



UNIVERSITY OF
FLORIDA

Cooperative Extension Service
Institute of Food and Agricultural Sciences

Preparing and Canning: Fish¹

United States Department of Agriculture, Extension Service²

BLUE, MACKEREL, SALMON, STEELHEAD, TROUT, AND OTHER FATTY FISH EXCEPT TUNA

Caution: Eviscerate fish within 2 hours after they are caught. Keep cleaned fish on ice until ready to can.

Note: Glass-like crystals of magnesium ammonium phosphate sometimes form in canned salmon. There is no way for the home canner to prevent these crystals from forming, but they usually dissolve when heated and are safe to eat.

Procedure: Remove head, tail, fins, and scales. Wash and remove all blood. Split fish lengthwise, if desired. Cut cleaned fish into 3-1/2 inch lengths. Fill pint jars, skin side next to glass, leaving 1-inch headspace. Add 1 teaspoon of salt per pint, if desired. Do not add liquids.

Adjust lids and process following the recommendations in Table 1 or Table 2 according to the canning method used.

Table 1. Recommended process time for Fish in a dial-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of			
			0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Raw	Pints	100 min	11 lb	12 lb	13 lb	14 lb

Table 2. Recommended process time for Fish in a weighted-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of	
			0 - 1,000 ft	Above 1,000 ft
Raw	Pints	100 min	10 lb	15 lb

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2. Reviewed for use in Florida by Mark L. Tamplin, associate professor, Food Safety, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

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