

# A Review Paper-An Elaboration on Fleshy Ancient Appetizers

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**Abstract-** The appetizers or probiotics is the major component of food that increases taste to the food, the probiotics or also commonly known as pickles, without which the platter would be emptier. The pickles undergo an act of brining which is preserved by oil for months together. The pickles are the taste makers that can make tasty even a pot of porridge! It is eaten by almost all class of people. In this paper a detailed description of all the fleshy(non-veg) probiotics which is consumed by almost most part of the country, the non-veggies almost love this pickles very much as it serves to be their day-to-day side dish. In this paper we are going to discuss about chicken pickle, prawn pickle, mutton pickle, mutton keema pickle, fish pickle, quail pickle, buffalo meat pickle. Let us discuss about this non-veg pickles in this following lines.

**Keywords:-** Appetizers-loved by all-non veg pickles chicken pickle, prawn pickle, mutton pickle, mutton keema pickle, fish pickle, quail pickle, buffalo meat pickle.

## I. INTRODUCTION

### 1. Pickles (Probiotics):



Fig 1. Pickles

Pickles are;

- A piece of food and especially a cucumber that has been preserved in a solution of salt water or vinegar.
- A mixture of salt and water or vinegar for keeping foods: brine.

### 2. Pickles-Surname:

Pickles are a class of food that is used worldwide by millions of people as a sidedish. A plate without pickle is an incomplete one.

- In U.S pickles is the name for a pickled cucumber
- In Britain, a sweet vinegary pickled chutney popularly known as sweet pickle, ploughman's pickle, Branston pickle.
- In South Asia, they call it as Achar.

The most important used in pickling is anaerobic fermentation in salt or brine water or immersion in vinegar. The ph should be maintain below 4.6 or at 4.6 because at this ph only the bacteria contaminates.

At normal temperature the lactic acid bacteria is produced. At low salt concentration and temperature *Leuconostoc mesenteroides* dominates and produces acids, alcohols, aroma. And at higher concentration, *Lactobacillus plantarum* dominates. The fleshy and meat pickles are discussed one by one in the following lines.

## II. TYPES OF FLESHY PROBIOTICS: METHODOLOGY AND USES

There are about 7 types of fleshy appetizers that are used worldwide, they are:



Fig 2. Types of pickles

### 1. Chicken Pickle:



Fig 3. Chicken Pickle.

**1.1 Ingredients:** Boneless chicken, condiments, vinegar, water, red chilly powder, garlic, cloves, oil, turmeric powder, lemon juice.

**1.2 Condiments:** Fenugreek seed powder, mustard seed powder, turmeric powder, red chilli powder, salt, garlic, cloves.

**1.3 Storage:** 6 months

**1.4 Importance:** Good source of proteins, Good source of vitamins and minerals, Full of antioxidants

**1.5 Advantages:** Improves digestion, metabolism, controls blood sugar, provides electrolytes.

### 1.6 Methodology:

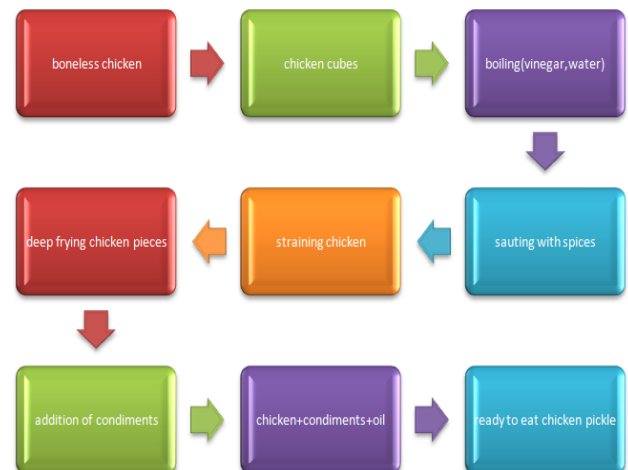


Fig 3. Method To Make Chicken Pickle

### 1.7 Nutritional analysis of chicken pickle:

Table 1. Nutritional facts per 100 grams.

carbohydrates	12g
proteins	18g
fat	35g
Calories	430 Kcal
Sugar	<1g
sodium	1g

### 2. Prawn Pickle (BALCHAO):



Fig 4. Prawn Pickle

**2.1 Ingredients:** Prawns, oil, onions chopped fine, tomatoes, garlic paste or cloves, ginger paste or cloves, cumin seed, mustard seeds, cinnamon, cloves, sugar, vinegar and salt.

#### 2.2 Storage:

- 6 months (coconut vinegar)
- 10 months (cane vinegar)

**2.3 Importance:** low cholesterol, high level of vitamin B12, good source of protein.

## 2.4 Methodology:



Fig 5. Method to make prawn pickle.

### • Paste Making:

ginger+garlic+roasted spices+vinegar

## 2.5 Advantages:

- Produces omega 3 fatty acids which acts against dementia and Alzheimer's disease.
- Prawns are also rich in selenium, which is known to have cancer fighting properties.
- Low level of calories.

## 2.6 Nutritional analysis of prawn pickle:

Table 2. Nutritional facts per 100 grams.

protein	12g
carbohydrates	5g
fat	38g
calories	415 Kcal
sugar	6g
Sodium	1.5g

## 3. Mutton Pickle:



Fig 6. Mutton Pickle

**3.1 Ingredients:** Boneless mutton pieces, salt, turmeric powder, ginger garlic paste, water, condiments.

## 3.2 Methodology:

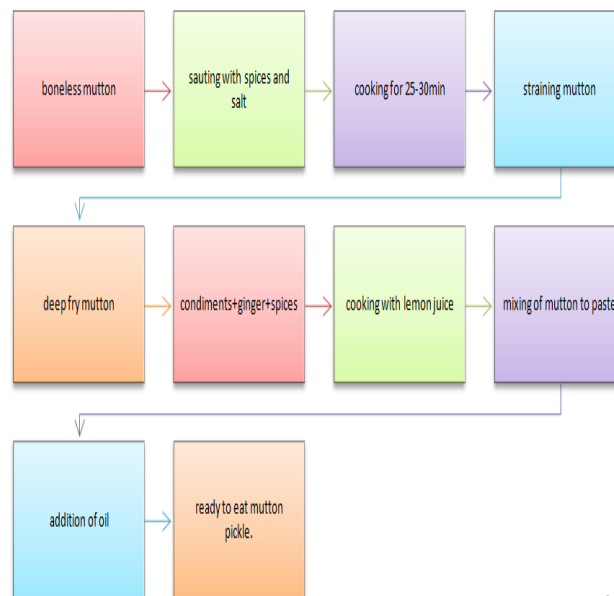


Fig 7. Method to make mutton pickle.

- **Pastemaking:** Condiments+garlic+ginger+spices + lemon juice.
- **Deep frying mutton:** Golden brown colour

## 3.3 Storage:15 days.

- Notes:
- Not on high flame.
- Tempering can also be done.
- Need more oil.

## 3.4 Importance:

- Meat has rich protein content with amino acids, zinc, iron, selenium.
- Abundance of vitamin A,B,D.

**3.5 Advantages:** Stronger for bones and CNS, boost probiotic content of food.

## 3.6 Nutritional analysis of mutton pickle:

Table 3. Nutritional facts per 100 grams.

Protein	14g
Carbohydrates	13g
Fat	36g
Calories	435Kcal
Sugar	6g
sodium	1.5g

#### 4. Mutton Keema Pickle:



Fig 8. Mutton Kema Pickles.

**4.1 Ingredients:** Mutton keema or minced meat, ginger garlic paste, red chilly powder, coriander powder, turmeric powder, salt to taste, oil.

#### 4.2 Methodology:

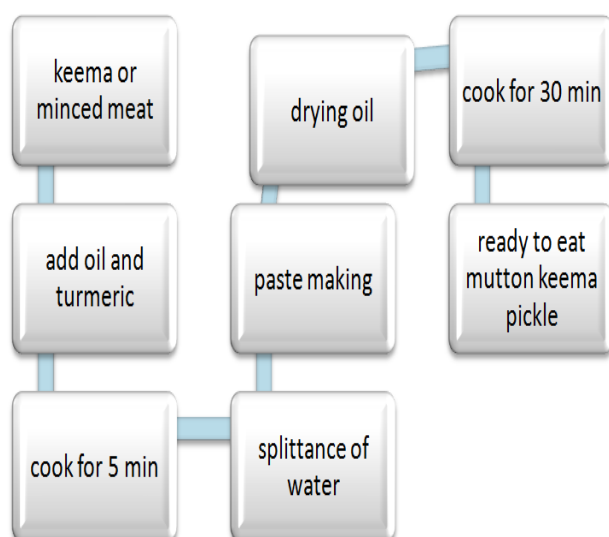


Fig 9. Method To Make Mutton Keema Pickle.

- **Paste Making:** Ginger garlic + turmeric + chilli powder + coriander powder + salt

**4.3 Storage:** 4 days to 10 days.

- Notes:
- Store it in fridge
- Do not keep it in sunlight
- Avoid using wet spoons to serve the pickle.
- Don't put back anything in bottle.
- Always maintain a layer of oil on top.

**4.4 Importance:** Vit B12, selenium, zinc, phosphorous, iron, niacin.

**4.5 Advantages:** Mutton keema is the best source to fight against cancer and avoid inflammation.

#### 4.6 Nutritional analysis of mutton keema pickle/100 grams:

Table 4. Nutritional facts per 100 grams.

protein	12g
carbohydrates	16g
fat	42g
Calories	492Kcal
sugar	7g
sodium	1g

#### 5. Fish Pickle:



Fig 10. Fish Pickle.

**5.1 Ingredients:** Tuna fish, ginger, garlic, green chillies, curry leaves, red chilly powder, turmeric powder, mustard seeds, fenugreek seeds, cumin seeds, vinegar, salt, sesame oil.

#### 5.2 Methodology:

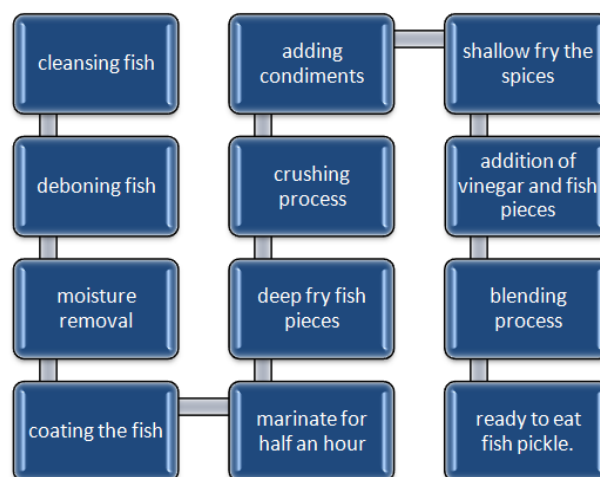


Fig 11. Methods To Make Fish Pickle.

- **Coating Process:** Fish+salt+turmeric+red chilly powder.
- **Crushing Process:** Mustard+cumin+fenugreek seeds.
- **Blending Process:** Saving for two days under sunlight.

### 5.3 Storage: 1 month

### 5.4 Importance:

- Filled with omega-3 fatty acids and vitamins such as D and B2 (riboflavin).
- Fish is rich in Ca and P and a great source of minerals such as iron, zinc, magnesium, potassium.

### 5.5 Advantages:

- Increases digestion
- They help in maintaining haemoglobin levels in anemic people.

### 5.6 Nutritional analysis of fish pickles/100 grams:

Table 5. Nutritional facts per 100 grams.

cholesterol	2.4g
sodium	270.1mg
carbohydrates	0.4g
protein	0.7 g

## 6. Quail Pickle:



Fig 12. Quail Pickle.

- 6.1 Ingredients:** Quail meat (70%), dry chilli, garlic, ginger, tomato, curry leaves, chilli powder, pepper powder, turmeric powder, fenugreek powder, fennel seed powder, garam masala, salt, mustard, vinegar, gingelly oil, sunflower oil.

## 6.2 Methodology:



Fig 13 method to make quail pickle.

### 6.3 Storage: 4 days.

- 6.4 Importance:** Good source of protein, good source of vitamins, full of antioxidants.

### 6.5 Advantages:

- Improves bone strength
- They can detox our bodies.
- They boost concentration
- They can help relieve depression
- Help to speed up recovery.

### 6.6 Nutritional analysis of quail meat pickle/100g:

Table 6. Nutritional facts per 100 grams.

Protein	10g
Carbohydrates	12g
Cholesterol	0.5g

## 7. Buffalo Meat Pickle(Beef Pickle):



Fig 14. Beef Pickle.



**7.1 Ingredients:** Beef, red chilli, turmeric powder, condiments, oil, water Vinegar.

## 7.2 Methodology:

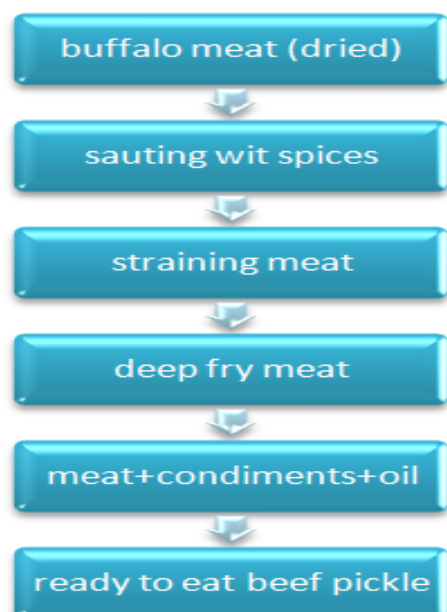


Fig 15. Methods To Make Beef Pickle.

**7.3 Storage:** 3 days

**7.4 Importance:** Good source of proteins, vitamins and anti oxidants.

**7.5 Advantages:** Builds immunity, improve digestion, prevents ulcers, reduces sugar levels.

## 7.6 Nutritional analysis of beef pickle/100g:

Table 7. Nutritional facts per 100 grams.

Protein	30g
Carbohydrates	0.6g
Sodium	15g
fat	29.7g

## III. CONCLUSION

Thus in this paper we had a thorough look on the different types of pickles and also this pickle are said to be good in looking, tasteful to eat and delicious to experience. These fleshy appetizers are produced by almost most of the countries, in which these probiotics serves the major part of the platter.

Table 8. Quality Of The Pickle.

Pickles	Taste	Appearance	Quality
1.Chicken Pickle	Sour	Soupy Texture	Fine
2.Prawn Pickle	Sour and Spicy	Thick	Fine
3.Mutton Pickle	Salty	Thick	Fine
4.Mutton Keema Pickle	Sour and Salty	Dried and Minced	Fine
5.Fish Pickle	Salty	Juicy	Fine
6.Quail Pickle	Sweet and Salty	Thick	Fine
7.Beef Pickle	Spicy	Thick	Fine

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