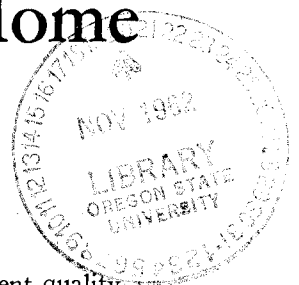


Canning Tuna and Salmon at Home

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Whether you caught it or bought it, the problem is the same—you usually can't use that big fish completely while it is still fresh. One way to keep salmon and tuna for use later on is to preserve them by canning.

Home-canned fish can be of excellent quality.

Pressure-canning methods described here were recommended by Edward W. Harvey of the Oregon State University Seafoods Laboratory at Astoria.

Albacore Tuna

Either fresh or frozen tuna are suitable for canning. If frozen tuna are used, allow ample time for them to thaw before dressing. Blood in tuna detracts much from the appearance of the canned product. Tuna should be thoroughly bled when caught, and most commercial fishermen do this promptly.

Tuna ordinarily are canned quite differently from other fish. Usually they are precooked to remove most of the natural body oil, which tends to be bitter. After the precooking and removal of oil, the tuna is cleaned and packed. Suitable oil or oil and water or water is added to supply flavor and improve the texture, which otherwise would be very firm and dry.

Tuna may be canned in raw chunks just as salmon is canned, but while this method provides safe and nutritious food, it does not make an attractive pack. Many persons do not care for the unusual, rich flavor of raw tuna packs.

Instructions

1. Clean fish well. Remove viscera or entrails. Wash well in cold water. Allow blood from stomach cavity to drain.
2. Place tuna (cut in half if necessary) belly down on a rack or metal mesh tray or screen which will hold it an inch or more off the bottom of a large baking pan.
3. Bake in a low temperature oven (225° to 250° F.) for 2½ to 4 hours, depending on the size of the fish, until cooked through. If using a thermometer, cook to a center temperature of 165° to 175° F.
4. Allow to cool to room temperature. Then store

overnight, or 12 to 24 hours in a cool room or refrigerator to firm the meat.

5. Remove fish from cool room and peel off skin with knife, lightly scraping surface to remove blood vessels and any discolored flesh.

6. Separate tuna meat into four quarters by first breaking apart the two halves from back to belly, removing backbone, and then separating each of these halves into quarters. Pull off and cut out all bones and fin bases.

7. Scrape and cut out all dark brown flesh, leaving four cleaned, all-white loins or meat sections.

8. Cut sections crosswise with a very sharp knife into lengths suitable for the jars to be packed.

9. Fit cut pieces into jars. Press down gently to make a solid pack. Allow ¼ to 1¼ inch space at top of jars.

10. Add salt and oil to each container. Cottonseed, soya, or other vegetable oil may be used. If oil is not available, water may be substituted. Or, a pack can be made using half oil and half water. (See table.)

11. Remove any oil or fish material from the sealing surface.

12. Adjust lids on glass jars, following directions of the manufacturer.

13. Place jars at once into warm water in pressure canner. Be sure to use proper procedures in using the pressure canner. Process according to table on back.

14. Before storing jars of tuna, cool away from drafts on towel, newspapers, or rack.



This is one of a series of *Fact Sheets* reporting Cooperative Extension work in agriculture and home economics. F. E. Price, director. Printed and distributed in furtherance of Acts of Congress of May 8 and June 30, 1914. Oregon State University, Oregon counties, and U. S. Department of Agriculture cooperating.

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TUNA CANNING TABLE

Container	Salt	Oil	Water	Oil and water	Process 240° F. 10 lb. pressure
½ pint jar	⅝ tsp.	1½-2 oz. (4 tbsp.)	Same as oil	Same, equal parts	90 minutes
1 pint jar	1¼ tsp.	2½-3 oz. (5-6 tbsp.)	Same as oil	Same, equal parts	100 minutes

Salmon

1. Thoroughly wash and rinse jars and lids. Inspect jars carefully for cracks or nicks that would prevent sealing.

2. Dress salmon by removing head, tail, fins, scales, and entrails. Wash carefully. Remove all blood.

3. Cut salmon into suitable sized pieces for jars to be packed. Allow for headspace of ¾ to 1¼ inch.

4. Pack raw fish tightly in the container, skin toward outside of jar.

5. Add ¾ to 1 teaspoon salt to pint jar.

6. Adjust lids on glass jars following directions of the manufacturer.

7. Place jars at once in warm water in pressure canner. Be sure to use proper procedures in using the pressure canner. Process 100 minutes at 240° F. or 10 pounds pressure to sterilize and soften bones. (Steelhead trout require one-fourth longer cooking time for softening bones to make them edible.)

Handle Fish Promptly

Fish can be canned either fresh or after smoking. Either way they need to be handled quickly and correctly, as they spoil rapidly. When caught, remove viscera at once and avoid bruising and exposure to the sun or other heat.

Digestive juices of fish caught while feeding cause the flesh to become soft and flabby, so it is especially important to clean ocean-caught fish soon. If they must be stored for more than a day without cooling, salt may be rubbed into the body cavity.