

Public Advisory Note 2 “Curd” found in Tin Salmon

On opening a can of salmon, there is occasionally observed on the exposed surface of the flesh a white creamy coloured material resembling coagulated egg-white. This material may be found deposited in small pockets on the surface of the continuous layer over the top and bottom surfaces of the flesh in the can. Small deposits may also be found embedded in cavities between pieces of fish.

What is this substance?

It is frequently, but mistakenly, assumed to be congealed fat. Actually this “curd” is a protein-like material that was originally in the natural juices of the raw salmon flesh, but which has separated out as a result of the cooking process.

Is it wholesome?

Absolutely. The protein in the juices of meat and fish flesh are considered more digestible than the proteins of the flesh muscle itself. The more coagulation of these proteins that were originally soluble in the juices is a phenomenon very similar to the coagulation of the protein (albumen) in raw egg-white by boiling.

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