

DEPARTMENT OF FISHERIES.

Fish Inspection Laboratory

46-CAN-FISH-AL-C9

Circular No. 9

Halifax, N. S.
November 18, 1946Canning of Cod Livers

In April, 1940, Dr. Arthur Labrie, then Director of the Gaspe Fisheries Experimental Station of the Fisheries Research Board of Canada, published in its Progress Report No. 27 a Note on the canning of cod livers.

In recent months renewed interest in this product is being shown by canners and buyers alike. It is, therefore, considered worthwhile to bring Dr. Labrie's findings again to the canning industry's attention, and at the same time to suggest a plan for a small cannery designed to can cod livers.

The essential steps are as follows:

1. Only strictly fresh cod livers must be used. On arrival at the cannery all livers should be held in metal containers, packed in finely crushed ice, until used.
2. Washing and Culling: All livers must be thoroughly washed in clean running, cool water and all livers which are not strictly fresh and not all white in colour must be discarded.
3. Brining: The washed livers are brined in cool saturated pickle, containing a small amount of saltpeter, for thirty-five minutes.

Formula for pickle: 9 gallons clean fresh water
 25 lb. table or dairy salt
 10 oz. saltpeter

The pickle should be kept up to strength and changed frequently.

4. Cooking: After brining, the livers are spread on wire net trays which are set on shallow metal trays. These are placed into a steam box (cooker) and the livers are cooked for about thirty minutes, the oil being allowed to collect in the shallow trays. The oil is collected after each batch and the wire net trays are stacked in the cooling rack to allow the livers to cool and become firm before they are brought to the

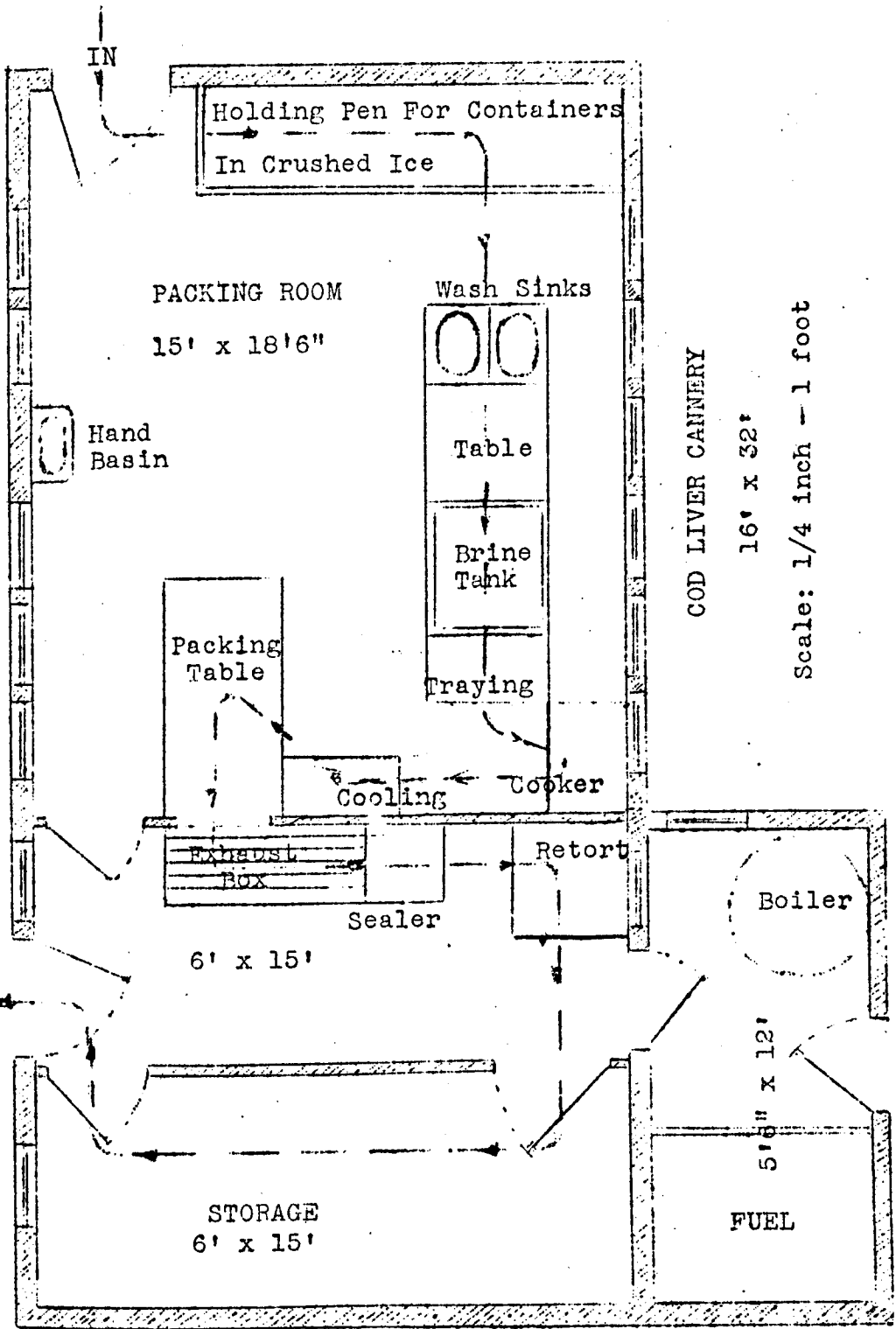
5. Packing Table where they are placed in small tins such as are used for canning fish or lobster paste (3 oz. or smaller). The cans should be well filled, allowing not more than one-eighths of an inch headspace.

6. After "exhausting" the cans for approximately eight minutes in a steam or exhaust box, they are sealed and processed at 240° F. for thirty minutes (3 ounce cans). The cans must be cooled in cold water immediately after they are removed from the retort.

Canned cod livers are rich in Vitamins A and D. The saltpeter gives the canned product an attractive pinkish colour. The flavour and odour of the canned product, when prepared from strictly fresh cod livers, are sweet and it has none of the sometimes objectionable flavours of medicinal cod liver oil. The canned product is most frequently used by spreading it on toast for breakfast. "Children cry for it."



Ernest Hess, Ph. D.
DIRECTOR



COD LIVER CANNERY

16' x 32'

Scale: 1/4 inch - 1 foot

E.H.