Preserving Juneau’s Bounty  
UAF Cooperative Extension, Juneau District  
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Pressure Canning Meat & Fish  

Canned Salmon  
• Fresh or frozen salmon (gutted, head, tail, fins, scales removed)  
• Vegetables, herbs, spices to taste (optional, see FNH-00224, Adding Variety to Home-Canned Fish)  
• 1 pint jar per (approximately) 1 lb of salmon

1) If fish is frozen, thaw in the refrigerator before canning.  
2) Place flat lids into small pan with water, bring to boil, turn off and let sit until needed.  
3) Wash jars and lid rings with soap and water, set aside.  
4) Cut the fish into jar-length fillets, or chunks of any size.  
5) Fill jars with salmon, leaving 1" headspace. Add flavor additions, if desired at this time.  
6) Run plastic knife around inside of jar to align product and pack fish firmly.  
7) Wipe rims, place and adjust lids.  
8) Add 2-3 inches of cool water to pressure canner, put rack in bottom of canner, place jars in canner.  
9) Process in pressure canner for 100 minutes at 10 lbs pressure for weighted-gauge or 11 lbs pressure for dial gauge.

Canned Venison or Beef  
• Fresh or frozen meat  
• 1 pint jar per (approximately) 1 lb of meat

1) If meat is frozen, thaw in the refrigerator before canning.  
2) Place flat lids into small pan with water, bring to boil, turn off and let sit until needed.  
3) Wash jars and lid rings with soap and water, set aside.  
4) Cut the meat into strips, cubes or chunks.  
5) Fill jars with meat, leaving 1" headspace.  
6) Run plastic knife around inside of jar to align product and pack fish firmly.  
7) Wipe rims, place and adjust lids.  
8) Add 2-3 inches of cool water to pressure canner, put rack in bottom of canner, place jars in canner.  
9) Process in pressure canner for 75 minutes at 10 lbs pressure for weighted-gauge or 11 lbs pressure for dial gauge.