


**A REVIEW ON NUTRITIONAL ANALYSIS OF SMOKED
FISHES**



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ABSTRACT

Fish has long been considered a good source of animal protein and other nutrients. The level of acidity, weather, processing and storage methods, and temperature during transportation all influence the susceptibility of caught fish to decay and damage. The fishing industry suffers as a result of this. Smoking is one method that can be used to decrease fish damage and spoilage. The purpose of this review is to find the information regarding the effects of smoking on nutritional quality of fishes and how storage time influences on the nutritional quality of the smoked fishes. Protein, lipids, fiber, amino acids, minerals, and vitamins are all present in smoked fish. Denaturation, coagulation, protein digestibility reduction, oxidation, and vitamin loss are the most common chemical composition changes caused by processing methods. Heat can deplete the nutritional value of fish by destroying amino acids, causing protein denaturation, and causing the Maillard reaction. Smoking is one of the processing methods that cause fish protein denaturation, which results in changes in the physical and chemical structure of the protein as well as a decrease in its biological availability. The severity of these changes is determined by the treatment temperature and duration. The final quality of fish and fisheries products is affected by all of the changes. By increasing time period the mineral content decreased in smoked fishes. Due to the loss of moisture during smoking, which concentrate other nutrients in the fish. The higher the lipid and protein content, and the higher the energy density of the fish, the lower the proportion of water.

TABLE OF CONTENT

| | |
|------------------------------------|------|
| ABSTRACT..... | i |
| ACKNOWLEDGEMENT..... | ii |
| ABBREVIATION..... | viii |
| CHAPTER 01..... | 1 |
| 1.0 INTRODUCTION..... | 1 |
| CHAPTER 02..... | 5 |
| 2.0 LITERATURE REVIEW..... | 5 |
| 2.1 Fish as a food..... | 5 |
| 2.2 Chemical composition..... | 5 |
| 2.3 Fish spoilage..... | 6 |
| 2.4 Fish preservation methods..... | 9 |
| 2.4.1 Chilling..... | 9 |
| 2.4.2 Salting..... | 10 |
| 2.3.2.1 Wet Salting..... | 10 |
| 2.4.2.2 Dry Salting..... | 11 |
| 2.4.3 Drying..... | 11 |
| 2.4.4 Fish canning..... | 12 |
| 2.4.5 Marination..... | 12 |
| 2.4.6 Fish irradiation..... | 13 |
| 2.4.7. Freezing..... | 13 |
| 2.4.8 Smoking..... | 15 |

| | |
|--|----|
| 2.4.8.1 Different types of smoking..... | 16 |
| 2.4.8.2 Preservation effect of smoke | 19 |
| 2.5 Nutritional analysis for smoked fishes | 20 |
| 2.5.1 Grass carp..... | 20 |
| 2.5.1.1 Nutritional value changes in the smoked fish during refrigerated storage | 22 |
| 2.5.2 Cat fish (<i>Clarias gariepinus</i>) | 25 |
| 2.5.3 Milkfish (<i>Chanos chanos</i>)..... | 29 |
| 2.5.4 Salmon | 31 |
| 2.5.5 Atlantic mackerel | 32 |
| 2.5.6 Tilapia | 34 |
| 2.5.6.1 Effects of temperature and time on the nutritional contents of smoked-dried Tilapia..... | 34 |
| 2.5.6.1.1 Moisture content | 34 |
| 2.5.6.1.2 Crude protein | 36 |
| 2.5.6.1.3 Crude fibre..... | 36 |
| 2.5.6.1.4 Crude lipid | 37 |
| 2.5.6.1.5 Ash content | 37 |
| 2.5.7 Golden redfish..... | 40 |
| 2.5.8 Rainbow Trout | 42 |
| CHAPTER 03 | 47 |
| 3.0 CONCLUSION | 47 |

REFERENCES i

LIST OF TABLES

| | |
|--|----|
| Table 2.1: Proximate analysis of <i>Clarias gariepinus</i> (%wet basis) | 27 |
| Table 2.2: Mineral analysis of <i>Clarias gariepinus</i> | 28 |
| Table 2. 3: Proximate composition of smoked milkfish steaks. | 30 |
| Table 2.4: ANOVA of effects of temperature and time on the nutritional contents of smoked-dried tilapia..... | 35 |
| Table 2.5: Proximate composition of smoked <i>Oreochromis niloticus</i> with increased storage time. | 38 |
| Table 2.6: Mineral composition of smoked <i>Oreochromis niloticus</i> with increased storage time. | 39 |
| Table 2. 7: Appropriate composition (W/W %) of raw rainbow trout..... | 43 |

LIST OF FIGURES

| | |
|--|----|
| Figure 2. 1: Changes of moisture (% , on wet weight basis) in the smoked grass carp during refrigerator storage at -4 °C up to 40 days. | 23 |
| Figure 2. 2: Changes of crude protein (% , on wet weight basis) in the smoked grass carp during refrigerator storage at -4 °C up to 40 days..... | 24 |
| Figure 2. 3: Changes of lipid content (% , on wet weight basis) in the smoked grass carp during refrigerator storage at -4 °C up to 40 days..... | 24 |
| Figure 2. 4: Changes of ash content (% , on wet weight basis) in the smoked grass carp during refrigerator storage at -4 °C up to 40 days..... | 25 |
| Figure 2. 5: Moisture content of the smoked rainbow trout..... | 43 |
| Figure 2. 6: Protein content of the smoked rainbow trout. | 44 |
| Figure 2. 7: Lipid content of the smoked rainbow trout. | 44 |
| Figure 2. 8: pH content of the smoked rainbow trout. | 45 |
| Figure 2. 9: TVB-N content of the smoked rainbow trout..... | 46 |