

TIM FARMER'S COUNTRY KITCHEN

CANNING FISH

YIELD: 4 Pint Jars

3 pounds fish

Pickling salt

Black pepper

Fill pressure canner with water (check instructions for correct amount. Will vary.)

Place on stove top and heat to medium setting to maintain a gentle boil.

Sterilize jars and lids. Cut fish

into 1-2 inch pieces and stuff in jars, leaving 1 inch of head space. Sprinkle with pickling salt and pepper. Wipe rim with white vinegar to clean and hand tighten lids.

Place jars in pressure canner and seal lid. Pressure indicator should pop up to show there is pressure. (Check lid to make sure vent is open and seal isn't broken) Check

canning guide for correct weight to use according to your elevation. Let steam come out of vent for 10-15 minutes before adding the jiggle/weight. Once you add the

jiggle and it starts jiggling, start the timer. For fish, 100 minutes (1 hour, 40 min). When complete, turn off heat and let pressure release naturally. DO NOT open lid until

pressure indicator has dropped. Remove jars and let cool. Eat within 1 year.

