

## Selecting, Preparing and Canning Meat

### Meat Stock (Broth)

**Beef:** 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 jars, leaving 1-inch headspace.



**Chicken or turkey:** Place large carcass bones with most of meat removed in a large stockpot, add enough water to cover bones, cover pot, and simmer 30 to 45 minutes or until remaining attached meat can be easily stripped from bones. Remove bones and pieces, cool broth, strip meat, discard excess fat, and return meat trimmings to broth. Reheat to boiling and fill jars, leaving 1-inch headspace.

**Table 1.** Recommended process time for **Meat Stock** in a *dial-gauge pressure canner*.

Canner Pressure (PSI) at Altitudes						
Style of Pack	Jar Size	Process Time	0-2,000 ft	4,001-6,000 ft	4,001-6,000 ft	6,001-8,000 ft
Hot	Pints	20 minutes	11 lb	12 lb	<b>13 lb</b>	14 lb
	Quarts	25 minutes	11	12	<b>13</b>	14

**Table 2.** Recommended process time for **Meat Stock** in a *weighted-gauge pressure canner*

Canner Pressure (PSI) at Altitudes				
Style of Pack	Jar Size	Process Time	0-1,000 ft	Above 1,000 ft
Hot	Pints	20 minutes	10 lb	<b>15 lb</b>
	Quarts	25 minutes	10	<b>15</b>