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CANNING FISH (except tuna)

Eviscerate fish within 2 hours after they are caught. Keep cleaned fish on ice until ready to can. NOTE: Glass-like crystals of magnesium ammonium phosphate sometimes form in canned salmon. There is no way for the home canner to prevent these crystals from forming, but they usually dissolve when heated and are safe to eat.

Raw pack — Remove head, tail, fins and scales. Wash and remove all blood. Split fish length-wise, if desired. Cut cleaned fish into 3-1/2-inch lengths. Fill hot, pint jars, skin side next to glass, leaving 1-inch headspace. Add 1 teaspoon of salt per pint, if desired. Do not add liquid. Remove air bubbles. Wipe jar rims. Adjust lids and process in a pressure canner.

Recommended processing time in a pressure canner:

Process in a **Dial Gauge Pressure Canner** at 11 pounds pressure OR in a **Weighted Gauge Pressure Canner** at 10 pounds pressure:

Pints — 100 minutes

The processing times given are for altitudes of 0-1000 feet. If you are canning at a higher altitude, the processing times stay the same, but you must make the following adjustments.

In a Dial Gauge Pressure Canner

- * At altitudes of 1001-2000 feet, the pressure is not increased; process at 11 pounds pressure.
- * At altitudes of 2001-4000 feet, process at 12 pounds pressure.
- * At altitudes of 4001-6000 feet, process at 13 pounds pressure.
- * At altitudes of 6001-8000 feet, process at 14 pounds pressure.

In a Weighted Gauge Pressure Canner

- * At altitudes above 1000 feet, process at 15 pounds pressure.

Source:

E.L. Andress and J.A. Harrison. 1999. *So Easy to Preserve*. Cooperative Extension Service/The University of Georgia. 344 pp.

Reviewed June 2003 by:

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CANNING TUNA

Raw pack – Filet raw tuna. Remove skin; lightly scrape surface to remove blood vessels and any discolored flesh. Cut fish into quarters; remove all bones; discard dark flesh. Cut quarters crosswise into jar-length pieces. Only process in half-pints or pints. Pack fish into clean, hot jars, leaving 1-inch headspace. Add teaspoon salt to each half-pint, 1 teaspoon salt to each pint. Remove air bubbles. Wipe jar rims. Adjust lids and process in a pressure canner.

Hot pack – Place cleaned tuna on a rack in a large baking pan. Bake at 350°F for 1 hour or until done. The internal; temperature of the tuna must be 165°F to 175°F. Refrigerate overnight. Remove skin and lightly scrape surface to remove blood vessels and any discolored flesh. Cut fish into quarters, removing all bones. Discard all dark flesh. Cut quarters crosswise into jar-length pieces. Only process in half-pints or pints. Pack fish into hot jars, leaving 1-inch headspace. Add teaspoon salt and 1 tablespoon vegetable oil or water to each half-pint jar. Add 1 teaspoon salt and 2 tablespoons vegetable oil or water to each pint jar. Remove air bubbles. Wipe jar rims. Adjust lids and process in a pressure canner.

Process in a **Dial Gauge Pressure Canner** at 11 pounds pressure OR in a **Weighted Gauge Pressure Canner** at 10 pounds pressure:

Pints or Quarts – 100 minutes

The processing times given are for altitudes of 0-1000 feet. If you are canning at a higher altitude, the processing times stay the same, but you must make the following adjustments.

In a Dial Gauge Pressure Canner

- * At altitudes of 1001-2000 feet, the pressure is not increased; process at 11 pounds pressure.
- * At altitudes of 2001-4000 feet, process at 12 pounds pressure.
- * At altitudes of 4001-6000 feet, process at 13 pounds pressure.
- * At altitudes of 6001-8000 feet, process at 14 pounds pressure.

In a Weighted Gauge Pressure Canner

- At altitudes above 1000 feet, process at 15 pounds pressure.

Source:

Ball Blue Book: Guide to Home Canning, Freezing & Dehydration. Alltrista Corporation. 120 pp.

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CLAMS, WHOLE OR MINCED

Procedure: Keep clams live 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 water containing 1 teaspoon of salt per quart. Rinse and 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 clean, hot jars loosely with pieces and add hot clam juice and boiling water, if needed, leaving 1-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process in a pressure canner. Process in a **Dial Gauge Pressure Canner** at 11 pounds pressure OR in a **Weighted Gauge Pressure Canner** at 10 pounds pressure:

Half-pints — 60 minutes

Pints — 70 minutes

The processing times given are for altitudes of 0-1000 feet. If you are canning at a higher altitude, the processing times stay the same, but you must make the following adjustments.

In a Dial Gauge Pressure Canner

- * At altitudes of 1001-2000 feet, the pressure is not increased; process at 11 pounds pressure.
- * At altitudes of 2001-4000 feet, process at 12 pounds pressure.
- * At altitudes of 4001-6000 feet, process at 13 pounds pressure.
- * At altitudes of 6001-8000 feet, process at 14 pounds pressure.

In a Weighted Gauge Pressure Canner

- * At altitudes above 1000 feet, process at 15 pounds pressure.

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KING AND DUNGENESS CRAB MEAT

Freeze blue crab meat for best quality.

Procedure: Keep live crabs on ice until ready to can. Wash crabs thoroughly, using several changes of cold water. Simmer crabs 20 minutes in water containing 1/4 cup of lemon juice and 2 tablespoons of salt (or up to 1 cup of salt, if desired) per gallon. Cool in cold water, drain, remove back shell, then remove meat from body and claws. Soak meat 2 minutes in cold water containing 2 cups of lemon juice or 4 cups of white vinegar, and 2 tablespoons of salt (or up to 1 cup of salt, if desired) per gallon. Drain and squeeze meat to remove excess moisture. Fill hot half-pint jars with 6 ounces of meat and pint jars with 12 ounces, leaving 1-inch headspace. Add 1/2 teaspoon of citric acid or 2 tablespoons of lemon juice to each half-pint jar, or 1 teaspoon of citric acid or 4 tablespoons of lemon juice per pint jar. Add hot water, leaving 1-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process in a pressure canner.

Process in a **Dial Gauge Pressure Canner** at 11 pounds pressure OR in a **Weighted Gauge Pressure Canner** at 10 pounds pressure:

Half-pints — 70 minutes

Pints — 80 minutes

The processing times given are for altitudes of 0-1000 feet. If you are canning at a higher altitude, the processing times stay the same, but you must make the following adjustments.

In a Dial Gauge Pressure Canner

- * At altitudes of 1001-2000 feet, the pressure is not increased; process at 11 pounds pressure.
- * At altitudes of 2001-4000 feet, process at 12 pounds pressure.
- * At altitudes of 4001-6000 feet, process at 13 pounds pressure.
- * At altitudes of 6001-8000 feet, process at 14 pounds pressure.

In a Weighted Gauge Pressure Canner

- * At altitudes above 1000 feet, process at 15 pounds pressure.

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OYSTERS

Procedure: Keep live oysters on ice until ready to can. Wash shells. Heat 5 to 7 minutes in preheated oven at 400°F. Cool briefly in ice water. Drain, open shell, and remove meat. Wash meat in water containing 1/2 cup salt per gallon. Drain. Add 1/2 teaspoon salt to each pint, if desired. Fill half-pint or pint jars with meat and hot water, leaving 1-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process in a pressure canner.

Process in a **Dial Gauge Pressure Canner** at 11 pounds pressure OR in a **Weighted Gauge Pressure Canner** at 10 pounds pressure:
Half-pints or pints — 75 minutes

The processing times given are for altitudes of 0-1000 feet. If you are canning at a higher altitude, the processing times stay the same, but you must make the following adjustments.

In a Dial Gauge Pressure Canner

- * At altitudes of 1001-2000 feet, the pressure is not increased; process at 11 pounds pressure.
- * At altitudes of 2001-4000 feet, process at 12 pounds pressure.
- * At altitudes of 4001-6000 feet, process at 13 pounds pressure.
- * At altitudes of 6001-8000 feet, process at 14 pounds pressure.

In a Weighted Gauge Pressure Canner

- * At altitudes above 1000 feet, process at 15 pounds pressure.

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