

Fresh Tuna Canning

Ingredients

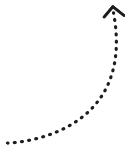
- large chunks of tuna
- olive oil
- sea salt

Equipment

- enough glass jars to hold your tuna
- large pressure cooker

How to make:

1. Sterilise the glass jars, lids, and bands with boiling water.
2. Cut the tuna into chunks.
3. Boil tuna in brine for 1.5 hours.
4. Add 1-2 teaspoons of olive oil to each jar
5. Fill each jar with hot tuna, leave ¼" from the top of the jar to avoid spillage. Wipe the jar lid clean to create a proper seal.
6. Add a pinch of sea salt to each jar.
7. Half fill with water and half fill with oil.
8. Place the lids and bands on jars. Lightly tighten the lids.
9. Put full jars into the pressure cooker. Make sure to have a canning rack at the bottom of the pressure cooker to avoid breaking the glass due to heat.
10. Screw on the lid of the pressure cooker and turn up the heat.
11. Ensure you reach the right amount of pressure (ours is 11 psi) reduce heat to maintain pressure. Check the instructions of your own cooker.
12. Allow the cooker to stay at the desired level of pressure for 90 - 100 minutes (or as the instructions of your cooker requires)
13. Remove from heat and allow pressure to dissipate before opening the cooker.
14. Remove jars and let them cool naturally. The olive oil and oil from the fish will still be boiling in the jars, so be careful and allow them to seal.
15. Once cooled, place in your cupboard. Enjoy!



Note - It is important to follow the exact instructions of your own cooker. **Do not** use a normal pressure cooker.