

Washington Meat and Poultry Canning Guide

BRIEFS ON CANNING MEAT AND POULTRY

1. Plan to can or freeze some of the 77 to 160 pounds of meat each family member needs yearly.
2. Get equipment and containers ready to use.
3. Slaughter and chill meat according to best practices.
4. Cut poultry or meat into suitable or uniform pieces for packing. Boning helps to save jar space.
5. Prepare only one canner load at a time.
6. Precook and pack hot or pack raw.
7. Process according to up-to-date time tables given in table.
8. Remove from canner, spread to cool.
9. Check for leaks.
10. Label and store in dry cool place.

HANDLING MEAT

1. Be sure the slaughtering was done under sanitary conditions.
2. Use only clean utensils.
3. Chill meat immediately after slaughtering, but do not freeze.
4. Wipe meat with clean damp cloth, but do not wash or soak it.
5. Remove large bones and extra fat.
6. Have meat cut into convenient, even-sized pieces across grain of meat.

WASHINGTON MEAT AND POULTRY CANNING TABLE

Kind	How to Prepare and Pack Use plain tin cans or glass jars for all meat.	Minutes to Process at 10 pounds pressure (240° F.)			
		Glass Jars		Tin Cans	
		Pints	Quarts	No. 2	No. 2½ & 3
Beef Pork Veal Lamb Heart Tongue	<p>HOT PACK Put meat in large shallow pan; add just enough water to keep from sticking. Cover pan and precook meat slowly until medium done, stirring occasionally, so meat heats evenly. If salt is desired, put level measure into clean empty containers: ½ t. in pint jars or No. 2 cans; ¾ t. in No. 2½ cans; 1 t. in quart jars or No. 3 cans. Pack meat hot. Leave about 1 in. above meat for head space in glass jars; ½ in. in tin cans. Cover with meat juice, adding hot broth or water if needed. Again leave 1 in. at top of glass jars for head space; fill tin cans to top. Work out air bubbles with knife. Add more liquid, if needed to cover meat. Be sure to leave 1 in. head space in glass jars and have plain tin cans filled to top. Adjust lids on glass jars; seal tin cans. Process at once. The heart and tongue are generally used as fresh meat. If you do wish to can them, follow directions for beef, veal, pork, lamb as hot packed, with these differences: Heart—Remove thick connective tissues before cutting into pieces. Tongue—Drop tongue into boiling water and simmer about 45 min. or until you can remove skin before cutting into pieces.</p>	75	90	65	90
Beef Pork Veal Lamb	<p>RAW PACK If salt is desired, put level measure into clean, empty containers; 1 t. in jars or No. 3 cans. Pack containers with raw, lean meat. Leave about 1 in. above meat in glass jars; fill tin cans to top. Set open jars or cans in large vessel with warm water about 2 in. below rim of jar or can. Cover vessel and heat at slow boil until meat in all jars or cans is steaming hot and medium done, about 50 min. in tin cans; about 75 min. in glass jars. Meat is heated enough when meat in center of jar or can registers 170° F. Press meat down into tin cans ½ in. below rims, and add boiling water, if needed, to fill to top. Adjust lids on glass jars; seal tin cans and process.</p>	75	90	65	90
Beef, corned	<p>HOT PACK Wash the corned beef, cut into pieces suited to packing. Cover meat with cold water and bring to boil. If broth tastes very salty, drain and cover meat with fresh water, and parboil again. Pack hot meat. Leave about 1 in. above meat in glass jars for head space; ½ in. in tin cans. Cover meat with hot broth or hot water, using about ½ to ¾ c. for each container. Leave 1 in. for head space in jars; fill cans to top. Work out air bubbles with knife. Add more liquid, if needed, to cover meat. Be sure to leave 1 in. head space in jars, and have cans filled to top. Adjust lids on glass jars; seal tin cans. Process</p>	75	90	65	90
Meat, ground	<p>For grinding, use small pieces of meat from less tender cuts, but be sure meat is fresh and kept clean and cold. Never mix in scraps of doubtful freshness; they may spoil a whole batch, and don't use lumps of fat. If desired, add 1 level t. salt to each pound of ground meat, mixing well. HOT PACK Form ground meat into fairly thin cakes that can be packed in glass jars or tin without breaking. Put meat cakes into cooking pan. Precook in oven until medium done or, when cut into, red color at center of cakes is almost gone. Pack cakes hot. Leave 1 in. above meat in glass jars for head space; ½ in. in tin cans. Skim fat off drippings and do not use the fat in canning. Cover with meat juice, adding hot water if needed. Leave about 1 in. above meat in glass jars for head space; fill tin cans to top. Work out air bubbles with knife. Add more liquid, if needed, to cover meat. Be sure to leave 1 in. head space in jars, and have cans filled to top. Adjust lids to glass jars; seal tin cans. Process at once in the steam-pressure canner. RAW PACK This method is suitable only for cans. It is difficult to get canned ground meat out of glass jars when packed this way. Without forming cakes, pack raw ground meat solidly into tin cans level with the top. Place open cans in large vessel with water about 2 in. below can rim. Cover vessel and heat at slow boil until meat in all cans is steaming hot and medium done, about 75 min. Meat is heated enough when meat at center of can registers 170° F. Press meat down into cans about ½ in. below rim. Seal tin cans and process.</p>	75	90	65	90
				100	135

Sausage	<p>Use any tested sausage recipe, but omit sage as it may give the canned sausage a bitter flavor. Use other spices, onion, and garlic sparingly, because flavors change with processing and storing. Shape sausage meat into cakes. Precook, pack, and process like ground meat, hot packed.</p>			100	135
Poultry	<p>HOT PACK, WITH BONE Bone the breast, saw drumsticks off short, if desired, but leave bone in other meaty pieces, such as second joints. Trim off large lumps of fat. Sort into meaty pieces, and bony pieces. Set aside giblets to can separately. Broth or hot water is needed as liquid. To make broth, use bony pieces. Cover them with cold water and simmer until meat is tender. Drain broth into bowl; skim off fat. You may can remaining meat stripped from bone as little pieces. Pour hot broth or hot water over raw meaty pieces in cooking pan to cover meat. Put on lid and precook until meat is medium done, or, when cut, shows almost no pink color at center of pieces. Stir occasionally, so meat heats evenly. If salt is desired, put level measure into clean empty containers: ½ t. in pt. jar or No. 2 can; ¾ t. in No. 2½ can; 1 t. in qt. jar or No. 3 can. Pack second joints and drumsticks. Have skin next to glass or tin. Fit breasts into center, smaller pieces where needed. Leave about 1 in. above meat in glass jars for head space; ½ in. in tin cans. Cover meat with hot broth, using about ½ to ¾ c. for each qt. container. Leave 1 in. for head space in jars; fill cans to top. Work out air bubbles with knife. Add more liquid, if needed, to cover meat. Be sure to leave 1 in. head space in jars, and have tin cans filled to top. Adjust lids on glass jars; seal tin cans.</p>	65	75	55	75

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		Glass Jars		Tin Cans	
		Pints	Quarts	No. 2	No. 2½ & 3
Poultry (cont.)	HOT PACK, WITHOUT BONE (For sandwiches and salads) Follow directions for hot-packed poultry with bone, with these exceptions: Remove bone, but not skin, from meaty pieces. You can bone poultry either raw, or after pre-cooking. Process boned poultry in the steam-pressure canner longer than poultry with bone.	75	90	65	90
	RAW PACK, WITH BONE Bone the breast, saw drumsticks off short, if desired, but leave bone in other meaty pieces such as second joints. Trim off large lumps of fat. Sort into meaty pieces and bony pieces. Set giblets aside to can separately. If salt is desired, put level measure into clean, empty containers: ½ t. in pt. jar or No. 2 can; ¾ t. in No. 2½ can; 1 t. in qt. jar or No. 3 can. Pack second joints and drumsticks. Have skin next to glass or tin. Fit breasts into center, smaller pieces where needed. Pack glass jars to about 1 in. of top; pack tin cans to top. Set open jars or cans in large vessel with warm water about 2 in. below rim of jar or can. Cover vessel and heat at slow boil until meat in all containers is steaming hot and medium done, about 50 min. in tin cans; 75 min. in glass jars. Meat is heated enough when center of jar registers 170° F. Adjust lids on glass jars; seal tin cans. Process	65	75	55	75
	QUICK PACK WITHOUT WATER Same as for raw pack. If salt is desired add 1 t. for each qt. Pack same as for raw pack. Adjust lids without exhausting. Process at once in steam-pressure canner.			80	
	RAW PACK, WITHOUT BONE (For sandwiches and salads) Follow directions for raw-packed poultry with bone, with these exceptions: Remove bone, but not skin, from meaty pieces before packing. Boned chicken must be processed longer in the steam-pressure canner than chicken with bone.	75	90	65	90
	Giblets Because of flavor, it is best to can livers alone. Gizzards and hearts may be canned together. Since these are ordinarily canned and used in small quantities, directions are given only for pt. glass jars and No. 2 tin cans. HOT PACK Put giblets in cooking pan. Cover with broth made from bony pieces, or hot water. Cover pan and pre-cook giblets until medium done. Stir occasionally. If salt is desired, put level measure into clean empty containers: ½ t. in pt. jar or No. 2 can. Pack giblets hot. Leave about 1 in. above meat in glass jars for head space; ½ in. in tin cans. Cover giblets with hot broth or hot water. Leave 1 in. for head space in jars; fill cans to top. Work out air bubbles with knife. Add more liquid, if needed to cover meat. Be sure to leave 1 in. head space in jars and have cans filled to top. Adjust lids on glass jars; seal tin cans. Process at once.	75		65	
Rabbit	Prepare the meaty pieces, with or without bone, and pack and process as for chicken.				
Soup Stock	Make fairly concentrated stock by covering bony pieces of chicken or other meat with lightly salted water and simmering until meat is tender. Don't cook too long, or soup will lose flavor. Skim off fat, remove all pieces of bone, but don't strain out meat and sediment. Pour hot stock into containers. Leave 1 in. at top of glass jars for head space; fill tin cans to top. Adjust lids on glass jars; seal tin cans. Process	20	25	20	25

Refer to Agricultural Information Series No. 110, *Canning Meats and Poultry*, for further information.

Published and distributed in furtherance of the Acts of May 8 and June 30, 1914, by The State College of Washington Extension Service, E. V. Ellington, Director, and the U. S. Department of Agriculture cooperating.