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Bhoy Palvo (Cooked hilsa in sand): Fish product prepared by traditional cooking in sand among fisher communities at Diu region

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Abstract

In Diu, Coastal belt is full of fisheries activity regarding marine fish capture. Mostly fisherman community living on marine fishing activity. BHOY PALVO (Cooked hilsa in sand) is one type fish product which is prepared by traditional cooking in sand among fisher communities at Diu region. This dish is most favorite among fisherman community in many function, celebration etc in Diu area.

Keywords: Bhoy Palvo, cooked hilsa, cooking in sand, *Tenualosa ilisha*

Introduction

Seafood can significantly contribute to our nutrient needs, because it is a source of high-quality protein, vitamins and minerals while being low in saturated fat ^[1]. Protein is the most important constituent of fish from the nutrient point of view ^[2]. Fisher communities preferred different fishes, shrimps and shark varieties in their diet. Global demand for sharks and rays derived products ^[3]. Many other fish products prepared from shark and ray fish in Diu region.

Diu is a town in Diu district in the union territory of Daman and Diu, India. Fisheries sector contributes in socio-economic developments of the U. T. of Daman & Diu. Fisheries sector is one the major source of livelihood for economically backward population ^[4]. Three major fish landing centers viz. Vanakbara, Ghoghla and Diu. As per marine census ^[5] fishermen population of Diu region was 28143. In Diu region, different fish preservation techniques like chilling, freezing and drying are common for short or long terms storage.

Fisherman communities preferred different fish products using different methods like frying, boiling, broiling, grilling etc. Bhoy Palvo is traditional fish product in which "Palvo" (Hilsa) fish cooking in "Bhoy" (sand) using heating. Mostly this product prepared in Diu, Nagao beach and Vanakbara area. This traditional product prepared in sea sand near shore area. Some people collect sand and prepared fish in big container.

Fish Species: *Tenualosa ilisha* (Hilsa) is commonly used for traditional product.

Procedure for preparation of indigenous product (Bhoy Palvo)

- Fresh raw material collected from fish market and harbor.
- Washed with potable water, than cut on dorsal side one deep scored and removed the gut and viscera for completely cleaning the inner portion. Empty portion was used for filled ingredients.
- Again washed with potable water to removed blood and other slime.
- Marinated fish by using salt, vinegar and lemon for 15 min.
- After filled with some ingredients.
- Some tomato pieces, onion pieces, garlic pieces, butter and garlic, ginger and green chili paste shacked and cooked for 1 to 2 min.
- Filled the ingredients step by step 1st wrapped by butter and then wrapped by paste which already ready and then filling the pieces of tomato, garlic and onion.
- Fish product covered with aluminum foil and again covered by leaves and tight with thread and keep for 2 to 3 hours.

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- Prepared pit in sand and fire some wood pieces in the pit & wait for burned coal. Prepared fish put on burned coal which was already ready and then some burned coal keep on fish and then wrapped with sand for 1 hour for cooking.
- Cooked fish dish was ready for eat.

Table 1: Ingredients for preparation of fish product.

Sr. No.	Particular	Quantity	Sr. No.	Particular	Quantity
1.	Hilsa fish	500 gm	8.	Butter	25 gm
2.	Ginger	50 gm	9.	Vinegar	10 ml
3.	Garlic	50 gm	10.	Salt	As per Requirement
4.	Green Chilly	50 gm	11.	Vegetable oil	One table spoon
5.	Lemon	1 no.	12.	Aluminum foil	As per Requirement
6.	Onion	1 no.	13.	Leaf	As per Requirement
7.	Tomato	1 no.			

*Tenualosa ilisha*

Stuffed Hilsa



Covered with leaves



Final Bhoj Palavo product

Conclusion

In Diu region, People from fisherman communities prepared traditional fish product specially hilsa fish using sea sand. BHOY PALVO is traditional product having less oil as compare to fried hilsa. It contain specific odour and taste, which give attraction to consumer.

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