

Development of Fish Powder from *Chrysichthys nigrodigitatus* in Instant Fish Soup Mix

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Abstract

Introduction: Soup is a food that is made by combining ingredients such as meat, vegetable in stock or hot/ boiling water, until the flavour is extracted, forming a broth. There is a big demand for dry soup mixes in the global market.¹ Instant dry fish soup has a large stored life. There are millions of people who suffer from malnutrition in the world. Instant soup mix can be a great source of nutrition for them. The deficiency of the protein can be minimized by supplying instant fish soup². *Chrysichthys nigrodigitatus*, Silver catfish was used in this study. The objective of this study is to formulate soup mix as a complete instant food from an indigenous fish species.

Methodology: Silver catfish, tomato and cabbage, sugar, salt, spices were collected from local market in Lagos state.

Preparation of fish powder: Fish were cleaned, headed, and gutted, filleted, and skinned. Fish fillet was treated and cooked at 100°C for 10 minutes with 2% vinegar solution. Fillet was checked for all bones and dried for 4 hours at 60° C.

Preparation of vegetable powder: **Tomato** and cabbage slices were treated and dried in a cabinet dryer for 4 hours at 60° C.

The dried fish, tomato and cabbage were milled into powder and stored at room temperature in an air-tight container.

Preparation of Spices Powder: The spices consist of Cinnamon, West Africa pepper, Nutmeg and Cloves.

RESULTS AND DISCUSSION: Selection of ingredients: *Chrysichthys nigrodigitatus* (silver catfish) was selected for its excellent taste and flavours, it is also an economically important indigenous fish.

Conclusion: Development of instant Soup mix using indigenous fish species is a novel value-added product in Nigeria aquaculture sector with nutritious and economic potentials. However further research is required.

REFERENCES

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