

## **TekPinoy.biz #42: Bottled Dried Fish (Tuyo) in Oil**

### ***Matuto at kumita!* Cook your way to wealth**

Have you ever wondered how you can reach financial freedom in spite of the COVID-19 pandemic?

If you are out of a job or desiring to leave one and feeling cooped up at home, there is a flavorful, easy way out.

"*Kitang-Kita Na sa TekPinoy.biz Series of ITDI*" is the turn of the year learning tool for you. Let the Industrial Technology Development Institute (DOST-ITDI) teach you 55 simple and cheap ways to prepare meat, fish, fruits, and vegetables. For the manly type - muscle up with 14 machine-based technologies.

***Below is TekPinoy.biz #42: Bottled Dried Fish (Tuyo) in Oil.***

#### **Gourmet seafood cooking with *Tuyo***

Who would have thought that gourmands will find our local dried fish or '*tuyo*' delightfully different as to categorize it as a gourmet food?

But, first things first. Let's have a lesson on vocabulary. The terms Gourmet and Gourmand used to describe an individual who enjoyed overeating. Times have certainly changed. The term gourmet has evolved since the 1700s; it lost its derogatory connotation and has been rehabilitated to describe a highly desirable type of food.



This is where our dried fish or *tuyo* comes in. Gourmet foods are prized for their exclusivity often due to scarcity such as the case of the Italian white truffle or caviars that cost hundreds of dollars per ounce. Many foods are characterized as gourmet due to accessibility, cost, and origin.

Our *tuyo* may have been included in the list because of its intensive preparation prior to bottling. For the untutored, '*tuyo*,' meaning dry, is a salted dried fish, usually *tunsoy* or herring, *tamban* or sardine, and *tawilis* or *Fringescale sardinella*.

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Frying in oil produces a pungent smell. In some places like Germany, *tuyo* is called 'stinky fish.' Its relatively cheap price with cooking requiring no more than a spoonful of oil has some label it as "*pagkaing mahirap*" or poor man's food.

Now, this poor man's fish is slowly taking over the food tables of the rich.

At ITDI, an innovative method of preparation has eliminated the strong, stinking smell of fried *tuyo*, replacing it with a nice nutty aroma. The addition of carrots, sliced sweet pickles, whole black peppercorns, *siling labuyo*, bay leaf, and corn oil has completely changed *tuyo*'s food notes.

What's more, ITDI explored bottling *tuyo* in oil as flakes or whole, either fried or as it is.

As a healthy appetizer, because it has low-fat content, gourmands have used *tuyo* in pasta dishes, as topping in Greek salads with black olives and balsamic vinegar, and in unsalted crackers, among others.

Bottled Dried Fish (Tuyo) in Oil is Series No. 42 of ITDI's livelihood technologies under its "*Kitang-Kita Na sa TekPinoy.biz Series*" for free. It can be accessed at <http://bit.ly/ITDILivelihoodSeries>.

Parties can request for online techno demonstration of technologies included in the series.

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