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Using Green Cold Pressing to Produce High Quality Fish Oil From Industrial Salmon Waste

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ABSTRACT

The main objective of this research was to determine the amount of oil fish were extracted from fish west resulted from butchering, cutting and splitting processes before salmon smoking by using cold pressing methods. The amount and the characteristics of extracted of oil were tested at Regional Centre for food and feed the USDA Agricultural Research Center laboratory. The samples were used from fresh Salmon waste about 1000g from each of the (head, skin, viscera, backbone, frames and cuts off). This waste recorded more than 22% of the total mass from salmon fish with used modern extract machine. in this experiment the results revealed the fresh salmon waste have more than 16% of oil fish per one kg of salmon waste. The oil weight from Salmon waste for (head, skin, off cuts, terming, viscera, and backbone) Salmon by-products, oil productivity was ranged between 8.60 to 21.00% at constant pressure. High contents of functional EPA (20:5 ω 3) and DHA (22:6 ω 3) for oil fish.

Keywords:
Salmon
Waste extract
Efficiency
Yield
Smoking
Fish oil
Cold pressing
Wet rendering

1. Introduction

Fish is one of the most perishable of all staple commodities. Spoilage occurs as the result of the action of enzymes (autolysis) and bacteria present in the fish and also chemical oxidation of the fat which causes rancidity. At the high temperatures prevalent in tropical countries, bacterial and enzymic actions are enhanced. Fish invariably become putrid within a few hours of capture unless they are preserved or processed in some way to reduce this microbial and autolytic activity and, hence, retard spoilage. If the moisture content of fresh fish is reduced during drying to around 25%, bacteria cannot survive and autolytic activity will be greatly reduced, but to prevent mould growth, the moisture content must be reduced to 15%. Also the presence of salt retards bacterial action and, in addition, it aids the removal of water by osmosis 

Cold press is preferred due to its wide usage areas, simple use, lack of manpower, low cost, environmentally friendly, lack of harmful organic solvents and high-quality production possibilities. In addition, generally the product

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is not applied to heat treatment (cold press), therefore, as mentioned in the study, high-quality oils are obtained. In the cold pressed process oil extraction relies solely on the pressure. No, or very little, heat is added to the paste to assist in the extraction. Cold presses are usually mechanically operated and often consist of a screw device that is tightened against the paste to extract the oils. Cold pressing usually produces a lower-yield, but higher quality of oil [11].

Primary and secondary processes using to prepare salmon fish for handling and smoking the waste rustling from gutting & deheading, grading - whole fish, desliming and weighing as primary processes and filleting, trimming, pin bone removal, skinning, fillet washing and grading fillets as secondary processes varied to have head, skin, viscera, backbone, frames and cuts off. Management and handling of fish waste is an environmental, social priority for many countries and is more problematic because of rising production volumes. The fish processing industry causes a large quantity of tissue waste and by-products which tend to be either discarded or retained at low value for fertilizer or animal feed [6].

The fish by product is nearly (skin 6%, viscera 7%, off-cuts 10%, head 18% - backbone frames 10%) [10].

The fish processing industries produce large quantities of fish waste which often represent about 20-50% of the total fish weight [3].

Fish by-products included viscera, head and skin, which had a lot of unexploited potential for value adding and some of them were being utilized at present. Fish oil could be produced by several methods which included hydraulic pressing, vacuum distillation, urea crystallization, supercritical fluid extraction, which all require high temperature or high pressure in processing or reduction of moisture content in sample prior to extraction [7].

Fouda using cold pressing, oil extraction yield increased and characterization of quality. The optimum conditions at pressing time was 180 min., oil productivity was 18.00%, and extraction efficiency were 98.46% at constant pressure [3].

Fish oils are a rich natural source of omega-3 polyunsaturated fatty acids (PUFAs), mainly Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA), which received great interest in the scientific community because of their positive roles on human health and nutrition [10].

Beneficial health effects of ω-3 PUFAs were well demonstrated and included the prevention of a number of diseases, such as coronary heart diseases, hypertension, arthritis, autoimmune disorders, cancer [11].

Kazuo Miyashita The benefit of fish oil to health has been widely recognized because of the high contents of functional EPA (20:5n-3) and DHA (22:6n-3) in the oil; however, the application of fish oil has been limited by its high susceptibility to oxidation. This review reports the characteristics of EPA and DHA oxidation compared with those of other fatty acids such as linoleic acid (18:2n-6). In addition, effective approaches to protect against oxidation are discussed, focusing on the unique antioxidant potential of amine compounds. Finally, the exceptionally high oxidative stability of EPA and DHA in biological systems is discussed. Understanding the protective mechanism against EPA and DHA oxidation in such systems may be useful for the development of an effective antioxidant procedure for fish oil that is rich in EPA and DHA [4].

So the main objective to determine the amount of oil fish were extracted from fish waste resulted from butchering, cutting and splitting processes before salmon smoking by using cold pressing’ methods. Also avoid potential effects to the environment and human health.

2. Materials and Methods

Experiments were designed to extract fish oil from salmon waste before and after preparing for industrial processes and determined the oil extractions percentage from all By-products. The amount and the characteristics of extracted of oil were tested at Regional Centre for food and feed the USDA Agricultural Research Center laboratory. The samples were used from fresh Salmon waste about 1000g from each of the (head, skin, viscera, backbone, frames and cuts off).

2.1 Salmon Sampling

Five salmon components group A, B, C, D and G according to weight 1.2, 1.5, 1, 7, 2.1 and 2.7 kg.

Table 1. salmon components groups.

| Component  | A   | B   | C   | D   | G   |
|------------|-----|-----|-----|-----|-----|
| Head       | 15  | 17  | 18.60 | 20.15 | 22  |
| Skin       | 5   | 3.6 | 5.6  | 4.8  | 5   |
| Off cuts   | 2   | 3   | 3.4  | 2.9  | 3   |
| Trimming   | 10  | 9   | 7.2  | 8.7  | 8   |
| Viscera    | 6   | 11  | 9    | 10.3 | 11  |
| Backbone   | 8   | 7.6 | 11   | 9.6  | 9   |
| Slice      | 54  | 48.8| 45.2 | 43.55 | 42  |

Source: Author determination from Bentleys Egypt company

2.2 Salmon By-products

By-products are parts of the fish that are removed before
the fish reaches the final consumer in order to improve their keeping qualities, reduce the shipping weight or increase the value of the main fish product. They include blood, viscera, heads, bones, skin, trimmings and fins. \[8\]. The salmon fish components include water lose and fish by product percentage about 43.65%. edible portion nearly from 56.35% . While the fish waste percentage include (skin 5% - viscera 6% trimmings, 10% - off-cuts 2% - head 15% - backbone 8%). and salmon slice, 54%.

The salmon fish samples were collected from Bentleys Egypt company one from Egyptian industrial group, the by-products of before and after salmon smoking, weighted 1000 grams for all component (head, off cuts, viscera, backbone frames, skin, and trimming), separated and package under vacuum, as showing in Figure (1 to 5).

2.3 Cold Press Extraction

Cold press extraction were used required less energy also environmental friendly. High-quality oils can be obtained by performing production. It is used to extract oil from salmon waste samples waste samples prepared with using plastic bag under vacuum with 1 kg, from fish waste were processed to keep the waste material and put one bag in the pressing box have about 3 cm in deep, 30 cm in long, 15 cm in wide and two plate with the same dimensions one of them acting load on the sample’s as a small prototype for cold pressing methods. Different compressed times from 20 to 200 min. at constant pressure were approximately.

2.4 Measurements

Oil weight (g) = Extract oil from fish by product sample (1000.g.)

Oil percentage recovery = the weight of oil recovered (g)/ the weight of the initial waste sample (g). *100

Oil productivity,% = Extract oil /Weight of fish by product × Average weight of fish.

Oil mass in sample determined three times for 1000 g. of Salmon by-products by cold pressing (cold pressing after 200 min.)

3. Results and Discussions

3.1 Salmon Components

The salmon components include salmon slice as edible portion and fish by product percentage as a industrial waste the results of edible portion and fish by product ranged from 42 to 54% and 46 to 56% respectively as

### Figure 1. The salmon fish

### Figure 2. The salmon skin

### Figure 3. The salmon viscera and trimmings

### Figure 4. The salmon head

### Figure 5. backbone frames

### Figure 6. The salmon slice

Source: Author determination Figure(1 to 5) from Bentleys Egypt company.

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showing in Figure 7.

Figure 7. Salmon fish components

Source: Author determination

3.2 By-products Percentage

The fish waste percentage include head, skin, off-cuts, trimmings, viscera and backbone additional to salmon slice resultes in five salmon group A,B,C,D and G fluctuated with differences for all components as showing in Figure 8 and Figure 9.

Figure 8. Five salmon components group A, B, C, D and G

Source: Author determination

The head ranged between 15 to 22%, skin ranged between 3 to 5.6%, off-cuts, trimmed between 7.2 to 10%, viscera ranged between 6 to 11% and backbone ranged between 7.6 to 11%. Also salmon slice ranged between 42 to 54%, this results recorded from different batches and result fluctuation accrued to fish preparing processes.

Figure 9. fluctuation in Salmon slice and by product components (cold pressing after 200 min.)

Source: Author determination

3.3 Oil percentage Recovery from By-products

Figure 10 Showed the oil percentage recovery from skin, ranged from 18.10 to 21%, head ranged from 17 to 19% viscera from 15.2 to 17.8% and terming from 16.0 to 18.8% this accumulated to fat percentage in salmon by product.
3.4 Oil productivity from by products

Figure 11. Showed the oil productivity extracted from skin, the amount of oil ranged from 181 to 210 g. oil/1000g skin, the amount of oil from head ranged from 170 to 190 g. oil/1000g head, viscera from 152 to 178 g. oil/1000g viscera and terming from 160 to 188 g. oil/1000g terming according to fat percentage in by product, also the methods of extract and extract efficiency work as important factor.

3.5 Oil extracted Characteristics from Salmon by Products

Salmon by products were extracted by cold pressing its content of long chain omega-3 polyunsaturated fatty acids (PUFA), such as (DHA), (DPA) and eicosapentaenoic acid (EPA), which are currently highly valued for their prophylactic and therapeutic properties in nutritional and health fields. High contents of functional EPA (20:5 ω 3) and DHA (22:6 ω 3) in the oil as showing in Table 2 and 3.

Table 2. Oil extracted components from salmon by products

| Fatty acid          | % of Total fatty acids | Estimated uncertainty (U) |
|---------------------|------------------------|---------------------------|
| Palmitic C16:0      | 9.08                   | ±0.31                     |
| Stearic Acid C18:0  | 2.51                   | ±0.22                     |
| Oleic Acid C18:0    | 41.75                  | ±1.66                     |
| Linoleic Acid C18:1ω9 | 13.62               | ±2.43                     |
| Linolenic Acid C18:3ω3 | 5.64                | ±0.24                     |

Source: Author determination by Regional Centre for food and feed the USDA Agricultural Research Center laboratory.

Table 3. Oil extracted characteristics from salmon by products

| Fatty acids | Name                      | Relative distributions |
|-------------|---------------------------|------------------------|
| C14:0       | Myristic acid             | 2.36%                  |
| C15:0       | Pentaeanoic acid          | 0.18%                  |
| C16:1ω9     | Palmatolic acid           | 0.28%                  |
| C16:1ω7     | 2.68%                     |
| C16:2ω4     | 0.38%                     |
| C17:0       | Heptadecanoic acid        | 0.15%                  |
| C16:3ω4     | Hexadecatrienoic acid     | 0.28%                  |
| C18:1ω7     | Vaccinic acid             | 3.14%                  |
| C18:3ω4     | 0.16%                     |
| C18:4ω3     | Octadecatetraenoic acid   | 0.58%                  |
| C20:0       | Arachidic acid            | 0.32%                  |
| C20:1ω11    | Octadecatetraenoic acid   | 0.29%                  |
| C20:1ω9     | Gadoleic acid             | 4.16%                  |
| C20:1ω7     | Eicosanoic acid           | 0.13%                  |
| C20:2ω6     | Eicosadienoic acid        | 1.16%                  |
| C20:3ω6     | Eicosatrienoic acid       | 0.17%                  |
| C20:4ω6     | Eicosatrienoic acid       | 0.19%                  |
| C20:3ω3     | Eicosatrienoic acid       | 0.52%                  |
| C20:4ω3     | Eicosatrienoic acid       | 0.78%                  |
| C20:5ω3     | Eicosapentaeniacid(E-PA)  | 2.46%                  |
| C22:1ω11    | Cetoleic acid             | 2.52%                  |
| C22:1ω9     | Erucic acid               | 0.40%                  |
| C22:5ω3     | Clupandonic acid(DPA)     | 1.12%                  |
| C22:6ω3     | Docosahexenoic acid(DHA)  | 2.97%                  |

Source: Author determination by Regional Centre for food and feed the USDA Agricultural Research Center laboratory.

3.6 Fatty Acids Composition

The results in Table 2 and 3 indicated that, total saturated
fatty acids (TSFA) in from salmon by products were 44% of total fatty acids (TFA). The major saturated fatty acids is polmetic acids (C16:0) which represented about 9.08% of TFA and about 58.51% of TSFA. The second ons is myristic acids (C14:0) which represented about 9.08% of TFA and about 58.51% of TSFA. The second is myristic acid (C14:0) 3.26% followed by stearic acids (C16:0) 2.51% of TFA and 7.52% of MUSFA and vaccinic acid (C18:1) 3.14% of TFA and 7.52% of MUSFA. The predominant MUFA of fish oil extracted from salmon is oleic acids (C18:1) which is represented 41.75% of TFA and about 75.43% of MUSFA, followed by palmitic acids (C16:0) 4.61% of TFA and 7.52% of MUSFA and vaccinic acid (C18:1) 3.14% of TFA and 7.52% of MUSFA. The predominant PUFA of fish oil extracted from salmon is linoleic acid (C18:2n6) which represents 13.62% of TFA and about 45.40% of PUSFA followed by five fatty acids represent more than 1.0% of TFA, namely linolenic acids (C18:3n3) 5.64%, docosahexaenoic acid (C22:6n3, DHA) 2.97%, eicosapentaenoic acid (C20:5n3, EPA) 2.46%, eicosadienoic acid (C22:2n6) 1.16% and clupandonic acid (C22:5n3) 1.12% of TFA. Other PUFA represent less than 1.0%, the oil extracted from salmon had high amounts of MUFA and PUFA, these types of FA represented more than 85% of TFA, also this oil contained high amounts of w3, w6 and w8 fatty acids. These fatty acids playing very important jobs in healthy nutrition.

4. Conclusions

The main results of the present research can be summarized as follows:

(1) The results of edible portion and fish by product ranged from 42 to 54% and 46 to 56% respectively.
(2) The salmon by product percentage classified to head ranged between 15 to 22%, skin ranged between 3 to 5.6%, off-cuts, ranged between 2 to 3.4% trimmings ranged between 7.2 to 10%, viscera ranged between 6 to 11% and backbone ranged between 7.6 to 11%.
(3) The fish oil salmon extracted from by product were oil percentage recovery from skin, ranged from 18.10 to 21%, head ranged from 17 to 19% viscera from 15.2 to 17.8% and terming from 16.0 to 18.8%.
(4) Oil extracted characteristics

Oil were extracted by cold pressing have high contents of functional EPA (20:5 ω 3) and DHA (22:6 ω 3) in the oil.

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