealing smoke aroma and juicy texture. The final product generally has an average weight of 180-210 g and 29-33 cm in length. The product packed in polyethylene plastic bags can stay for at least two (2) weeks at refrigerated temperatures. Vacuum packaging can extend the shelf life of the product for another 2-3 weeks at refrigeration.

Through the years, the technology has been adopted by entrepreneurs and fishing companies as one of their product line. The Institute has been regularly conducting trainings on postharvest technologies for milkfish especially milkfish deboning and smoking which would build women capacity in fishing communities.



For the next three years, the Institute intends to further develop smoked- deboned milkfish thru research such as fortification using natural products (bioactive compounds) and flavor addition using herbs with medicinal function. The product can also come in various choice cuts i.e. belly, lean meat, catering the preference of the consumers. Sardines, as raw material, can also be used as an alternative to milkfish, especially during its glut and low cost.



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