

## Packing and Pressure Canning Tuna

5.0 from 1 reviews

Recipe type: entree    Author: coco cooks    Prep time: 30 mins    Cook time: 90 mins  
Total time: 2 hours

Canning fresh tuna

### Ingredients

- o Bluefin or Albacore Tuna
- o Kosher Salt
- o Fresh or dried herbs like dill, rosemary, peppercorns, lemongrass
- o Peppercorns
- o Olive Oil or water
- o 1/2 pint jars
- o Pressure Canner



### Instructions

1. Sterilize your jars and lids according to manufactures instructions.
2. Cut your fresh raw tuna into medallions or pieces that will fit into the jar when packed.
3. Pour olive oil or water carefully into the jar. Fill just to cover but leave ample head space below the ring ( approx 1/2 inch to 3/4 of an inch) as the fish will make its own juices. If its overfilled , the lid wont seal.
4. Pack you choice of herbs and spices.
5. Top each jar with 1/2 teaspoon of Kosher salt.
6. Wipe rims and carefully seal.
7. Take a Pressure canner with a rack and and fill with 1.5 inches- 2 inches of water. The rack is essential so the jars wont break form the heat and rattling pressure. Make sure there is enough water , but it doesn't reach the ring of the jar. Unlike water batch canning , the jars don't have to be submerged in water. Pressure canning builds up humidity but you don't want the canner to run dry as its dangerous to open under pressure.
8. Follow Pressure Canner instructions and use the weight pressure of 11.
9. Pressure Can for at least 90 minutes. Watch carefully and reduce heat if necessary according the canners instructions on maintaining proper pressure.
10. After the time has elapsed , let canner cool down and remove when cool.
11. Place jars on a rack or towel and wait for the ping sound to signify if the jars are properly sealed. This will happen over the course of the next few hours. When you press down on the center there should be no resistance. ( See you jar manufacturers instructions).
12. If not sealed refrigerate and consume immediately over the next few days.
13. There may be some grease residue on outside of jar after canning and that can be cleaned and removed with vinegar and water.
14. Can be kept in a dry cool place for 6 months to max of 1 year.

### Notes

Please read and follow your jars and Pressure canning instructions.

Recipe by **Coco Cooks** at <http://www.coco-cooks.com/2011/08/pressure-canning-tuna/>