

2 minutes application break

# Fish meatballs

## Facts

**Origin** Ancient civilizations

**Dates back** Middle Ages

**Ingredients** Ground fish, breadcrumbs, eggs, and spices

Fried or baked as a main dish or appetizer

## MixSing Process



### Design

Shear	CFD simulations confirms $>200,000 \text{ s}^{-1}$
Design	According to European legislation and CE marked
Hygiene	Complying with EHEDG guidelines
Viscosity	Up to 75,000 cP
Accessories	Vacuum system, scrape agitator
Materials	Stainless steel: AISI 316L. All materials: EC 1935

## Insight

Fish meatballs, or fish balls or dumplings, are traditional dishes made from ground fish, breadcrumbs, and various seasonings.

They have a long history dating back to ancient times and are a staple in many cuisines worldwide.

The origins of fish meatballs can be traced back to ancient civilizations, such as Greece and Rome, where fish was commonly used in cooking. In the Middle Ages, fish meatballs were a popular way to use leftover fish by grinding it and mixing it with various ingredients such as breadcrumbs and seasonings to create a flavorful dish.

Fish meatballs are typically made by mixing ground fish with breadcrumbs and seasonings such as salt, pepper, and herbs. The mixture is then shaped into balls and boiled, fried or steamed. Some variations of fish meatballs include adding different types of fish, such as salmon or cod, or using different seasonings, such as curry powder or ginger, to create unique and diverse flavours.

Fish meatballs are commonly served as a main course, side dish or appetizer. They are often paired with a dipping sauce or a salad. Fish meatballs are also popular street food in many countries, such as Japan and

South Korea, where they are often served as a snack or a quick meal. They are also a popular ingredient in many home-cooked meals as it is easy to make and can be stored for future use. Fish meatballs are also widely used in many professional kitchens and are considered essential in creating a wide range of dishes. Fish meatballs are also a staple of many Asian cuisines, particularly in Southeast Asia, where they are often served in soups or stir-fries.