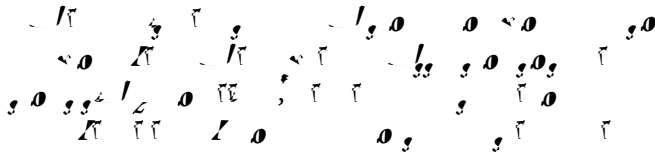


Canning Fish in Quart Jars

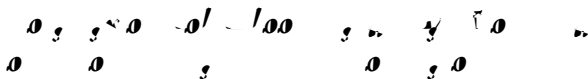


HANDLING THE CATCH

In the field

When you catch fish, handle the fish 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 iced, refrigerated or frozen.

GETTING STARTED



More information can be found in videos *Canning Basics* (FNH-01280) and *Canning Meat and Fish* (FNH-01281) on our YouTube site, www.youtube.com/uafextension.

Preparing the fish

If the fish is frozen, thaw it in the refrigerator before canning. Rinse the fish in cold water. You can add vinegar to the water (2 tablespoons per quart) to help remove slime.

For most fish, remove the head, tail, fins and scales. It is not necessary to remove the skin. You can leave bones in most fish because the bones become very soft and are a good source of calcium. For halibut, remove the head, tail, fins, skin and the bones. Refrigerate all fish until you are ready to pack in jars.

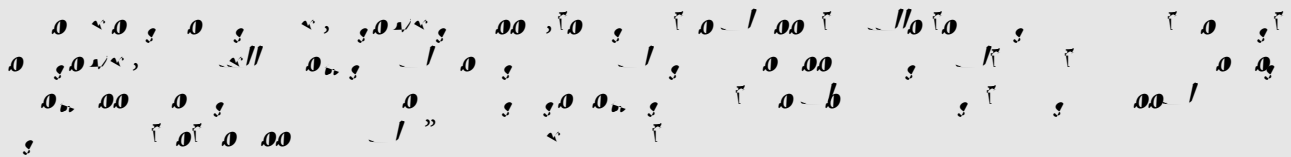
Equipment

FAIRBANKS TAKE HEALTH HOME CANNED FISH BEFORE EATING!

- Do you know if the dial gauge on your canner is reading accurately?
- Do you know when the rocking or jiggling weight is signaling properly?
- Did you follow the USDA Cooperative Extension recommendations for pressure processing this food?
- Was this preserved food a gift? If it was, do you know if the USDA Cooperative Extension Service recommendations for pressure processing this food were followed?

Directions: Wash hands thoroughly with soap and water. Wash canner, jar, and lid with hot, soapy water. Rinse well. Dry. Wash fish thoroughly with water. Drain. Place fish in jar. Add oil. Seal jar. Process in canner for 10 minutes. Allow jar to cool. Store in a cool, dry place. A pressure canner is required for this recipe.

1. Open the jar of fish. Check the contents. If fish smells bad or if you see gas bubbles, THROW CONTENTS AWAY! Do not taste!*
2. If fish smells and looks good, insert a meat thermometer into the center of the fish. Cover the jar loosely with foil.
3. Preheat oven to 350°F. Place jar in a glass baking dish to catch any spills and to keep the jar even on the rack.
4. Remove jar from the oven when the meat thermometer registers 185°F. Fish heating takes about 30 minutes.
5. Allow the jar to stand at room temperature for about 30 minutes to let the heat distribute evenly.
6. Serve the fish hot or chill for later use.



www.uaf.edu/ces or 1-877-520-5211/907-474-5211

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