

Salmon

For safe canning of salmon, please follow the directions carefully. Processing salmon in a pressure canner is essential to eliminate the risk of Botulism.

Ingredients

Fresh salmon

Salt, optional

Instructions

- Use properly eviscerated fish. Chill cleaned fish on ice or refrigerate until ready to can.
- To prepare salmon, remove and discard salmon head, tail and fins. Wash fish carefully removing all blood. (If desired, remove skin and/or bones.) Cut fish into pieces suitable for jars.
- Inspect 250 ml or 500 ml mason jars; discard any cracked or chipped jars. Wash mason jars in hot soapy water; rinse well. Use dishwasher for jars, if desired. Boil *SNAP Lids* 5 minutes—*not longer*—to soften sealing compound. Keep *SNAP Lids* in hot water until ready to use.
- Pack salmon tightly into 250 ml or 500 ml mason jars leaving 1 inch (2.5 cm) *headspace*. If desired, add 1/2 tsp (2 ml) salt per 250 ml jar or 1 tsp (5 ml) salt per 500 ml jar.
- Using a nonmetallic utensil, remove air bubbles. Wipe jar rim with wet paper towel moistened with vinegar. (Clean rims are essential for a good seal.) Center SNAP Lid on jar. Apply screw band securely *until fingertip tight*. *Do not overtighten*. Place jars in canner.
- When all jars are filled or canner is full, check that water level in canner is about 3 inches (8 cm) or that recommended in manufacturer's manual. Lock canner lid in place and follow manufacturer's heating instructions. Vent canner—*allow steam to escape steadily*—for 10 minutes; close vent.
- When canner reaches the pressure* appropriate for your altitude and type of pressure canner (*see chart below recipe*), begin counting processing time.

Processing Time

Jar size	Time
250 ml	100 minutes
500 ml	100 minutes

-
- When processing time is complete, remove canner from heat. *Allow canner to stand undisturbed until pressure drops to zero*, wait 2 minutes, then remove cover, tilting it away from yourself. Lift jars, *without tilting*, from canner. Place

jars upright on a towel to cool in a draft-free place. **DO NOT RETIGHTEN** screw bands. *Cool jars undisturbed 24 hours.*

- After 24 hours, check seals. *Sealed lids curve downward* and do not flex when pressed. Wipe jars with damp cloth; remove, wash and dry screw bands. Store bands separately or replace loosely on jars as desired. Label and store jars in a cool, dark place.

Note: Fill only the number of jars that will fit in your canner for processing. Jars packed with fish, ready for canning must be refrigerated until space is available in the canner. Salmon is a fatty fish—adding oil is not recommended. During processing, natural juices and fats are released to provide sufficient liquid in the canned product.

**Process* filled jars at the pressure level appropriate for your altitude and type of pressure canner you are using.

Weighted Gauge Pressure Canner Altitude Adjustments

ALTITUDE		WEIGHTED GAUGE	
FEET	METERS	lb	kPa
0 - 1,000	0 - 305	10	68
1,001 - 2,000	306 - 609	15	102
2,001 - 4,000	610 - 1,219	15	102
4,001 - 6,000	1,220 - 1,828	15	102
6,001 - 8,000	1,829 - 2,438	15	102
8,001 - 10,000	2,439 - 3,048	15	102

Dial Gauge Pressure Canner Altitude Adjustments

ALTITUDE		Dial GAUGE	
FEET	METERS	lb	kPa
0 - 1,000	0 - 305	11	75
1,001 - 2,000	306 - 609	11	75
2,001 - 4,000	610 - 1,219	12	82
4,001 - 6,000	1,220 - 1,828	13	89
6,001 - 8,000	1,829 - 2,438	14	95
8,001 - 10,000	2,439 - 3,048	15	102