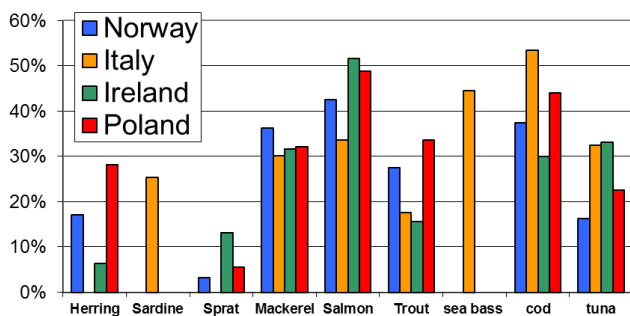


ProHealth – Innovative processing to preserve positive health effects in pelagic fish products

ProHealth is a research project that aims to develop a comprehensive toolbox of optimized existing and novel technologies for developing healthy, high quality, safe and sustainable fish products from pelagic fish species

Fish species considered as the best for health



Consumer studies showed that consumers buy fish products because they are healthy. Among fish species mackerel is considered as one of the most healthy fish. Moreover, less processed products are preferred by consumers.



Mackerel fillets storage studies showed that superchilling storage can prolong the shelf life from 7 d at chilled storage to 14d at super-shilled storage. The quality was evaluated by microbiology, biogenic amines and K-value.



High pressure pre-treatment (HPP) can reduce the microbiological contamination of the fish fillets, however, the mackerel fillet color became more whitish. A considerable improvement of colour characteristics and texture was achieved when HPP was combined with smoking. Therefore, HPP is considered as a promising treatment to extend the shelf-life of smoked mackerel.

Final product (fish cakes, sous-vide fish, canned herring products) studies:

- Suggested improved technology for canned products for the Polish market.
- Identified features to enrich traditional fish-cakes with omega-3 fatty acids.
- Observed challenges for Sous-vide mackerel product that should be solved.

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