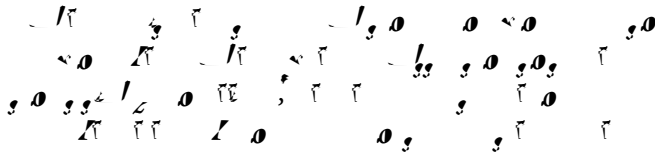


Canning Fish in Quart Jars

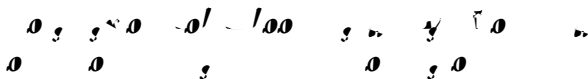


HANDLING THE CATCH

In the field

When you catch fish, handle the fish with care to avoid bruising and exposure to sun or heat. Bleed the fish immediately after catching to help increase storage life. Remove viscera (internal organs). Rinse fish and keep iced, refrigerated or frozen.

GETTING STARTED



More information can be found in videos *Canning Basics* (FNH-01280) and *Canning Meat and Fish* (FNH-01281) on our YouTube site, www.youtube.com/uafextension.

Preparing the fish

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.

For most fish, remove the head, tail, fins and scales. It is not necessary to remove the skin. You can leave bones in most fish because the bones become very soft and are a good source of calcium. For halibut, remove the head, tail, fins, skin and the bones. Refrigerate all fish until you are ready to pack in jars.

Equipment

