

ALIEN PROPERTY CUSTODIAN

METHOD FOR PREVENTING THE DISAGREEABLE ODOUR OCCURRING IN THE COOKING OF SEA FISH

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It is generally known that sea fish, in spite of their high nutritive value and their relatively low price, are not used as food by the whole population because only few people can stand the disagreeable odour produced at the preparation of the fish (boiling, frying, baking) and which is also present in the prepared food.

The method according to the invention has for its object to overcome this objection, that is the development of the disagreeable odour, and to considerably improve the aroma and taste of the fish and the nutritive value thereof. The method according to the invention consists in that fruit pulp or a concentrate, distillate or dry product obtained from fruit, by which the disagreeable odour appears to disappear entirely, is added to the fish during the cooking. According to another feature of the invention vegetable pulp, some vegetable concentrate or extract may be used in addition to the fruit pulp, tomato pulp with the fruit pulp which is always used having been found to be particularly suitable. Furthermore, the method according to the invention may be applied to give a certain aroma to the prepared fish by the additional of a small quantity of citric acid which imparts a certain spice to the prepared fish. The proportion of the fruit pulp (pulp, concentrate, distillate, dry product) to the vegetable substance, used in carrying out the invention may be from 15:1 to 5:1, but is preferably 10:1. For producing the fruit pulp used for carrying out the invention, cleaned fruits, such as pears, apples, apricots or the like, are boiled and then the fruit flesh (fruit pulp) is obtained therefrom. The tomato pulp may be added to this fruit pulp still in aqueous state in a proportion of about 1:10. After the mixture thus obtained has, if desired, been flavoured by the addition of a small quantity of citric acid and in some case essence of lemon, the mass is evaporated to a fraction of its former volume. Hereupon the preparation obtained is decanted

and evaporated, and is then ready for use in the method according to the invention.

In carrying out the method according to the invention a suitable quantity of the preparation obtained in the manner described, or only the fruit pulp alone is stirred before commencing the cooking of the fish, into the still cold oil mostly used for frying and baking or into the water used for boiling. When the oil or water thus prepared has been heated to boiling point the fish is introduced and cooked in the usual manner. Care must be taken that the oil or water covers the fish in the pan or kettle and does not splash out during the cooking process. The method can also be carried out by stirring the fruit pulp or the other additions into the egg diluted with a small quantity of water and used for dressing with bread-crumbs, whereupon the washed and well salted fish is dressed in the usual manner in flour, egg and bread-crumbs and cooked floating in good table oil; when frying the fruit pulp and also the other additions can be stirred in a small quantity of water instead of being introduced into the cold oil in the manner above described, the fish being then drawn through this solution, if desired rolled in flour and bread-crumbs and fried quickly in good table oil. It is emphasized that the use of fruit pulp or of a fruit concentration, fruit distillate or dry product alone suffices for eliminating the objectionable odour and this simple addition is used in the same manner as the admixture composed of fruit and vegetables. It is evident that all other kinds of vegetables or additional admixtures can be used besides tomatoes, either in the form of a concentrate or of an extract.

By using the method according to the invention the known objectionable fish smell is not noticeable at all, whereas the aroma and taste of the fish are considerably improved.

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