

CANNING SALMON
Captain Frank's Favorite Recipe

Skin *fresh* fish. Some people leave the backbone & ribs in – I prefer filleted fish. Cut into small chunks about 1” – 1 ½” square.

Before brining you can measure the amount of fish you will need by packing the chunks into your canning jars. My pressure cooker cans five, 1 pint jars so I want enough fish to fill all 5 jars. Pack the fish fairly tight – not too loose.

Brine in refrigerator for one hour in a solution of 1 cup of non-iodized salt & 1 gallon (16 cups) of water.

Remove from brine, rinse, and pat dry with paper towels.

Get the pressure cooker ready on the stove. Place the cooking rack on the bottom so the jars don't sit directly on the bottom of the pressure cooker. Add 2”-3” of water and bring it to a simmer. Also, fill your jars with hot water and simmer them in a pot of hot water (or heat them up in the oven at about 200 degrees). Heat up your new lids in hot water (180 degrees – not boiling) until ready to use.

Pack into jars to within one inch of the top of jar – don't add water, it makes its own. Pack fish and the following ingredients into hot jars:

½ Teaspoon of canning salt on bottom
1 Tablespoon catsup
½ Tablespoon vinegar
½ Tablespoon peanut oil
½ teaspoon black pepper
dash of Frank's Louisiana Hot Sauce

Work out any air bubbles with a rubber spatula. Leave 1” of headspace in jar (to allow for expansion), and wipe sealing edge clean with a damp cloth. Don't overfill jars. Place the hot lid on the jar and **tighten the screw band down evenly and firmly, just until a point of resistance is met – finger tight only.** Place this jar in the pressure cooker to keep it hot while you pack the next jar. When all jars are filled, **ensure that the water level in canner is still 2” – 3” and secure cover.**

Heat jars in pressure cooker for 100 minutes at 10-15 lbs pressure. Adjust heat to maintain a gentle rocking motion of regulator and to **prevent excess steam from escaping.**

If you give any away be sure to tell the recipient it has peanut oil in it – some people may be allergic to peanuts.

Serve with crackers and cold beer!! Enjoy.

www.fishwildthing.com/recipes.html