

Method for producing fish cutlets involves preparing a fish cutlet mass using fish fillets, salt and black pepper, forming the cutlets using breadcrumbs, and heat treating them. During the preparation of the fish cutlet mass, silver carp is used as the fish, and pumpkin fiber, dry milk, quail eggs, parsley root, onion, olive oil, white pepper, green pepper, pink pepper, and amaranth flour, which is pre-hydrated in drinking water at a temperature of 20°C, are additionally used, and sea salt is used as the salt.