

Milk and fish meat



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Fish balls is a popular convenience food item among the Filipinos. It is a protein rich food prepared from minced fish like dalagang bukid, kalaso and sharks. Boiled fish balls can be kept and stored at freezing temperature for future use. This product is served fried with sweet and sour hot sauce. It is also used in other food preparations and vegetables. Fish Balls Ingredients: 500 g. fish meat 2 tbsp salt 1 1? 2 cup corn starch 1 cup ice water 4 tbsp white sugar Vetsin or MSG (optional) Procedure: 1) Chop or grind fish meat. Wash in cold water twice.

Drain and press to remove excess water. 2) Add salt, white sugar and vetsin. Mix thoroughly. 3) Add cornstarch and water gradually and continue mixing to obtain a homogenized mixture. 4) Form into balls and set in water at 40oC for 20 minutes. 5) Drop balls in simmering water. When balls float, they are already done. 6) Drain and let cool before packing. Store in freezer until ready for use. Deep fat fry for 2-3 minutes. Drain. Serve with sweet and sour sauce. Fish Burger Fish burger is the less expensive version of hamburger, but it is equally delicious and nutritious as the latter.

Fish burger can easily be prepared from chopped fish meat and seasonings and can be stored frozen for future use. Ingredients: 1 kilo fish meat 3 tsp salt 2 tsp pepper 1 1? 2 tsp lemon juice (optional) 1 cup chopped onion 2 pcs eggs 2 tbsp powdered milk or evaporated milk 1 tsp hamburger seasoning Procedure: 1) Chop fish meat. 2) Mix all above ingredients. 3) Mold into patties and fry. Fish Quekiam Fish Quekiam is a very nutritive product which is a mixture of fish meat, shrimp, egg and different vegetables.

The mixture is wrapped in taupee wrapper, sliced thinly and served with sweet and sour sauce. Ingredients: 1? 2 kilo dalagang bukid 1? 4 kilo shrimp meat 1 pc egg, well beaten 1? 2 cup chopped singkamas 1? 2 cup chopped onion 1? 2 cup celery chopped 1? 2 cup chopped carrots 1? 2 cup all purpose flour 1 1? 2 tsp. ngayong powder 1? 2 tsp. pepper 1 1? 2 tbsp. salt Taupee wrapper Procedure: 1) Separate fish meat from skin and bones. 2) Grind or chop fish meat and shrimp. 3) Combine all ingredients thoroughly. 4) Wrap in taupee wrapper or aluminum foil.) Fry in hot cooking oil. 6) Serve with sweet and sour sauce. Sweet and Sour Sauce: 1/4 cup of pineapple juice 1/3 cup white vinegar 1/4 cup of brown sugar and 1/2 cup of white sugar 1/4 cup of ketchup 2 tbsp. soy sauce Vetsin or MSG (optional) 2 tbsps of flour dissolved into a little water. Procedure on how to make sweet and sour sauce: Place the sugar, vinegar, pineapple juice, soy sauce and ketchup in a medium saucepan, and bring to a boil. Then, add the flour mixture to the boiling (on low heat) mix of the other items. Stir continuously until the mixture has thickened.