

HOME
CANNING

of *Meats*

Circular 441

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HOME CANNING OF MEATS

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Meat is a very important item in the home food supply. Preserving meat by either canning, freezing, or curing makes it possible to have better balanced meals and makes for a better distribution of the meat supply throughout the year. All types of meat can be successfully canned at home.

Essentials For Success

Good meat, proper equipment properly used, and up-to-date canning methods are essential for success when canning meat.

Good Meat:

1. Mature meat animals and poultry are best suited for canning.
2. Both meat animals and poultry should be well conditioned. They should be moderately fat.
3. The meat must be fresh, clean, and from healthy animals and poultry.
4. Proper slaughtering with thorough bleeding is important for a good canned product.
5. Meat should be thoroughly chilled. Can as soon after chilling as possible unless held in a refrigeration plant. When cooled in a refrigeration plant, 24 hours at 36 degrees, or 48 hours at 40 degrees is recommended. Avoid freezing for canning if possible. If it does freeze, keep it frozen until canning time.
6. Handle in a very clean manner, both while being dressed and while being canned.

Equipment:

1. A pressure canner is necessary for success and safety in the canning of meat.
2. Use proper containers in good condition. Meat may be canned in either glass or tin. Prepare and use containers for canning meat just as you would for canning fruits and vegetables. Plain tin cans are used for meat.

Methods

Follow approved up-to-date methods. Meats may be pre-cooked or packed raw. A complete exhaust of air from product and container, an air tight seal, and correct processing are important factors essential for success by either method.

Steps In Canning Meat

1. Collect and prepare containers and other equipment ready for use.
2. Determine method to be used—hot pack or raw pack.
3. Wipe off meat with a clean damp cloth. If necessary, wash it.
4. Cut the meat according to the manner in which it is to be prepared for serving, such as steaks, chops, roasts, stew meat, etc. Cut steak and chops 1/2 to 3/4 inch thick. If meat is quite fat trim away part of it, but leave enough to properly flavor the meat.
5. Pre-heat or pack raw. Pack meat snugly next to the container, but more loosely through the center for thorough heat penetration. Leave 1 inch head space in glass containers. Fill the tin cans with meat to within 1/8 inch of top.
6. Seasoning—Salt is added for seasoning. It does not help preserve the meat and may be omitted if desired. When used, place in bottom of jar or on top of meat before broth is added. Use 1/2 teaspoon for pints and 1 teaspoon for quarts.
7. Add liquid—No liquid need be added to raw packs; however, the addition of hot water to fill up open spaces in the jar is very desirable in most instances. Add hot meat broth to hot packs. Since meat broth contains some fat, fill liquid to within 1 inch of top of glass jars. The action of the fat on rubber rings and sealing compounds might cause a broken seal later. Fill tin cans to the top.
8. Adjust lids—Wipe the sealing edge with a clean cloth to remove all trace of fat or meat particles. Adjust lids according to type used.
9. Process **immediately**.
10. Cool quickly. Quick cooling aids in the prevention of spoilage.
11. Store in a dry, cool place.

Methods

Hot Pack:

1. Cut the choicer cuts of meat from bone. Cut into pieces that will slip easily into glass jars. Serving size pieces may be used if preferred.
2. Place meat in pans or kettles. Add just enough water to keep from sticking if heated in oven—more liquid will be needed if heated on top of the stove. Heat slowly until medium done (until red color disappears).
3. Pack meat hot. Leave 1 inch head space above meat in glass jars; 1/4 to 1/8 inch in tin cans.
4. Add salt if desired.

5. Cover with hot meat broth, leaving 1 inch head space in glass jars and fill tin cans to the top.
6. Work out air bubbles.
7. Adjust lids on glass jars and seal tin cans immediately (as filled)
8. Process **at once**. (See Time Table page 10)

Raw Pack:

1. Place salt in bottom of containers or on top of meat after it is packed.
2. Pack containers with raw lean meat. Leave 1 inch space above meat in glass and fill tins to top.
3. Exhaust air*—Set the open jars or cans in a large vessel of hot water about 2 inches below rim of jar or can. Cover vessel and heat at slow boil until meat in all jars or cans is steaming hot and medium done, about 50 minutes in tin and 75 minutes in glass jars. If a thermometer is used the meat is heated enough when the center of jars or cans registers 170°F.
4. Fill glass jars with boiling water to within 1 inch of top of jar. Press meat down in tin cans and add boiling water to top of can.
5. Adjust lids on glass jars and seal tin cans.
6. Process **at once**. (See Time Table page 10)

MEAT CANNING RECIPES

STEWES

Hot Pack:

The less tender cuts of meat (beef, veal, lamb) are especially good made into stews canned **without vegetables**.

1. Cut into one inch or large size pieces.
2. Cover with water and simmer for a half hour.
3. Fill hot into containers—1 inch from top of glass jars; to top of can in tin.
4. Adjust lids of glass jars and seal tin cans immediately.
5. Process. (Time Table page 10)

GROUND MEAT

For grinding you may use small pieces of meat from less tender cuts. Never mix in scraps of doubtful freshness.

If desired, add 1 teaspoon salt per pound. Mix well.

* NOTE: Air may be exhausted from raw packs in glass jar by leaving the seals open throughout the processing period. Some homemakers exhaust air from tin cans by filling the cans with hot meat (medium done) and hot liquid to top of can.

Hot Pack:

1. Form ground meat into thin cakes that can be packed into glass jars or tin cans without breaking.
2. Put meat cakes into cooking pan. Pre-cook in oven until medium done (red color gone). If it is to be used for sandwiches do not make into cakes but add water directly to the ground meat and heat gently until red color is gone. Pack hot and not too tightly.
3. Pack meat cakes hot.
4. Cover with hot broth, skimmed free of fat. Allow at least 1 inch head space in glass and fill tin cans to top.
5. Adjust lids of glass jars and seal tins.
6. Process. (See Time Table, page 10)

SAUSAGE

Use any tested recipe, but omit sage as it is likely to give the canned sausage a bitter flavor. Also, go easy with other seasonings for sausage that is to be canned. Shape into sausage cakes. Pre-heat in skillet or oven; pack and process like ground meat. Sausage may be lightly browned in a skillet before packing if preferred. May be canned with or without liquid (broth).

CORNED BEEF**Hot Pack:**

1. Wash the corned beef; cut into pieces suited for packing.
2. Cover with cold water and bring to boil. If broth tastes salty, drain and cover meat with fresh water and parboil again.
3. Pack hot, cover with hot broth or hot water.
4. Adjust lids and process as for roast beef.

SOUP STOCK

1. Make a fairly concentrated stock by covering bony pieces of chicken or other meat with lightly salted water and simmer until meat is tender. Over cooking causes loss of flavor.
2. Skim off excess fat and remove bones. The broth may be canned with or without the bits of meat.
3. Pour hot into containers 1 inch from top in glass and to top in tin.
4. Adjust lids of glass jars and seal tin cans.
5. Process.

HEART AND TONGUE

Follow directions for hot pack of beef with these differences:
Heart—Remove thick connective tissue before cutting into pieces.

Tongue—Drop tongue into boiling water and simmer about 45 minutes or until skin can be removed, before cutting into pieces for packing.

LIVER

Wash well in cold water. Remove outside membrane. Cover with water and simmer gently for 5 or 10 minutes. Pack hot in containers. Cover with fresh hot water if preferred; may have better flavor. Process immediately.

RAW CURED HAM

Cut ham in slices about one inch thick. Mix together the following:

3 Tablespoons brown sugar	1 teaspoon vinegar
$\frac{3}{4}$ teaspoon prepared mustard	Dash of cloves

Spread the mixture on one side of ham slices. This amount will spread three slices. Roll the slices and pack them into clean quart jars. Add no liquid. Process in pressure cooker 45 minutes at 10 pounds pressure. The mixture may be omitted.

POULTRY

Hot Pack Without Bones:

1. Cut up and sort into bony and meaty pieces.
2. Remove bone, but not skin, from meaty pieces (breast, drumsticks and thighs). May be boned raw or after pre-heated.
3. Trim off large lumps of fat.
4. Make broth from very bony pieces.
5. Place meat in pans or kettles; cover with hot water and heat gently in oven or on top of stove until medium done (all color gone).
6. Add salt, pack hot; cover with hot broth as for beef, and process.

Hot Pack With Bones:

Proceed as described above, leaving bones in drumsticks and other meaty pieces, except breast. Bone the breast.

Raw Pack:

1. Pack raw with or without bones.
2. Cover with water as described for beef.
3. Process.

NOTE: Most authorities caution against frying meat before canning. The brown crust that tastes so good in fresh-cooked chicken or chops gives a warmed over or disagreeable flavor when canned. Do the browning when opened for use. Make these products fresh from the canned meat: chili con carne, stews with vegetables, soups made with cereals and vegetables and other combinations with vegetables. The overcooked vegetables and spices give disagreeable flavors. Commercial canners succeed with these specialties because they have the needed equipment and laboratories to check their results.

GIBLETS

Because of flavor, it is best to can giblets to themselves.

1. Cover with water and simmer.
2. Pack hot in usual way and process as for chicken without bones.

RABBIT

Prepare the meaty pieces, with or without bone, and pack and process as for chicken.

USE OF CANNED MEATS

To remove canned meats from jars without breaking the meat, set the jar in hot water until the fat melts and the meat jelly liquefies.

Observe the contents for "off" odor, color, texture before using. There should be no doubt of the meat keeping if the processing has been properly done, but occasionally a defective jar may appear in the lot. As a safety measure do not taste the meat until it has been heated at a boiling temperature for 20 minutes.

Canned meats may be prepared for serving by heating them in the drippings which collected in the jar or can: they may be breaded or floured and quickly browned or may be prepared by any of the recipes requiring already-cooked meats. Canned meat is heated and allowed to cool before making up into salads or using in sandwiches.

MISCELLANEOUS RECIPES

Mince Meat

- | | |
|---|------------------------------------|
| 2 pounds lean beef cooked until tender, chopped fine. | 1/2 pound suet chopped fine |
| 2 pounds raisins | 5 pounds tart juicy apples chopped |
| 1/2 cup lemon juice* | 1 pound currants |
| 4 cups fruit juice | Grated rind of 2 lemons |
| 1 1/2 cups water | 3 cups brown sugar |
| 2 cups sorghum | 3 teaspoons salt |
| 2 teaspoons allspice | 2 teaspoons cinnamon |
| 3 teaspoons nutmeg | 2 teaspoons cloves |
| | 1 teaspoon mace |

Mix all together, boil for 10 minutes. Pack into clean jars to within 1 inch of top. Process in water bath for 30 minutes or in pressure canner 30 minutes at 5 pounds of pressure.

*Note: Vinegar or sweetened vinegar from pickles may be used in place of lemon juice.

Head Cheese

- | | |
|------------------------------|-------------------------------|
| 6 pounds chopped meat | 3 teaspoons red pepper |
| 3 tablespoons salt | 2½ teaspoons allspice |
| 4 teaspoons pepper | 3 teaspoons cloves |
- 1 quart broth in which meat is boiled**

Clean hog's head by removing snout, eyes, ears, brains, and all skin. Trim off all fat. Cut head in four pieces and soak in salt water (½ cup salt to 1 gallon water) for 3 to 5 hours to draw out all blood. Drain from salt solution and wash well in clear water. Hearts, tongues and other meat trimmings may be cooked with the head meat. Cover meat with hot water and boil until meat can be removed from bones. Remove all meat from bones. Strain broth and measure. Chop meat fine. Add salt, pepper and spices to the meat and mix thoroughly with the broth. Cook mixture 15 minutes. Pack into clean jars to within 1 inch of top. Process in pressure cooker, 60 minutes at 10 pounds pressure. If not to be canned, pack in suitable containers for molding. When cold and set, it may be sliced and served.

Pickled Pigs Feet

Scald, scrape and clean the feet very thoroughly, then sprinkle lightly with salt and let stand for 4 hours. Wash the feet well in clean water. Place them in hot water and cook until tender but not until meat can be removed from bones. Pack the feet into clean jars, filling the jars to within ½ inch of top with a boiling spiced vinegar. Process jars 60 minutes at 10 pounds pressure. They may be kept a reasonable length of time in a stone crock.

Vinegar Solution:

- | | |
|---|---------------------------|
| 2 quarts vinegar | 1 small red pepper |
| 2 tablespoons grated horseradish | 1 teaspoon whole |
| 1 tablespoon whole allspice | black pepper |
- 1 bay leaf**

Mix all together and bring to the boiling point.

Chili

- | | |
|---------------------------------|------------------------------|
| 10 pounds ground beef | 1 ounce Mexican chili |
| 7 level tablespoons salt | powder |
- Small piece of garlic**

Boil beef 15 minutes. Mix all other ingredients. Heat to boiling point. Pack into clean jars to within 1 inch of top. Process in pressure canner 60 minutes at 10 pounds pressure. If beans are canned with the meat, they should be cooked barely soft and added to the other ingredients before packing. For the above recipe use 5 to 10 pounds of beans.

PROCESSING TIME TABLE

Process all meat at 10 pounds pressure (240°F).

Meats	Glass Pints Minutes	Glass Quarts Minutes	No. 2 Tin Cans Minutes	No. 2½ & 3 tin cans Minutes
Beef, Veal, Pork, Lamb (raw or hot pack)	75	90	65	90
Ground Meat—Hot Pack	75	90	65	90
Ground Meat—Raw Pack	-	-	100	135
Poultry with Bones (raw or hot pack)	65	75	55	75
Poultry without Bones (raw or hot pack)	75	90	65	90
Giblets—Hot Pack	-	-	65	-
Corned Beef—Hot Pack	75	90	65	90
Sausage—Hot Pack	75	90	65	90
Sausage—Raw Pack	75	-	100	135
Organ Meats—Hot Pack	-	90	65	90
Soup Stock	75	25	20	25
Rabbit	20	(Same as Chicken)		
Stews—Hot or Raw Pack	75	90	65	90

GUARD AGAINST SPOILAGE

Before opening any glass jar or tin can for use, inspect it well.

If it's a glass jar—A bulging lid or rubber ring, gas bubbles, leakage—any of these may be a sign of meat that has spoiled.

If it's a tin can—Press the end. Neither end should bulge or snap back, unless the can was sprung when processed. Both ends should look flat and curved slightly inward. Seams should be tight and clean, with no sign of leaks.

When you open a jar or tin can—Look for other signs inside a jar or can. Spurting liquid, and "off" odor or color are danger signals. A tin can should be smooth and clean inside and show very little corrosion.

If a metal lid of a jar or tin can has turned dark inside, this is not harmful. It is simply due to sulfur from the meat.

The broth over canned meats may or may not be jellied. If it is liquid, this is not a sign of spoilage.

It is possible for meat to contain the poison that causes botulism without showing any sign of spoilage. Heating will make the "off" odors of be-

ginning spoilage more noticeable.

If the steam pressure canner is in **perfect** order and if every **canning recommendation** given has been **accurately followed**, there is no danger of botulism. But as a safety precaution, before tasting, turn out the meat into a pan, add a little water if needed, cover the pan and boil 20 minutes before adding any other ingredients. If any meat smells queer after this, destroy without tasting.

If meat is not to be used at once or is to be used in salads or sandwiches, after boiling, chill immediately in a refrigerator or other place as cold.

Burn spoiled canned meat. Or add several spoonfuls of lye to the jar or can and let stand 24 hours—out of reach of children and pets. Then bury food and container. Play safe. Don't give people, animals, or poultry a chance to taste spoiled canned meat.

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