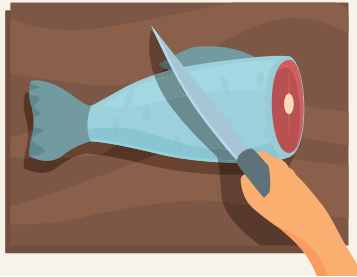


How canned fish is made

It all starts with fish caught fresh from the ocean.

1. Cutting

Once caught, the unwanted sections of the fish (eg the guts and head) are removed.

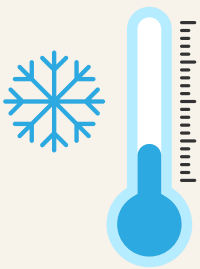


2. Pre-cooking

The cleaned fish are then cooked to make them safe to eat and to preserve them. Steaming fish is the most common method. Sometimes, the fish are smoked for flavour.



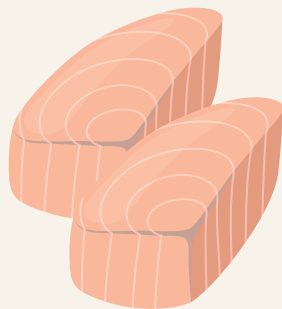
3. Cooling



After cooking, the fish are cooled down quickly. This helps maintain their freshness and texture.

4. Filleting & Deboning

The cooled fish are carefully filleted, which means the edible parts are separated from the bones and skin. This step ensures that the canned fish contains only the tasty fish meat.



5. Packing

The filleted fish are placed into cans. Sometimes, the fish are layered with spices, oils, or sauces for added flavour.



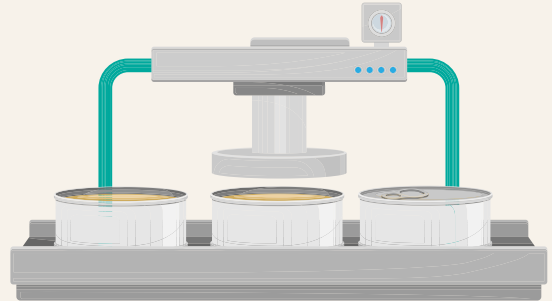
6. Adding liquid



The cans are filled with liquid – often water, oil, or sauce – that helps preserve and keep the fish moist.

7. Sealing

The cans are sealed tightly to prevent air and bacteria from getting in which is essential for keeping the fish safe to eat for a long time.



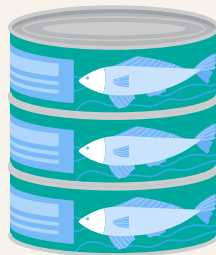
8. Cooking

The sealed cans are heated at high temperature to kill any remaining bacteria and ensure the fish is properly preserved.



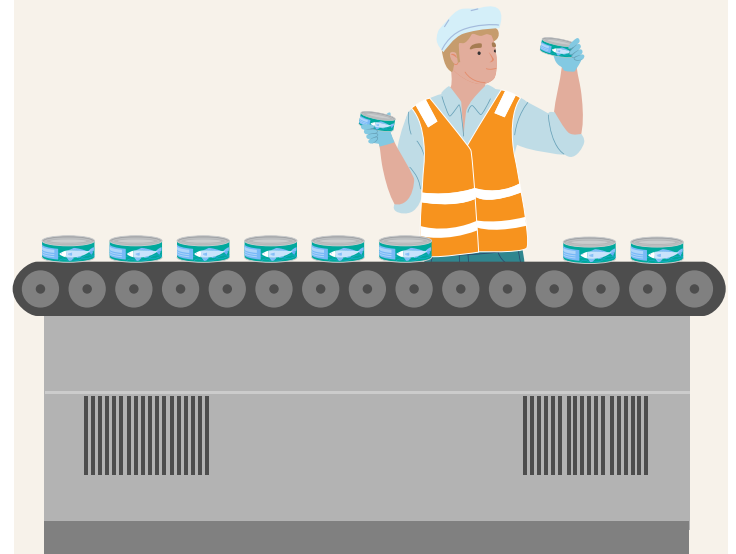
9. Labeling and Packaging

Once the cans are cooled, labels with information about the type of fish, ingredients, nutritional details, and more are attached. The cans are then packed into boxes for shipping and storage.



10. Quality Control

Before the canned fish are sent out to stores, some cans are checked to make sure they meet safety and quality standards. This step ensures that you get a safe and tasty product.



11. Distribution

The canned fish are shipped to supermarkets, grocery stores, and other places where you can buy them.

