

PRESSURE CANNING FISH AND SEAFOOD

Pressure canning is the ONLY SAFE METHOD for canning fish and seafood.

Only fresh fish should be canned and these should be bled and thoroughly cleaned of all viscera and membranes when caught, or as soon as possible. Canning should be restricted to proven varieties where it is definitely known that a product of good quality may be obtained. Follow step-by-step directions for your pressure canner. Process fish and seafood according to the following recipes.

ALTITUDE CHART FOR CANNING FISH AND SEAFOOD

ALTITUDE	DIAL GAUGE CANNER Pints and Quarts	WEIGHTED GAUGE CANNER Pints and Quarts
1,001 – 2,000 ft.	11 lbs.	15 lbs.
2,001 – 4,000 ft.	12 lbs.	15 lbs.
4,001 – 6,000 ft.	13 lbs.	15 lbs.
6,001 – 8,000 ft.	14 lbs.	15 lbs.

Processing time is the same at all altitudes.

CLAMS – WHOLE OR MINCED

Keep clams on ice until ready to can. Scrub shells thoroughly and rinse. Steam 5 minutes and open. Remove clam meat. Collect and save clam juice. Wash clam meat in salted water using 1 teaspoon of salt for each quart of water. Rinse. In a saucepan, cover clam meat with boiling water containing 2 tablespoons of lemon juice or 1/2 teaspoon of citric acid per gallon. Boil 2 minutes and drain. To make minced clams, grind clams with a meat grinder or food processor. Fill jars loosely with pieces leaving 1-inch headspace and add hot clam juice and boiling water if needed, leaving 1-inch headspace. Adjust jar lids.

Dial Gauge Canner—Process at 12 pounds pressure - Half-pints 60 minutes and Pints 70 minutes.

Weighted Gauge Canner—Process at 15 pounds pressure - Half-pints 60 minutes and Pints 70 minutes.

CRAB

Keep live crabs on ice until ready to can. Wash crabs thoroughly. Place crabs in water containing 1/4 cup lemon juice and 2 tablespoons of salt per gallon. Simmer 20 minutes. Cool in cold water and drain. Remove back shell and then remove meat from body and claws. Soak meat 2 minutes in cold water containing 2 cups lemon juice or 4 cups of white vinegar and 2 tablespoons of salt per gallon. Drain and remove excess moisture. Pack loosely into clean, hot Mason jars, leaving 1-inch headspace. Add 1/2 teaspoon citric acid or 2 tablespoons lemon juice to each half-pint jar. 1 teaspoon citric acid or 4 tablespoons lemon juice per pint jar. Add hot water, leaving 1-inch headspace. Adjust jar lids.

Dial Gauge Canner—Process at 12 pounds pressure - Half-pints 70 minutes and Pints 80 minutes

Weighted Gauge Canner—Process at 15 pounds pressure - Half-pints 70 minutes and Pints 80 minutes

FISH – GENERAL METHOD

For all fish except tuna. Clean fish thoroughly; filet large fish or leave small pan fish whole. Cut into container length pieces. Pack with skin side of fish to the outside of the Mason jar, leaving 1-inch headspace. DO NOT ADD LIQUIDS. Adjust jar lids.

Dial Gauge Canner—Process at 12 pounds pressure - Pints 100 minutes.

Weighted Gauge Canner—Process at 15 pounds pressure - Pints 100 minutes.

TUNA

Clean fish thoroughly. Place fish belly side down on a rack in the bottom of a large baking pan. Precook fish at 350° for 1 hour. Refrigerate cooked fish overnight to firm the meat. Remove skin and backbone. Cut meat in pieces 1 inch shorter than Mason jars and pack solidly. Fill jars with hot cooking oil or boiling water, leaving 1-inch headspace. Adjust jar lids.

Dial Gauge Canner—Process at 12 pounds pressure - Half-pints and Pints 100 minutes.

Weighted Gauge Canner—Process at 15 pounds pressure - Half-pints and Pints 100 minutes.