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CANNING BEEF STOCK

Hot pack — Saw or crack fresh trimmed beef bones to enhance extraction of flavor. Rinse bones and place in a large stockpot or kettle, cover bones with water, add pot cover, and simmer 3 to 4 hours. Remove bones, cool broth, and pick off meat. Skim off fat. Add meat removed from bones to broth, and reheat to boiling. Fill clean, hot jars, leaving 1-inch headspace. Wipe jar rims. Adjust lids and process in a pressure canner.

Recommended processing time in a pressure canner:

Process in a **Dial Gauge Pressure Canner** at 11 pounds pressure OR in a **Weighted Gauge Pressure Canner** at 10 pounds pressure:

Pints — 20 minutes

Quarts — 25 minutes

The processing times given are for altitudes of 0-1000 feet. If you are canning at a higher altitude, the processing times stay the same, but you must make the following adjustments.

In a Dial Gauge Pressure Canner

* At altitudes of 1001-2000 feet, the pressure is not increased; process at 11 pounds pressure.

* At altitudes of 2001-4000 feet, process at 12 pounds pressure.

* At altitudes of 4001-6000 feet, process at 13 pounds pressure.

* At altitudes of 6001-8000 feet, process at 14 pounds pressure.

In a Weighted Gauge Pressure Canner

* At altitudes above 1000 feet, process at 15 pounds pressure.

Source:

E.L. Andress and J.A. Harrison. 1999. *So Easy to Preserve*. Cooperative Extension Service/The University of Georgia. 344 pp.

Reviewed June 2003 by:

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CANNING CHICKEN STOCK

Hot pack — Place large carcass bones in a large stockpot, add enough water to cover bones, cover pot and simmer 30 to 45 minutes or until meat can be easily stripped from bones. Remove bones and pieces, cool broth, strip meat, discard excess fat and return meat to broth. Reheat to boiling and Fill clean, hot jars, leaving 1–inch headspace. Remove air bubbles. Wipe jar rims. Remove air bubbles. Wipe jar rims. Adjust lids and process.

Recommended processing time in a pressure canner:

Process in a **Dial Gauge Pressure Canner** at 11 pounds pressure OR in a **Weighted Gauge Pressure Canner** at 10 pounds pressure:

Pints — 20 minutes

Quarts — 25 minutes

The processing times given are for altitudes of 0-1000 feet. If you are canning at a higher altitude, the processing times stay the same, but you must make the following adjustments.

In a Dial Gauge Pressure Canner

- * At altitudes of 1001-2000 feet, the pressure is not increased; process at 11 pounds pressure.
- * At altitudes of 2001-4000 feet, process at 12 pounds pressure.
- * At altitudes of 4001-6000 feet, process at 13 pounds pressure.
- * At altitudes of 6001-8000 feet, process at 14 pounds pressure.

In a Weighted Gauge Pressure Canner

- * At altitudes above 1000 feet, process at 15 pounds pressure.

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CANNING CHUNKS OF MEAT — bear, beef, lamb, pork, veal, and venison

Procedure: Choose high quality chilled meat. Remove excess fat. Soak strong-flavored wild meats for 1 hour in brine water containing 1 tablespoon of salt per quart. Rinse. Remove large bones.

Hot pack -- Precook meat until rare by roasting, stewing, or browning in a small amount of fat. Add 1 teaspoon of salt per quart to the jar, if desired. Fill jars with pieces and add boiling broth, meat drippings, water, or tomato juice (especially with wild game), leaving 1-inch headspace. Add 1/2 teaspoon salt to pints, 1 teaspoon to quarts, if desired. Remove air bubbles. Wipe jar rims. Adjust lids and process in a pressure canner.

Raw pack -- Add 1 teaspoon of salt per quart to the jar, if desired. Fill jars with raw meat pieces, leaving 1-inch headspace. Do not add liquid. Remove air bubbles. Wipe jar rims. Adjust lids and process in a pressure canner.

Process in a **Dial Gauge Pressure Canner** at 11 pounds pressure OR in a **Weighted Gauge Pressure Canner** at 10 pounds pressure:

Pints – 75 minutes

Quarts — 90 minutes

The processing times given are for altitudes of 0-1000 feet. If you are canning at a higher altitude, the processing times stay the same, but you must make the following adjustments.

In a Dial Gauge Pressure Canner

* At altitudes of 1001-2000 feet, the pressure is not increased; process at 11 pounds pressure.

* At altitudes of 2001-4000 feet, process at 12 pounds pressure.

* At altitudes of 4001-6000 feet, process at 13 pounds pressure.

* At altitudes of 6001-8000 feet, process at 14 pounds pressure.

In a Weighted Gauge Pressure Canner

* At altitudes above 1000 feet, process at 15 pounds pressure.

Source:

E.L. Andress and J.A. Harrison. 1999. *So Easy to Preserve*. Cooperative Extension Service/The University of Georgia. 344 pp.

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CANNING GROUND OR CHOPPED MEAT – bear, beef, lamb, pork, sausage, veal, venison

Procedure: Freezing result in a much higher quality product. However, if canning is desired, use fresh, chilled meat. For venison, add one part high-quality pork fat to three or four parts venison before grinding. For sausage, use freshly made sausage, seasoned with salt and cayenne pepper. Sage can result in a bitter off-flavor.

Hot pack — Shape ground meat or sausage into patties or balls or cut cased sausage into 3 to 4-inch links. Cook until lightly browned. Ground meat can be sautéed without shaping. Remove excess fat. Pack hot meat loosely into hot jars, leaving 1 inch headspace. Fill jars to 1 inch from top of the jar with boiling meat broth, water, or tomato juice. Add 1/2 teaspoon salt per pint; 1 teaspoon per quart, if desired. Remove air bubbles. Wipe jar rims. Adjust lids and process in a pressure canner.

Recommended processing time in a pressure canner:

Process in a **Dial Gauge Pressure Canner** at 11 pounds pressure OR in a **Weighted Gauge Pressure Canner** at 10 pounds pressure:

Pints — 75 minutes

Quarts – 90 minutes

The processing times given are for altitudes of 0-1000 feet. If you are canning at a higher altitude, the processing times stay the same, but you must make the following adjustments.

In a Dial Gauge Pressure Canner

* At altitudes of 1001-2000 feet, the pressure is not increased; process at 11 pounds pressure.

* At altitudes of 2001-4000 feet, process at 12 pounds pressure.

* At altitudes of 4001-6000 feet, process at 13 pounds pressure.

* At altitudes of 6001-8000 feet, process at 14 pounds pressure.

In a Weighted Gauge Pressure Canner

* At altitudes above 1000 feet, process at 15 pounds pressure.

Source:

E.L. Andress and J.A. Harrison. 1999. *So Easy to Preserve*. Cooperative Extension Service/The University of Georgia. 344 pp.

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CANNING POULTRY — chicken, duck, goose, turkey, or game birds

Procedure: Choose freshly killed and dressed, healthy animals. Strong flavored game birds (especially water fowl) can be soaked for one hour in a brine made from 1 tablespoon salt and 1 quart of water. Rinse. *If you soak game birds, do not add salt when filling canning jars.* Chill dressed poultry and game birds for 6 to 12 hours before canning. Rinse poultry or game birds, remove excess fat and cut meat into suitable sizes for canning. The meat may be canned with or without bones.

Hot pack -- Boil, steam or bake meat until about two-thirds done. Add 1/2 teaspoon salt to pints; 1 teaspoon salt to quarts, if desired. Fill clean, hot jars with pieces and hot broth, leaving 1-1/4-inches headspace. Wipe jar rims. Adjust lids and process in a pressure canner.

Raw pack -- Add 1/2 teaspoon salt per pint; 1 teaspoon salt per quart, if desired. Fill clean, hot jars loosely with raw meat pieces, leaving 1-1/4-inch headspace. Do not add liquid. Remove air bubbles. Wipe jar rims. Adjust lids and process in a pressure canner.

Recommended processing time in a pressure canner:

Process in a **Dial Gauge Pressure Canner** at 11 pounds pressure OR in a **Weighted Gauge Pressure Canner** at 10 pounds pressure:

Without bones

Pints — 75 minutes

Quarts — 90 minutes

With bones

Pints — 65 minutes

Quarts — 75 minutes

The processing times given are for altitudes of 0-1000 feet. If you are canning at a higher altitude, the processing times stay the same, but you must make the following adjustments.

In a Dial Gauge Pressure Canner

* At altitudes of 1001-2000 feet, the pressure is not increased; process at 11 pounds pressure.

* At altitudes of 2001-4000 feet, process at 12 pounds pressure.

* At altitudes of 4001-6000 feet, process at 13 pounds pressure.

* At altitudes of 6001-8000 feet, process at 14 pounds pressure.

In a Weighted Gauge Pressure Canner

* At altitudes above 1000 feet, process at 15 pounds pressure.

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CANNING VENISON

Because venison tends to have a stronger flavor, soak for one hour in a brine made from 1 tablespoon salt per quart of water. Rinse meat. Cut into 1-inch wide strips, cubes or chunks. Prepare and process according to the directions for canning beef, veal, lamb, and pork.

Information source:

E.L. Andress and J.A. Harrison. 1999. *So Easy to Preserve*. Fourth Edition. Cooperative Extension Service/University of Georgia. Athens, GA. 344 pp.

Reviewed:

August 2002 by Angela Fraser, Ph.D., Associate Professor/Food Safety Education Specialist, North Carolina State University, Raleigh, NC.