An indigenous fermented method of fish preservation

Roy D
Central Muga Eri Research and Training Institute, Central Silk Board, Jorhat – 785700, Assam
Corresponding author email: dinataroy9@gmail.com

Fish is a cold-blooded aquatic vertebrate. It is highly proteinuous and economically important vertebrates. Fisheries resources and products are fundamental components of human feeding and employment. Fish protein compares favourably in amino acid composition with eggs, milk and meal and often have higher values of the essential amino acid methionine, Borgstron, 1962. Fishes are rich in vitamin A, D and iodine. Preservation of fish is therefore of very important for future use. There are many different kinds of fish preservation method such as smoking, drying use of chemical, freezing and use of modified atmosphere storage (Efuvwerevwere and Iweanoge, 1991; Awan and Okaka, 1985). Preservation method of fish is quite simple.

Fig: Dry fishes grinding in motar pestle

“Sidol” is a fermented based fish product prepared mostly by Koch, which is also prepared by Bodo, Rabha and Miching community of Assam. The main component used for the preparation of Sidol are dried fish, tender shoots of Colocasia esculanta burgundy stem and earthen pots.

At first intestine and other internal organs from the fish were removed, cleaned and then dried in sun for about 2-3 days and then dried fishes are smoked for proper dehydration under low flame till they are fully dried. These dried fishes are then grinded with the help of grounding 2:30 i.e 4 month Sidol is ready to cook. The main purpose of this fermented fish product is the addition of flavor, nutrition, taste, and preservation for longer time even during the period of scarcity and non-availability of fishes.

References

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The largest dry fish market of Asia is situated at Jagiroad in Marigaon District