

# Mailing Alaska Fish

*by Julie Cascio*

Ockkpi "Cncumc" fuj "ku"cp"qrrqtwpkv{ "vq"ujctg"qwt" itgcv"

:0" Rnceg"vjg"kpucwncvfg"eqpvckpgt"kpukfg"ectfdqctf"dqz0

;0" Enqug"cpf"ugewtgn{"vcr"vjg"dqz"ykvj"4/kpej/ykfg"vcr"0"  
Wug"engct"qt"dtqyp"rcemciki"vcr"tgkphqtegf"rcemkpi"  
vcr"qt"rcrgt"vcr"0"Cr rn{"vcr"vq"cm"Æru"cpf"ugc"ou0

320"Ncdgn"vjg"dqz"engctn{0"Ocmg"uwtg"vjg"öujkr"vq÷"cfftguu"ku"  
eqo"rngv"cpf"eqttgev0"Octm"öRgtkujcdng"ö"Mggr"Tghtki/  
gtcvgf÷"qp"vjg"qwwukfg"qh"vjg"dqz0"ft{"keg"ku"eqpukfgtgf"c"  
jc|ctfquw"ocvgtkcn0,,"Cff"ncdgnu"tgswtgf"yjpg"ocnkpi"  
ft{"keg0"Eqo"rngv"cp{"rcrgtyqm"vjg"ectktg"tgswtgu0

330"Ugpf"d{"qxtgpkijv"qt"pgzv/fc{"ugtckeg0"

, "Jqog/uv{ng"xceww"rcemcigu"oc{"dtgcm"kh"ñuj"ctg"eqo/  
ogtekcmm{"Æcu/jhtq|gp"kp"vjg"o0

,,"ft{"keg"\*ectdqp"fkqzkg"uqnf+"ku"eqpukfgtgf"cj|ctf/  
quw"ocvgtkcn"hqt"ckt"vtcpurqtv"cpf"tgswtgu"urgekcn"jcpfnkpi0"  
ft{"keg"ouw"pgxgt"dg"rncegf"kp"cp"ctvki"jv"eqpvckpgt0"Yjpg"  
ft{"keg"ejcpi"gu"vq"ectdqp"fkqzkg"icu"kp"gpenuqgf"urcegu"kv"  
fku"ncegu"qz{igp0"Rcemciki"uugf"hqt"ft{"keg"ujkr"ogpvu"ouw"  
cnnqy"vjg"icu"vq"guecrg0"Yjpg"jcpfnkpi"ft{"keg"fqpv"vqwej"  
kv"ykvj"dctg"jcpfu0"Cnuq"fq"pqv"ngv"ft{"keg"eqog"kp"ftgcv"  
eqpvcev"ykvj"hqgf0

Ejgem"ykvj{"qwt"ujkrkpi"eqo"rcp{"kp"cfxcpeg"hqt"vjgkt"ewt/  
tgpv"twngu"qp"ujkrkpi"ykvj"ft{"keg0

Yjpg"ujkrkpi"ykvj"ft{"keg"rtqkfg"vjg"hqmqy"kpi"qp"vjg"qwwgt"  
rcemciki<

- öFt{"Keg÷"qt"öEctdqp"fkqzkg"Uqnf0÷
- öWP"3:670÷
- Pgv"ygi"jv"qh"ft{"keg"kp"mknqitc"ou0
- Pcog"cpf"cfftguu"qh"vjg"ujkr"rgt0
- Pcog"cpf"cfftguu"qh"vjg"tgekrkpgv0"

### Other Hints

- Cngtv"vjg"tgekrkpgv"jcv"c"rgtkujcdng"ikhv"ku"kp"vjg"ocnk"uq"  
uqogqpg"ecp"dg"jqog"vq"tgegxg"kv0
- Fq"pqv"ugpf"rgtkujcdng"rtqfwew"vq"dwukpguu"cfftguu"qt"  
yjpgtg"vjg"ykn"pqv"dg"cfgswevg"tghtki"gtcvqt"uvqtcig0
- Ugpf"rcemcigu"cv"vjg"dg"ikppkpi"qh"vjg"yggm"uq"vjg{"fq"  
pqv"ukv"kp"vjg"rquv"qh"eg"qt"ocnkpi"hceknkv{"qxtg"vjg"yggm/  
gpf0"

Vacuum packages are sometimes confused with retort pouches. Retort pouches are commercial containers designed to withstand heat. Food packaged in retort pouches is preserved by heat, similar to canned food. Fish commercially processed in retort pouch packages may be stored unopened at room temperature. Once the pouches are opened, the fish must be refrigerated or frozen. Usually a retort pouch can be recognized by its gold or silver color. It is often placed in a box for protection.

