

Home Canned Salmon

Salmon Pieces (skinless)	
Pressure Cooker	1 ea
Canning Jars	1 set
Lids and Rings	1 set
Salt (iodized)	1 teaspoon
Water	¼ cup

1. Clean and sanitize your work space.
2. If you have a dishwasher; wash all canning jars, lids, and rings. This will help sanitize your equipment via high heat.
3. Set up your pressure cooker on the stove, with approx. 1 quart water in it. Set over medium heat and allow cooker to come up to temp.
4. Using a clean and sanitized cutting board, cut your fish into pieces. Your fish should fit in your jar and still allow at least one inch of space at the top of the jar after adding ¼ cup of water and 1 teaspoon of salt.
5. Cover jars with lids and then rings. Tighten your rings firmly with only your hands.
6. Place in pressure cooker. Cover your cooker with the lid. Turn up heat to medium high and pressure will begin to build.
7. When pressure has built to 10 lbs of pressure, turn heat back down to medium to maintain pressure at 10 lbs.
8. Cook jars for 90 minutes.
9. Turn off stove and allow unit to cool.
10. Once cool open pressure cooker. Using canning tongs, gently remove canning jars from unit. Place jars on a folded towel on a flat work space in a warm area of the kitchen or work space. This is an important part of the sealing process.
11. As the Jars begin to cool and subsequently seal they will randomly pop, this is a good sound so don't be alarmed. The cooling process will take 2-3 hours; once they have reached room temperature you are done