

FISH FLAVOURING

This invention relates to a process for preparing a fish flavouring for food, and to a method of flavouring food.

- 5 The invention will be discussed in relation to anchovies but it is to be understood that it is applicable to other species of fish used for flavouring food.

Traditionally anchovies have been used for flavouring food, e.g. to add spice to various dishes including soup. Conventionally whole fresh anchovies are simply added to the dish to be flavoured. This is very wasteful; most of the nutrients in the anchovies are wasted, and, what is more, very often the presence of the anchovy bones renders the dish less pleasant to eat, so it is necessary to go through the tedious exercise of de-boning these very small fish.

It is an object of the present invention to alleviate these known disadvantages.

- 20 According to a first aspect of the present invention there is provided a process for preparing a fish flavouring for food, which process comprises drying fish to remove substantially all moisture therefrom, comminuting the dried fish to a mean particle size of from approximately 45 to 1,000 microns, and packing
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the comminuted fish in a porous-walled container therefor, the pores of the walls of the container being selected to be less than the mean particle size of the comminuted fish contained therewithin.

- 5 Preferably the fish are whole fresh anchovies. Although the drying of the fish may be carried out by any suitable method, e.g. sun-drying or by means of microwaves, it is preferred to dry the fish by a gradual step-wise heating process in an oven. For
10 example, in a preferred embodiment, whole fresh anchovies are heated at temperatures from 180°C increasing to 260°C over a period of 3 hours. It is important that the drying process should be a gradual one so that although substantially all moisture is
15 removed from the fish, the colour, texture and nutrients within the fish are not significantly impaired.

The comminution of the dried fish may be carried out by any suitable method. It is preferred that the
20 dried fish be ground in a grinding machine, such as, for example, is commercially available for food processing.

The container for the comminuted fish is preferably a bag or envelope. Although the bag may be made of
25 cloth or textile material or indeed any suitable perforated sheet material, it is preferred to use porous paper, e.g. filter paper. The walls of the

container must have a pore size which is less than mean particle size of the comminuted fish. Basically, the pore size should be such that the majority of the particles of fish are retained with the container but such
5 that a relatively free flow of liquid through the walls of the container is permitted to allow efficient extraction from the fish particles of flavour, nutrients and colouring. The thickness of the paper may be 0.02mm.

Packing of the comminuted fish into the containers may be
10 effected either manually or by the use of suitable machinery. Automatic packaging machines are commercially available and can be used in the process of the present invention.

According to a second aspect of the present invention
15 there is provided a fish flavouring for food which comprises a porous walled container containing comminuted dried fish having a mean particle size of from 45 to 1,000 microns, the pores of the walls of the container being less than the mean particle size of the comminuted dried
20 fish therewithin.

According to a third aspect of the present invention there is provided a method of flavouring food which comprises adding to the food a fish flavouring as defined above.

An embodiment of the process of the present invention will now be described by way of example only.

Whole fresh anchovies are dried to remove substantially all moisture therefrom by subjecting the fish to gentle stepwise heating according to the following regime:

	<u>Temperature °C</u>	<u>Duration (mins)</u>
	i) 180	30 approx.
	ii) 200	30 approx.
10	iii) 215	30 approx.
	iv) 230	30 approx.
	v) 240	30 approx.
	vi) 260	30 approx.

The dried anchovies are then ground in a grinding machine to fine particles. The mean grain size achieved by the grinding is from 45 to 1,000 microns.

The dried, ground anchovies are then packed, using automatic packaging machinery, into paper envelopes of dimensions approximately 6 x 9.5cm which are then sealed. The paper of which the envelopes are made is filter paper having a thickness of 0.02mm.

The end result is a bag which can be used to add flavour to foodstuffs and which is convenient and efficient to use.

It is to be understood that the invention may be performed otherwise than as has been particularly described; the invention includes within its scope all changes or variations thereto that would be
5 apparent to one skilled in the art.



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Claims

1. A process for preparing a fish-flavouring for food, which process comprises drying fish to remove substantially all moisture therefrom, comminuting the
5 dried fish to a mean particle size of from 45 to 1,000 microns, and packing the comminuted fish in a porous-walled container therefor, the pores of the walls of the container being selected to be less than the mean particle size of the comminuted fish contained therewithin.
- 10 2. A process according to Claim 1, wherein the fish are anchovies.
3. A process according to Claim 1 or 2, wherein the fish are dried by heating.
4. A process according to Claim 3, wherein the fish are
15 dried by gentle, stepwise heating.
5. A process according to any one of the preceding Claims, wherein the container is a bag or envelope of paper having a wall thickness of approximately 0.02mm.
6. A process according to Claim 1 for preparing a fish
20 flavouring for food, substantially as hereinbefore described.



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7. A fish flavouring for food which comprises a porous walled container containing comminuted dried fish having a mean particle size of from 45 to 1,000 microns, the pores of the walls of the container being less than the
- 5 mean particle size of the comminuted dried fish therewithin.
8. A fish flavouring for food according to Claim 7, substantially as hereinbefore described.
9. A fish flavouring for food, when prepared by a
- 10 process as claimed in any of Claims 1 to 6.
10. A method of flavouring food which comprises adding to the food a fish flavouring as claimed in any one of Claims 7 to 9.
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