

SMOKED SALMON DIP

- 1/2 pound smoked salmon
- 1 pint small curd cottage cheese
- 1 pint sour cream
- 1 pint cream cheese – softened
- 1/2 Tablespoon minced garlic
- 1/2 Tablespoon Worcestershire sauce

Blend all ingredients except salmon in mixer at medium speed until well blended. By hand – flake salmon and fold into dip. Enjoy!

Storing Your Vacuum Packaged Fish

Vacuum packages help keep raw and smoked fish at their peak of quality by removing much of the air that surrounds the fish. A vacuum package does not preserve fish. It is a packaging method that can extend the storage life of the product.

Vacuum packaging PLUS fish (smoked or raw) PLUS warm temperatures CAN EQUAL BOTULISM. A vacuum package does not preserve fish—**SO KEEP THE FISH COLD**. Do not store vacuum packaged fish at room temperatures. Do not store for prolonged times at refrigerator temperatures of 38°F or higher.

Refrigerate vacuum packaged fish below 38°F for short term storage—raw and home smoked fish for no longer than 5 days; commercially smoked fish for the length of time recommended by the manufacturer.

Freeze vacuum packaged fish at 0°F or lower for long term storage—longer than 5 days. Thaw fish in the refrigerator—not at room temperature. Open package before thawing.

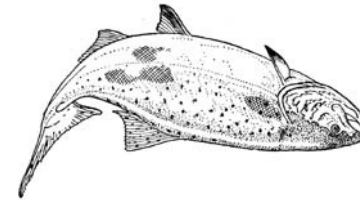
If the fish you receive in the mail has begun to thaw do not eat it.

Vacuum packages are sometime confused with retort pouches. These containers are gold or silver in color and are usually placed in a box for protection. Food in retort pouches is preserved by heat, so retort pouches may be stored, unopened, at room temperature. Once opened, fish in retort pouches must be refrigerated or frozen.

Vacuum packages are clear or opaque plastic; food packaged in them is **not preserved** by heat. So, vacuum packaged fish must be refrigerated or frozen.

FROM

TO



A GIFT FOR YOU

For more information contact:
 Kristy Long, Food Science and Home Economics Specialist
 907-474-7974 or ffkal@uaf.edu



Visit the Cooperative Extension Service Web site at
www.uaf.edu/ces