

MORE

Q&A

Can I use other fish?

Yes - you can use halibut, cod, and any other edible fish.

What are the nutritional benefits?

Using the whole fish has many benefits for our bodies and the environment! Salmon stock has essential vitamins like B12 and is nutrient dense.



This zine and recipe were created by the volunteers at Homer Drawdown to address food waste on the Kenai Peninsula. We hope you find ways to use ALL parts of the fish you catch.



How many carcasses should I use?

1-2 carcasses will yield about 2 pounds of salmon meat and 7 quarts of stock.

What is the shelf life of the stock?

I just made chowder with 4-year-old stock and it tasted delicious! When you pick a jar, make sure it still has a good seal and doesn't smell rancid or too fishy.

USING THE WHOLE FISH

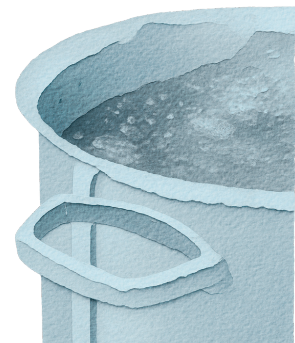


1 Place fresh and clean salmon carcass in stock pot

Carcass = head, spine & tail
We recommend removing the gills to avoid a bitter flavor

2 Cover with cold water

3 Simmer for 25 minutes
MAKE SURE IT DOESN'T BOIL!



GATHER YOUR TOOLS

- Big stock pot
- Large strainer
- Metal tongs
- 3 large bowls to separate meat, carcasses, & stock

Can I add vegetables to the stock?

You can! Or, you can simply add them when you make the soup.

What do you do with the bones?

You can bury them at least 8 inches deep in your garden.

Can I freeze the stock?

Yes - in a canning jar. Make sure to leave space in the jar for stock to expand in freezer. Thaw slowly so the jar doesn't crack.

COLLECT

SOUP STOCK

Place strainer over large bowl

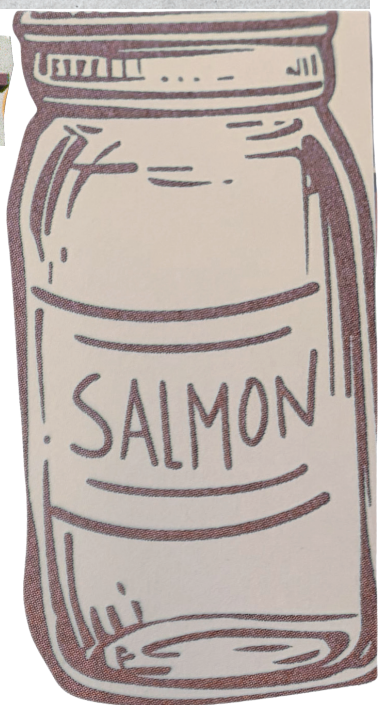


Pour or ladle stock through strainer into bowl



Transfer stock to clean sterile canning jars and pressure cans

Scan this QR code for detailed canning instructions by the University of Fairbanks Cooperative Extension Service.



HARVEST

YOUR SALMON MEAT

Once the carcass is cool enough to handle, gently pull the cooked salmon meat away from the spine, other bones, and gristle (cartilage). Place into separate bowls. Pick through meat carefully to get all the bones.



Use the meat in any recipe where you would use canned salmon!