

# Canned Shad Recipe

## Ingredients

- Shad fillets with skin, large rib bones, and dark red meat removed
- Salt
- Olive Oil
- White Vinegar

## Equipment

- ½ pint mason jars and new lids
- Pressure canner and equipment
- Smoker and alder chips

## Step 1 - Preparation

Fillet the shad. Remove the skin, large rib bones, and dark red meat.

## Step 2 - Smoking

1. Rinse in cold water and then pat the fish dry with paper towels.
2. Lightly salt the fillets, about how much you would salt if cooking. Adjust as needed.
3. Smoke for about 90 minutes at 120-150 degrees using alder chips.

## Step 3 – Canning

1. Remove from the smoker and cut fillets into chunks.
2. Follow your canner's directions for sanitizing and preparing the equipment.
3. Add about ½ inch of olive oil to the bottom of each mason jar.
4. Add ½ teaspoon of white vinegar to each mason jar to dissolve the bones.
5. Pack the jars, and top them off with more olive oil so it covers all of the fish.
6. Remove air bubbles with a plastic knife or tool.
7. Follow your canner's directions for the rest of the canning process. I normally can the mason jars at 11-14 pounds of pressure for 100 minutes.

## Notes

This is one of the best methods I've found for dealing with the bones in shad. It comes out really good, close to how canned sardines taste. The resulting product can be used in canned tuna or salmon recipes (think tuna salad, fish cakes, etc.), or enjoyed on Saltine crackers as is.