

# Add Variety to Home-Canned Fish

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# Add Variety to Home-Canned Fish

Fish may be processed in cans or jars WITHOUT the addition of salt. Salt is used for flavoring only and does not play a role in preservation.

For those who wish to reduce their salt intake or add variety to their home-canned fish, try one of the suggestions below. Each flavor combination was field tested by Master Volunteers in food preservation. Their comments are also given.

Note: Herbs and spices may intensify in flavor with long canning times. Label your jars and cans with any added herbs and spices.

Amounts listed are for flat, ½ pound cans *or* ½ pint jars.

## Good Flavor

FLAVORING	AMOUNT	COMMENTS
Basil	¼ teaspoon	Good, better when salt added
Bay Leaf	2 leaves	Looked nice when container opened
Chicken Bouillon (dry)	2 teaspoons	Good with halibut and salmon
Chicken Bouillon (dry) Sage	2 teaspoons ½ teaspoon	Very good
Cumin Garlic Salt Red Chili Pepper	¼ teaspoon ¼ teaspoon ½ dried	Very good—would be great if you were using the canned fish for a raw vegetable or cracker dip or for a spread
Dill Weed	1 teaspoon	Good
Garlic	½ clove or small clove	Good, better when salt added
Garlic Dry Chives	¼ teaspoon ¼ teaspoon	Good, but would be better with fresh chives or onions
Jalapenos	2 to 3	More or less can be added—may be small slices
Salt	½ teaspoon	Most like some salt added, but salt is not needed

Vegetable Oil <i>or</i> Olive Oil	½ teaspoons to 2 tablespoons	Gave halibut and smoked fish a rich flavor, but the halibut canned without oil was also moist—some oil seems to be needed with smoked fish
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## Acceptable Flavor

FLAVORING	AMOUNT	COMMENTS
Crab Claw Lemon Pepper	1 claw 1 teaspoon	Did not add crab flavor to halibut
Lemon Pepper	1½ teaspoons	One group liked and one didn't—good with halibut
Mustard Seed	¼ teaspoon	Can't taste any mustard flavor
Paprika	1 teaspoon	Added some color but not much flavor to halibut
Sage (whole)	½ teaspoon	Okay, but not a favorite
Turmeric	1 teaspoon	Very little flavor

## Poor Flavor

FLAVORING	AMOUNT	COMMENTS
Cloves Pickling Spice	3 cloves 1 teaspoon	Not good!
Cumin Crushed Red Pepper	⅛ teaspoon ⅛ teaspoon	Not a favorite
Ginger	¼ teaspoon	NO! NO! NO! NO!
Liquid Smoke	¼ teaspoon	Majority did not like this—left black deposit on surface of fish and lids of jars
Pickling Spice	1 teaspoon	No, pickling spice doesn't work in canned fish
Tarragon	1 teaspoon	Licorice flavor—most did not like

# Other Suggestions

## Ling Cod

Although softer in texture than salmon (before and after canning), those who tried this product seemed pleasantly surprised with how it turned out. Because of the softer texture, this might work well in a sandwich spread (with some crisp celery or onion added) or in a dip for raw vegetables.

Amounts listed are for flat, ½ pound cans *or* ½ pint jars.

## Mock Smoked Fish

FLAVORING	AMOUNT	COMMENTS
Salt	¼ teaspoon	Excellent, put ingredient in jars first
Brown Sugar	2 tablespoons	
Minced Dried Garlic	⅛ teaspoon	
Liquid Smoke	⅛ teaspoon	

For more information contact: Kristy Long, Extension Foods Specialist at  
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