

SRI LANKA STANDARD 1017: 2010

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**CODE OF HYGIENIC PRACTICE FOR
SALTED AND DRIED SALTED FISH
(First Revision)**

SRI LANKA STANDARDS INSTITUTION

Sri Lanka Standard
CODE OF HYGIENIC PRACTICE FOR SALTED AND DRIED SALTED FISH
(First Revision)

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FOREWORD

This Sri Lanka Standard was approved by the Sectoral Committee on Agricultural and Food Products and was authorized for adoption and publication as a Sri Lanka Standard by the Council of the Sri Lanka Standards Institution on 2010-10-15.

Salting is one of the oldest methods of food preservation. Many other techniques of fish preservation use salt either as a condiment or an auxiliary preservative. Although some smoked fish may be heavily salted, they are considered to be smoked because of their characteristic smoked flavour and these practices are not covered in this standard. For the purpose of this Code, “salting” is that process of preservation in which salt is the main preservative used.

There are three major techniques of salting as described in this Code : brining , a process by which fish is salted in a previously prepared water solution of salt ; dry-salting, where the fish are salted with dry crystalline salt and the resulting brine liquor is allowed to escape ; and pickling, in which the fish is salted in a manner similar to dry-salting but the exuded liquor is retained. In the latter process, brine may be added.

Salt acts upon fish as upon other foods by withdrawing water from the tissue. Fish flesh is made up of 75 to 80 per cent water (in the case of really fatty fish 60 to 65 per cent) and through the action of diffusion and osmosis, this water can be partly replaced by salt. The water which diffuses from the fish becomes saturated with the surrounding salt and is termed “pickle”. Dry –salting results in a rapid loss of weight by the fish, while with “wet” salting, after an initial weight loss there is a gradual weight gain. Salt uptake and water loss are influenced by the fat content of the fish, thickness of the flesh, freshness, temperature, chemical purity of the salt and other factors. Fat acts as a barrier both to the entry of salt and withdrawal of water. This water loss becomes increasingly slower with more fatty fish.

This Code was first published in 1994 and is being revised with a view to updating it with the latest publication of Codex Alimentarius Commission, i.e. Code of Practice for fish and fishery products-CAC/RCP 52 – 2003 (2008).

This Code is subject to the restrictions imposed under the Food Act No. 26 of 1980 and the regulations framed thereunder, wherever applicable.

The provisions of this Code are supplemental to and should be used in conjunction with, the SLS 143-Code of Practice for General Principles of Food Hygiene. In revising this Code, the assistance derived from the publications of the Codex Alimentarius Commission (CAC) is gratefully acknowledged.