

# 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 volunteers. 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)	2 teaspoons	Very good
Sage	½ teaspoon	
Cumin	¼ teaspoon	Very good — would be great if you were using the canned fish for a raw vegetable or cracker dip, or for a spread
Garlic salt	¼ teaspoon	
Red chili pepper	½ dried	
Dill weed	1 teaspoon	Good
Garlic	½ clove or small clove	Good, better when salt added
Garlic	¼ teaspoon	Good, but may be better with fresh chives or onions
Dry chives	¼ teaspoon	
Jalapenos	2 to 3 slices	More or less can be added
Salt	½ teaspoon	Most like some salt added, but salt is not needed
Vegetable oil or 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

## Acceptable Flavor

FLAVORING	AMOUNT	COMMENTS
Crab claw	1 claw	Did not add crab flavor to halibut
Lemon pepper	1 teaspoon	
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	3 cloves	Not good!
Pickling spice	1 teaspoon	
Cumin	⅛ teaspoon	Not a favorite
Crushed red pepper	⅛ teaspoon	
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.

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## Mock Smoked Fish

FLAVORING	AMOUNT	COMMENTS
Salt	¼ teaspoon	Excellent
Brown sugar	2 tablespoons	
Minced dried garlic	⅛ teaspoon	
Liquid smoke	⅛ teaspoon	

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