

Canning the Fish Catch

When you catch fish, handle each one with care to avoid bruising and the possibility of infection 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 current canning information. This publication is for salmon, trout, and other fatty fish except tuna. For canning tuna at home refer to: https://nchfp.uga.edu/how/can_05/tuna.html.

Two canning videos, *Pressure Canner Basics* (<https://www.youtube.com/watch?v=4U...>) and *Canning Fish in Jars* (<https://www.youtube.com/watch?v=q-DAGjc...>), are available on our YouTube channel: www.youtube.com/channel/UC...

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 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. Call 6218.4021 for a catalog or 261.6021 for more information.

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 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. Use jars for pressure processing and points of pressure for processing fish in quart jars are available in Extension publication FNH-00126, *Canning Fish in Quart Jars*.

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.

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- 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, ho 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. Open the jar of sh. Check the contents.
2. If sh smells and looks good, insert a realther thermometer into the center of the sh. Cover the jar loosely with foil.
3. Place the opened jar in an oven that has been preheated to 350. F.
4. Remove jar from the oven hen the realther thermometer registers 185. F. Heating takes ab o 30 minutes.
5. Allow the jar to stand at room temperature for 30 minutes to let the heat distribute evenly.
6. Serve the sh hot or chill for later use.
7. If jar is resealed, cover it with a clean lid.

* Before you throw it away, detoxify, so that no humans or pets can get poisoned by eating spoiled foods. To detoxify, place jar lids and open jars with food in saucepan. Add water to cover jars and boil 30 minutes. Cool. Drain liquid. Throw away food and jar lids. Jars may be reused.

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