

Food Preservation

Tips



Smoking/Curing

- Always select top quality fish and meat to smoke. Fatty meat and fish will absorb smoked flavor better than lean.
- Smoked fish brines need to be high in salt to keep the product safe during the smoking process (Example: 1 part non-iodized salt to 7 parts water, soak for 1 hour).
- Sometime during the smoking process, the smoked fish needs to reach an internal temperature of at least 160°F for 30 minutes to kill bacteria that can cause foodborne illness.
- Smoker cookers will allow the fish to reach an internal temperature of 160°F but small smokers often do not, so follow up with oven heating to reach 160°F for 30 minutes.
- If the air temperature in your smoker cannot reach 200–225°F, you'll need to cook the fish in your kitchen oven within 2 hours after the smoking process.
- Always check the internal temperature of the fish or meat with a food thermometer.
- Smoked fish and meats are perishable and need to be refrigerated after smoking, if not consumed immediately.
- Store smoked meat and fish in the refrigerator for up to 2–3 weeks or freeze for long term storage.
- Smoked fish can be canned but should only be smoked up to 2 hours and pressure canned in pint or half pint jars for 110 minutes at 10 lb pressure (adjusting pressure for altitudes above 1000 ft).

You can find current and complete home food preservation information from the experts at WSU Extension!



Questions? Contact WSU Extension for more information:



Explore food preservation resources by scanning the QR code or visiting the Consumer Food Safety website:

extension.wsu.edu/foodsafety/food-processing

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