

Canning the Fish Catch

When you catch fish, handle each one with care to avoid bruising and exposure to sun or heat. Bleed the fish immediately after catching to help increase storage life. Remove viscera (internal organs), rinse fish, and keep chilled, refrigerated or frozen.

Contact your local Cooperative Extension Service office for a free copy of the *Canning the Fish Catch* manual. For more information, visit http://www.alaska.edu/can_05/.

To canning videos, *Pressure Canning Basics* (<https://www.youtube.com/watch?v=4U...>) and *Canning Fish* (<https://www.youtube.com/watch?v=DAGj...>), are available on our YouTube channel: www.youtube.com/ufextension.

If the fish is frozen, thaw it in the refrigerator before canning. Rinse the fish in cold water. Do not add vinegar to the water (2 tablespoons per quart) to help remove slime and scales.

Although it is not necessary to remove the head, tail, fins or scales, some people prefer the quality and taste if they are removed. It is necessary to remove the bones of halibut. For more information, call 6218.4021 or visit www.alaska.edu/can_05/.

gan (e lachon) may be canned whole after cleaning. Refrigerate all fish until you are ready to pack in jars.

Be certain that you have all the equipment needed to produce a safe, good-tasting canned product.

A pressure canner is required for processing fish.

The high temperatures reached in a pressure canner are necessary to ensure a safe product.

Re-read and follow the directions for your canner. If you no longer have an instruction manual, look online or contact the manufacturer for a new copy.

Your pressure canner must be in good condition. Replace the gasket and safety plug if necessary. Be certain the vent or petcock is clear.

If you have a dial pressure gauge, have it checked for accuracy before the canning season begins. **Dial pressure gauges may be checked at your local Cooperative Extension Service office.**

For pressure processing fish, the 1-pint, flat-top, straight-sided Mason jar is recommended. Do not use test jars and pots of pressure for processing fish in quart jars are available in Extension publication FNH-00126, *Canning Fish* by Quaja.

Jars should be washed in hot, soapy water and rinsed before use. Check the rims of jars and discard any that have nicks.

Use two-piece, self-sealing lids. Flat lids should be purchased and set on only once for a pressure canner, and to be economical.

so that the eight gauge or higher reading dial gauge if you are new to canning.



- Process 1-pint jars for 100 minutes.*

- Do o know if the dial gauge on o r canner is reading acc rately ?
- Do o know hen the rocking or jiggling eigh is signaling properl ?
- Di o follo the SDA Cooperati e Extension recommendations for press re processing his food?
- Was his preser ed food a gi ? If it as, o o know if the SDA Cooperati e Extension Ser vice recom ments for press re processing his food ere follo ed?

If o ans ere no to an of these q estions, Here's ho :

1. pen the jar of sh. Check the contents.
2. If sh smells and looks good, insert a reather mometer into the center of the sh. Co er the jar loosel ith foil.
3. Place the open jar in an oven hat has een preheated to 350. F.
4. Remoe jar from the oven hen the reather mometer registers 185. F. is heating takes ab o 30 min-tes.
5. Allo the jar to stan at room temperature for 30 min-tes to let the heat distrb e e enl .
6. Ser e the sh hot or chill for later se.
7. If jar is reco ered, co er ith a clean lid.

* Bef e a a , de f, a a e ca e ed b ea ed f d . T de f, ace a d a d e a f d a ce a . Add a e c e a a d b 30 e . C . D a d. a a f d a d a d . Ja a be e ed.

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