

# 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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