

# San Francisco Chronicle



## RECIPES

# Recipe: Home-Canned Albacore Tuna

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Here are instructions for canning fresh tuna at home using a pressure cooker, adapted by former Chronicle staff writer Olivia Wu from **Martha Barra of Barra of Mendocino**, a Ukiah winery. Barra's instructions do not give specific amounts — the idea is to buy a whole cleaned albacore tuna directly from a fisherman, such as at Princeton Harbor, and have the head and tail removed.

Before you start: Read the instructions for the pressure cooker.

Bake the tuna in a 350-degree oven for 2 hours in a large roasting pan. Remove from oven and let cool to the point where you can comfortably handle the meat. Take the meat off the bone, remove all skin and any blood in the cavity. Scrape away most of the dark veins, leaving only white meat.

Place chunks of meat in very clean ½-pint or 1-pint canning (Kerr or Mason) jars, gently packing in the meat to within 1 inch of the top.

To each ½-pint jar, add ¼ teaspoon salt, 1 tablespoon olive oil and 1 tablespoon water.

For 1-pint jars, add ½ teaspoon salt, 2 tablespoons oil and 1 tablespoon water.

Wipe the mouth of the jars really well with a clean, moist cloth to remove any oily residue. Sterilize the lids and place them on the jars. Put on the rings and tighten slightly.

Pour 2 quarts of water into a pressure cooker that has been placed on a burner. Stack the jars in the inner canning pot or on a rack in the bottom of the canner. Jars should not touch each other.

Process for 90 minutes at 15 pounds pressure. (Start timing from the point where the pressure first reaches 15 pounds.) Follow the manufacturer's instructions. Some canning manuals recommend processing for 100 minutes at 10 pounds pressure. Look up the recommended time and pressure for the altitude you live in.

Store the jars in a cool dry place. They should keep for up to a year.