

CANNING MEAT, POULTRY AND GAME

Meat, poultry and game are low acid foods. They must be processed in a pressure canner to assure their safety. Use the processing time and pressure that is specified for each type of meat, poultry or game.

- Can only good quality meat, poultry or game.
- Chill home produced meat soon after slaughter (40°F or lower) to prevent spoilage.
- Keep all meat clean and sanitary. Rinse poultry thoroughly in cold water, then drain.
- If meat must be held for longer than a few days, freeze it. Store frozen meat at temperatures of 0° F or lower until canning time.
- Trim meat of gristle, bruised spots and fat before canning. Fat left on the meat will melt and climb the sides of the jar during processing. If the fat comes in contact with the sealing edge of the lid, the jar may not seal.

To Make Broth- Place bony pieces in saucepan and cover with cold water. Simmer until meat is tender. Discard any fat. Add boiling broth to containers packed with precooked meat or poultry.

Caution! Altitude Adjustments

**Processing times and pressures given for canning meat, poultry and game are for altitudes of 0-1000 feet. If you are canning at a higher altitude, follow the altitude adjustments.

Meat Strips, Cubes or Chunks

(Bear, Beef, Veal, Lambs, Pork or Venison)

Choose high quality, chilled meat. Remove excess fat. (Strong-flavored wild meats should be soaked for 1 hour in brine made from 1 tablespoon salt per quart of water. Rinse meat). Cut into 1-inch wide strips, cubes or chunks.

Hot Pack- Pre-cook meat to the rare stage, by roasting, stewing or browning in a small amount of fat. Pack hot meat loosely into hot jars, leaving 1-inch headspace. Add ½ teaspoon salt to pints; 1 teaspoon to quarts, if desired. Fill jar to 1 inch from top with boiling meat juices, broth, water or tomato juice (especially for wild game). Remove air bubbles. Wipe jar rims. Adjust lids and process as directed below.

Raw Pack- Add ½ teaspoon salt to each pint jar; 1 teaspoon to quarts, if desired. Pack raw meat in hot jars, leaving 1-inch headspace. Do not add liquid. Wipe jar rims. Adjust lids and process.

In Morgan County process in a **Dial Gauge Pressure Canner** at **13** pounds pressure OR in a **Weighted Gauge Pressure Canner** at **15** pounds pressure:

Pints.....75 minutes
Quarts.....90 minute

