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BULLETIN ROOM

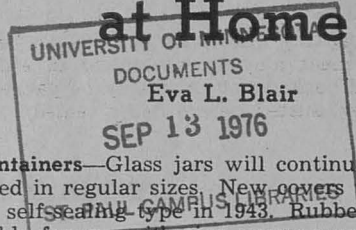
③ Extension Folder 114

January 1943

MN 2000 EF 114

Canning Meats

at Home



Containers—Glass jars will continue to be manufactured in regular sizes. New covers will be limited to the self-sealing type in 1943. Rubber rings will be available for use with zinc covers now on hand. Tin cans for home canning will be available.

Glass jars or plain tin cans are used for canning of meats and poultry. The C-enamel cans and R- or sanitary-enamel cans used for certain fruits and vegetables are not suitable for chicken or other meats as the fat may cause the enamel to peel off.

Pint containers are most suitable for canning meats; nothing larger than quart size should be used because of the time it takes for the heat to penetrate to the center of larger containers. Some loss of liquid may occur with all types of jars; it is generally less with those of the self-sealing type.

Head Space—In canning of meats, the head space is particularly important. If the liquid does not cover the meat it will discolor and lose flavor during storage. In packing containers, allow the following head space: glass jars, ½ inch; No. 1 and 2 tin cans, ¼ inch.

Frozen Meat—Frozen meat may be canned, but it does not make a high-quality product. If meat has become frozen, do not thaw it out before precooking for canning. Cut or saw the frozen meat into uniform strips 1 to 2 inches thick and place it at once into boiling water. Simmer until the color of raw meat has almost disappeared; then pack and process.

Salt—Add ½ teaspoon to pint jars, 1 teaspoon to quarts, ¾ teaspoon to No. 2, 1 teaspoon to No. 3 cans.

Steps in Preparation

Right Lids Important—Check the type of jars on hand and see that any new lids or rubber rings purchased will fit. See that the rubber ring is right for the particular type of jar, and that the screw band is exactly the right depth to fit jar and lid. Use lids or covers on jars for which they were made. Use only new rubbers for canning meats.

Look for Chips and Dents—Examine glass jars and caps carefully. Discard either jars or caps that

have cracks, chips, or dents. Lightning-type jars may need the wire clamp tightened. Wash jars and tops in hot soapy water and rinse. Place jars on rack in pressure cooker and allow to steam until needed. Prepare jar caps that have a sealing composition by pouring boiling water over them just before using. Dip rubber rings into boiling water and place on the jars before filling them.

Precooking—Precook meats in the oven or in water before packing into glass jars. When tin cans are used, the meat may be precooked in either of these ways and packed hot, or it may be packed raw and the cans exhausted before being sealed.

For precooking in the oven, cut beef or pork into pieces weighing about one pound, cook in oven at 350° F. until the red color disappears at the center, about 30 or 40 minutes. Cut meat so there are two or more pieces to each jar, pack at once closely, add salt, cover with pan drippings or with boiling water, leaving proper head space, and process immediately.

Chicken is handled the same way except it needs only about 20 to 30 minutes' precooking. This is the best method to precook chicken for canning in glass.

For precooking in water, cut the meat into one-pound pieces and place in boiling water. Cover the kettle and simmer for 12 to 20 minutes, until the

Timetable for Processing Meats

Use Steam Pressure Cooker or Canner at 250° F. or 15 Pounds Pressure

PRODUCT	PACKING METHOD Pack all jars with meat boiling hot. To have jars hot, place on rack or in pressure cooker and steam for 5 minutes before packing.	CONTAINER			
		Glass Jars		Tin Cans	
		Pint	Quart	#2	#3
Beef— Fresh cuts	Select cuts commonly used for roasts and steaks—round, rump, loin, rib, or chuck. Cuts that contain more connective tissues and bone may be canned as stew meat. Wipe meat with damp cloth, remove bone and gristle, leave only enough fat to give flavor. For glass jars, precook in oven or in water, pack, add salt, cover with broth, and process. If using tin cans, follow same method, or pack the meat raw and exhaust can.	Min. 85	Min. 120	Min. 85	Min. 120
Heart and tongue	Wash heart, remove thick connective tissue, cut into pieces for packing. Drop into boiling water and simmer for 15 to 20 minutes. Pack at once, add salt and broth to cover. Process. Wash tongue, drop into water, and simmer about 45 minutes. Skin, cut into pieces, reheat in broth, pack in containers, add salt and broth to cover. Process.	85	120	85	120
Pork— Fresh	Cuts usually canned: loin, spareribs, and headcheese. Ham and shoulders may be canned. Remove excess fat, precook by either method described under beef. Pack hot and process in same manner as beef.	85	120	85	120
Sausage	Omit sage from sausage to be canned. If glass jars are used, mold the sausage into cakes and precook in moderate oven (350° F.) for 10 to 15 minutes, or until cakes are slightly browned and the color of raw meat has almost disappeared. Pack into the jars and cover with the drippings or with hot water. Process. If using tin cans, pack the raw sausage closely into No. 2 size and exhaust the cans until the sausage is steaming hot, 40 to 50 minutes. Seal and process.	90	120	90	
Veal	Precook, pack, and process as for beef.	85	120	85	120
Chicken and Other Poultry—	Select plump hens. Young birds may be canned but the texture is softer and flavor of the meat is not as good as from mature birds.				
With bone	Dress the chicken as for cooking, remove lungs, kidneys, and eggs. Cut into pieces for serving; separate into meaty pieces, bony pieces, and giblets. Giblets should not be canned with other meat. Trim off lumps of fat; too much fat lengthens processing. Make broth of bony pieces, strip meat from bones, and can. Meaty pieces are better canned without removing the bone. Precook in oven or water, pack hot, add salt, cover with broth or water, process.	65	75	55	70
Boned		85	120	85	120
Giblets		85		85	

color of the raw meat has almost disappeared from the center of the piece. Cut the meat into smaller pieces, pack into containers, add salt, cover with the broth, leaving proper head space, and process immediately. This method of precooking may be used for chicken, reducing the time to 8 to 10 minutes.

In tin cans, meat may be packed raw. Pack two or more pieces of meat into each can, and place the filled, open cans into a bath of boiling water that comes to within $1\frac{1}{2}$ to 2 inches of the top of the can. Cover the bath to hold in steam and heat, being careful that water from the bath does not bubble into the cans. Continue heating until the meat in all the cans is steaming hot, or 170° F., at center of cans, and has practically lost the color of raw meat. The time required is about 40 to 50 minutes for No. 2 cans of beef or pork and somewhat less for chicken. Press the meat down and be sure it is covered with broth and that there is proper head space in the cans. Seal at once and process immediately.

Sealing Jars—With Mason jars, screw caps on tight and then turn back $\frac{1}{4}$ inch. For self-sealing jars, hold cover on and screw band on firmly. These jars are not completely sealed until cold. With tin cans, complete the seal; do not wet paper gasket.

Exhaust Cooker—Expel all air from cooker. Add 1 inch of water or enough to cover rack in pressure cooker and prevent boiling dry. Put jars in cooker, clamp on the cover, tightening the clamps on opposite sides at same time. Leave petcock open until a steady stream of steam escapes (approximately 7 minutes); allow 10 minutes for cookers, 25-fluid-quart size or larger.

Process—Close petcock, run pressure up quickly. Start counting time when pressure reaches desired point. Use timetable. To avoid loss of liquid hold pressure constant for time required.

Reopening the Cooker—(1) remove cooker from stove, (2) allow needle on gauge to return to zero, (3) open petcock, (4) release clamps, and (5) remove cover, tilting away from the face. With tin cans, petcock may be opened gradually as soon as cooker is removed from stove.

Removing Jars—Leave bands on self-sealing jars until cold but do not tighten. Stand jars upright and place apart to cool quickly. Do not leave in draft. Tin cans may be cooled in cold water at once.

Labeling and Storing—When jars are cold, wipe clean, remove screw band of self-sealing jars, and label with glass pencil as to product, date, and process used. Label fruit as to water or sirup pack. Keep jars a week at room temperature and then store in a cool, dry place.

Examine Jars before Opening—Look for signs of leakage or bulging rubber or, in tins, bulging ends. When opened there should be suction. Note odor.

Boil All Home-Canned Nonacid Foods 15 Minutes before Tasting. For salad, boil 15 minutes and cool.

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Cooperative Extension Work in Agriculture and Home

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