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EXTENSION DIVISION

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HOME CANNING OF MEATS

By FLORENCE IMLAY and PEARL J. HAAK

All kinds of meat can be preserved by canning. The rural housewife should include in her yearly canning budget several kinds of meat, prepared in different ways, such as roast beef, pork, lamb and chicken; broiled steak, pork and lamb chops; baked spareribs, fried chicken, beef and lamb stews, sausage, tongue, liver, etc. This makes it possible to have fresh meat prepared in a variety of ways, ready for use, during the entire year. Many farm families can their late fryers, slacker hens and extra cocks in the fall and thus save the expense of feeding them thru the winter.

EQUIPMENT FOR CANNING MEATS

Glass Jars. Only jars manufactured for canning should be used for canning meats. Jars in which salad dressing, peanut butter or pickles have been purchased usually are not adapted for tight sealing and sometimes are not strong enough to withstand the pressure to which they may be subjected in processing.

Tops. If screw-top jars are used the lids should be new. The wires on clamp-top jars should be adjusted to make them seal perfectly.

Rubber Rings. Only the best quality of new rubber rings should be used on the jars in canning meats as they must withstand the high temperature at which meat is processed.

Tests for rubbers

1. No cracks or breaks should appear when a rubber is bent sharply back on itself.
2. The rubber should return immediately to its original size when stretched to twice its width.
3. The rubber should bounce back quickly into its original shape when released after being crumpled in the hand.

Tin Cans. Plain tin cans are very satisfactory for canning meats and poultry. It is not advisable to use enamel-lined cans, as fat may cause the enamel to peel off. Altho this does not harm the product, it makes it unattractive. After the initial cost of a tin can sealer, canning in tin is no more expensive than canning in other types of containers.

Pressure Cooker. **THE PRESSURE COOKER IS RECOMMENDED FOR PROCESSING ALL MEATS** because, in it, the high temperature can be maintained which is necessary to ensure the destruction of heat-resisting bacteria.

PREPARATION OF MEAT FOR CANNING

1. Meats for canning should be from healthy animals, as otherwise there is danger that disease may be transmitted to persons eating the meat.
2. Animals and fowls should be handled carefully before killing, to avoid bruises and the formation of blood clots. Proper methods of killing should be used in order to have the best quality of canned products.*
3. Sufficient time should be allowed between the time of killing and canning for the carcass to be thoroly cooled. Meat should be kept in a refrigerator or cold place until it is canned. The same careful attention should be given in killing chickens as in killing other animals. It is well to keep these points in mind, in killing and preparing chickens: bleed well, dry pick or scald in water below boiling point (160 to 180 degrees F.), remove all feathers, singe, wash, dry and cool quickly.
4. Beef, veal, pork, lamb and mutton should be wiped with a clean, damp cloth before canning. Housewives usually prefer to remove the bones (except in chickens, spareribs and small game) to facilitate packing.
5. Frozen meat does not make the best quality of canned product.

PACKING MEAT

Meats should be precooked before packing in the container when glass jars are used. When tin cans are used, it may be precooked or packed raw and the air exhausted before sealing. Precooking helps to shrink the product so that it packs to better advantage and ensures adequate processing. Many persons think that precooking helps to preserve the natural flavor. Meat may be precooked in the oven, in fat, or in a small amount of water. Meat should not be packed too tight. One-half inch space should be left at the top of glass jars and tin cans. When packing sliced meat, it should be arranged in the jar or can so that the handle of a wooden spoon can be inserted in the center and strike the bottom of the container, to leave room for expansion.

SEALING CONTAINERS

Glass jars should be only partially sealed before processing and completely sealed as soon as removed from the pressure cooker.

Since tin cans have to be completely sealed before placing in the cooker, the air must be exhausted before sealing. This is done by placing the filled cans in a bath of boiling water that comes to within one and one-half to two inches of the top of the can. Cover the bath and heat 40 to

* See Farmers' Bulletin 1762, Home Canning of Fruits, Vegetables and Meats, U. S. Department of Agriculture; Kentucky Extension Circular No. 261, Killing, Cutting and Curing Pork; and Farmers' Bulletin 1377, Marketing Poultry.

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60 minutes until the meat is steaming hot in the center (170 degrees F.) and has lost its raw color. Remove cans from water bath, place cover on top and completely seal with commercial sealer.

TIME FOR PROCESSING

Product	15 pounds pressure	
	Quart glass jars No. 3 tin cans	Pint glass jars No. 2 tin cans
All meat—beef, pork, fowl, liver, etc.	60 min.	55 min.
Soup stock	45 min.	40 min.

Some housewives prefer the texture of meat canned in quart glass jars or No. 3 tin cans at 10 pounds pressure for 90 minutes, or five minutes less for pints and No. 2 tin cans.

RECIPES

Roast Meats. Cut into as large pieces as possible to go into the jar, remembering that meat shrinks about one-third in precooking. Heat two or three tablespoons of fat in a pan, put in the meat and sear quickly on all sides, in a hot oven, being careful not to pierce when turning. Sprinkle with salt, using about one teaspoon of salt per pound of lean meat. Add one cup of boiling water to drippings in the roasting pan and place in a hot oven for 30 to 40 minutes, to brown. When the meat is nicely browned, and about one-third done, pack into hot, sterilized jars to within three-fourths of an inch from the top. If desired, the boiling liquid from the roasting pan may be poured over the meat, leaving a space of one-half inch at the top or, if a dry roast is preferred, one teaspoon of fat may be added to the jar, but no liquid. Partially seal glass jars, process and completely seal; or exhaust tin cans, seal and process. See time table above.

Steak. Cut steak one and one-half inches to two inches thick and into sizes convenient for serving or which can be rolled for packing. All cutting should be done before searing. Wipe with a damp cloth and remove bone, if too large for convenient packing. Sear in a hot broiler or in hot fat until nicely browned, season, allowing one teaspoon of salt per pound of meat, and pack while hot into hot jars. Partially seal glass jars, process and completely seal; or exhaust tin cans, seal and process. See time table above.

Chops. Cut chops thick. Trim the fat and, if desired, remove the bone. Sear quickly in a broiler or in a small amount of hot fat and cook until a light brown. Season, allowing one teaspoon of salt per pound of meat, pack into hot jars to within one-half inch of top of jars or cans. Partially seal glass jars, process and completely seal; or exhaust tin cans, seal and process. See time table above.

*Fried Chicken.** Clean chicken, wash, wipe dry and cut into pieces of desired size. Precook in hot fat or broil until nicely browned. Season, allowing one teaspoon of salt per pound of meat, and pack while hot into hot jars. **DO NOT ROLL IN FLOUR NOR PACK TOO TIGHT.** Partially seal glass jars, process and completely seal; or exhaust tin cans, seal and process. See time table above.

* Other fowls and small game may be canned by the same method.

Baked Chicken. Prepare as for frying. Place in a pan and put into a hot oven until the fowl begins to brown. Sprinkle with salt, using one teaspoon per pound of meat. Pack while hot into hot jars. Partially seal glass jars, process and completely seal; or exhaust tin cans, seal and process. See time table, page 3.

Liver. Slice liver about one inch thick. Remove skin and large blood vessels. Brown on both sides in hot fat and add one teaspoon of salt per pound of meat. Pack while hot into hot jars. Partially seal glass jars, process and completely seal; or exhaust tin cans, seal and process. See time table, page 3.

Sausage or Hamburger. Shape ground meat into small cakes and brown well in hot frying pan or oven. Drain off the fat and pack in hot jars. Add sufficient water to fat in pan to pour one to two tablespoons of drippings into each jar. Partially seal glass jar, process and completely seal; or exhaust tin cans, seal and process. See time table, page 3.

Tongue. Wash the tongue and drop into boiling water and simmer for about 45 minutes until the skin can be removed. Skin and cut into pieces that fit into containers. Reheat to simmering in broth, pack hot into hot jars. Add one teaspoon salt per pound and cover with boiling hot broth. Partially seal glass jars, process and completely seal; or exhaust tin cans, seal and process. See time table, page 3.

Heart. Wash the heart, remove the thick connective tissues and cut into convenient size for packing. Simmer in water for 15 or 20 minutes. Pack while hot into hot jars. Add one teaspoon of salt per pound of meat and cover with the water in which the heart was simmered. Partially seal glass jars, process and completely seal; or exhaust tin cans, seal and process. See time table, page 3.

Soup Stock. Stock in which meat has been cooked may be canned. Remove excess fat, reheat, pour hot into hot jars. Partially seal glass jars, process and completely seal; or seal tin cans and process. See time table, page 3.

STORING CANNED MEATS

Canned meats should be stored in a cool place, in the dark if in glass.

SCORE CARD FOR JUDGING CANNED MEATS

Meat	70
Condition of product chosen—uniform size, free of bone and excess fat.	
Condition of finished product—	
Natural color of cooked meat.	
Meat firm and tender in appearance.	
Pack	30
Neatness of pack.	
Condition of liquid—clear and no sediment.	
Container of uniform or specified size, of clear, colorless glass. All containers clean and attractive, plainly and neatly labeled according to directions.	
TOTAL	100