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# How to Preserve Meat in Lard

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**M**EAT can be satisfactorily preserved in lard if only fresh meat is used and precautions are taken to keep everything clean and sterile.

### **To Sterilize Crock**

Wash the crock, turn it upside down in a dishpan half full of water, and boil water for 15 minutes. Remove crock, but do not dry with cloth.

### **To Pack Meat in Lard**

Cook meat as you would cook it for serving. Place it in a dry sterilized crock and cover immediately with hot lard. Cover with clean wax paper and place on this a crock cover or plate. Store in a cool, dry place.

(Caution: Do not keep meat packed in lard during hot weather unless the storage place is always cold.)

When removing meat from crock, be sure that the remaining meat is well covered. Pour melted lard over it so that no air will touch it.

Small crocks are better than large ones, as the meat will not be disturbed so often.

### **To Roast Pork for Packing in Lard**

Preparation: Wipe roast with a damp cloth, place in an uncovered pan, without water, and rub with salt ( $\frac{1}{2}$  teaspoon for each pound of meat).

#### **METHOD I—Constant temperature**

Place the roast in a moderate oven (350° F.) and cook.

Rib or shoulder ends—45 to 50 minutes

Center cut—30 to 35 minutes

## **METHOD II—Seared roast**

Sear the roast on top of the stove or in a very hot oven (475° F.) until the meat is uniformly brown (15 to 20 minutes), then reduce the temperature to that of a moderate oven (300°-350° F.) and cook.

Rib or shoulder cut—45 to 50 minutes, plus searing time

Center cut—30 to 35 minutes, plus searing time

Pack roast in jar at once.

## **Pork Chops or Steaks in Lard**

Sear chops on both sides in a little fat. Salt both sides. Add 2 tablespoons of water. Cover skillet, finish cooking on top of stove. Chops may be seared in a dripping pan and then placed in a moderate oven (350° F.) to finish cooking.

Single chop—20 minutes

Double chop—40 minutes

## **Fried Sausage Patties in Lard**

Make patties about  $\frac{1}{2}$  inch thick, place in a warm pan, and fry slowly. Turn once or twice during frying. The grease may be poured off as it collects. Cook until well done, about 10 minutes.

Lamb, beef, or veal cuts may also be used. Cook them in the ordinary way until they are well done, and follow directions for packing in lard.

## **To Use Meat Packed in Lard**

To use meat packed in lard, scrape off as much lard as possible, heat thoroughly so that meat is hot throughout, and use as ordinary fresh-cooked meat.

## Scrapple

Neck bones and cheek, which are often left after the rest of the hog has been preserved for future use, may be utilized in making scrapple.

Cook pork neck bones or cheek until meat is very tender. Remove meat from bones and reject excess fat if cheek is used. Chop the meat fine and measure. Return meat to the liquid in which it was cooked and bring to a boil. When boiling, stir in cornmeal slowly, using about 1 cup to 3 cups of chopped meat and 5 cups of liquid. If there is not enough liquid, add more water. Season with  $2\frac{1}{2}$  teaspoons salt and  $\frac{1}{8}$  teaspoon pepper or to suit taste. Boil until cornmeal thickens the liquid, then cook in double boiler for 2 hours, or cook very slowly on back of the stove. Cracked wheat may be used in place of cornmeal.

Mold by pouring into a bread pan rinsed in cold water.

Onion, sage, bay leaf, and other condiments may be cooked with the meat to give added flavor.

The proportion of meat may be varied. If it is used for breakfast, use large proportion of cereal; if sliced and eaten cold, a large proportion of meat is desirable.

To use scrapple, cut slices and brown in a little fat. Sirup may be used on it.

The following Agricultural Extension Division bulletins and folders can be obtained by writing to the Bulletin Office, University Farm, St. Paul:

<i>Cutting Pork and Lamb for Home Use</i> .....	Folder 38
<i>Home Curing of Pork</i> .....	Folder 40
<i>Meat Specialties</i> .....	Circular 52

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