FCS3-329

COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE

# Preparing & Canning Poultry, Red Meat & Fish

**Featuring new, research-based recommendations for safer and better quality food at home**

AGRICULTURE & NATURAL RESOURCES • FAMILY & CONSUMER SCIENCES
4-H/YOUTH DEVELOPMENT • RURAL & ECONOMIC DEVELOPMENT

## Know Your Altitude

It is important to know your approximate elevation or altitude above sea level in order to determine a safe processing time for canned foods. Since the boiling temperature of liquid is lower at higher elevations, it is critical that additional time be given for the safe processing of foods at altitudes above sea level.

All towns and communities in Kentucky are below 2,000 feet. The processing times given in this canning guide are for altitudes up to 3,000 feet and are safe for all parts of our state.

## DANGER! Guard Against Food Poisoning

Pressure canning is the only recommended method for canning meat, poultry, seafood, and most vegetables. The bacterium *Clostridium botulinum* in low-acid foods is destroyed when they are processed at the correct time and pressure in pressure canners. Using boiling-water canners for these foods poses a real risk of botulism poisoning.

If these bacteria survive and grow inside a sealed jar of food, they can produce a poisonous toxin. Even a taste of food containing this toxin can be fatal. Low-acid foods should be boiled after their jars are opened, even if you detect no signs of spoilage and are certain the food has been properly processed. In Kentucky, boiling for 13 minutes destroys the toxin that causes poisoning.

This guide, containing up-to-date instructions for preparing safe home-canned foods, is based on research conducted at the Pennsylvania State University. It is adapted from the USDA Complete Guide to Home Canning.

**Other publications in the home-canning series include:**

- FCS3-121, *Canning Tomatoes and Tomato Juice*
- FCS3-325, *Principles of Home Canning*
- FCS3-326, *Selecting, Preparing, and Canning Fruit and Fruit Products*
- FCS3-327, *Selecting, Preparing, and Canning Tomatoes and Tomato Products*
- FCS3-328, *Selecting, Preparing, and Canning Vegetables and Vegetable Products*
- FCS3-330, *Preparing and Canning Fermented Foods and Pickled Vegetables*
- FCS3-331, *Preparing and Canning Jams and Jellies*

These publications are also available on our web site at:
http://www.ca.uky.edu/agc/pubs/pubs.htm

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# Contents

Fish, bass, crappie, catfish, carp, and other fish ..... 4

Chicken or Rabbit ..... 4

Ground or Chopped Meat, beef, lamb, pork, sausage, veal, venison .... 4

Strips, Cubes, or Chunks of Meat, beef, lamb, pork, veal, venison ..... 5

Meat Stock (broth) ..... 5

Chili Con Carne ..... 6

This publication contains many new research-based recommendations for canning safer and better quality food at home. It is an invaluable resource for persons who are canning for the first time. Experienced canners will find updated information to help them improve their canning practices.

# Fish, bass, crappie, catfish, carp, and other fish

Eviscerate fish within 2 hours after they are caught. Keep cleaned fish on ice until ready to can.*

PROCEDURE:
Remove head, tail, fins, and scales. Wash and remove all blood. Split fish lengthwise, if desired. Cut cleaned fish into 3½-inch lengths. Fill pint jars, skin side next to the glass, leaving 1 inch of headspace. Add 1 teaspoon of salt per pint, if desired. Do not add liquids. Adjust lids and process.

PROCESSING TIME:
- *Dial-gauge Pressure Canner*—Raw Pack: process pints for 100 minutes at 12 pounds of pressure. Quarts not recommended.
- *Weighted-gauge Pressure Canner*—Raw Pack: process pints for 100 minutes at 15 pounds of pressure. Quarts not recommended.

* Note: The quality of home-canned fish may be disappointing. Can a few jars to see if you like the product before canning large quantities.

# Chicken or Rabbit

PROCEDURE:
Choose freshly killed and dressed, healthy animals. Large chickens are more flavorful than fryers. Dressed chicken should be chilled for 6 to 12 hours before canning. Dressed rabbits should be soaked for 1 hour in water containing 1 tablespoon of salt per quart and then rinsed. Remove excess fat. Cut the chicken or rabbit into suitable sizes for canning. Can with or without bones.

Hot pack—Boil, steam, or bake meat until about two-thirds done. Add 1 teaspoon of salt per quart to the jar, if desired. Fill jars with meat pieces and hot broth, leaving 1¼ inches of headspace.

Raw pack—Add 1 teaspoon of salt per quart to the jar, if desired. Fill jars loosely with raw meat pieces, leaving 1¼ inches of headspace. Do not add liquid. Adjust lids and process.

PROCESSING TIME:
*Without Bones*
- *Dial-gauge Pressure Canner*—Hot or Raw Pack: process pints for 75 minutes or quarts for 90 minutes at 12 pounds of pressure.
- *Weighted-gauge Pressure Canner*—Hot or Raw Pack: process pints for 75 minutes or quarts for 90 minutes at 15 pounds of pressure.

*With Bones*
- *Dial-gauge Pressure Canner*—Hot or Raw Pack: process pints for 65 minutes or quarts for 75 minutes at 12 pounds of pressure.
- *Weighted-gauge Pressure Canner*—Hot or Raw Pack: process pints for 65 minutes or quarts for 75 minutes at 15 pounds of pressure.

# Ground or Chopped Meat, *beef, lamb, pork, sausage, veal, venison*

PROCEDURE:
Choose fresh, chilled meat. With venison, add one part high-quality pork fat to three or four parts venison before grinding. Use freshly made sausage, seasoned with salt and cayenne pepper (sage may cause a bitter off-flavor). Shape chopped meat into patties or balls, or cut cased sausage into 3- to 4-inch links. Cook until lightly browned. Ground meat may be sauteed without shaping. Remove excess fat. Fill jars with meat pieces. Add boiling meat broth, tomato juice, or

water, leaving 1 inch of headspace. Add 1 teaspoon of salt per quart to the jar, if desired. Adjust lids and process.

PROCESSING TIME:
- *Dial-gauge Pressure Canner*—Hot Pack: process pints for 75 minutes or quarts for 90 minutes at 12 pounds of pressure.
- *Weighted-gauge Pressure Canner*—Hot Pack: process pints for 75 minutes or quarts for 90 minutes at 15 pounds of pressure.

## Strips, Cubes, or Chunks of Meat, *beef, lamb, pork, veal, venison*

PROCEDURE:
Choose quality, chilled meat. Remove excess fat. Soak strong-flavored wild meats for 1 hour in 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 meat pieces. Add boiling broth, meat drippings, water, or tomato juice,* leaving 1 inch of headspace.

Raw pack—Add 1 teaspoon of salt per quart to the jar, if desired. Fill jars with raw meat pieces, leaving 1 inch of headspace. Do not add liquid. Adjust lids and process.

PROCESSING TIME:
- *Dial-gauge Pressure Canner*—Hot or Raw Pack: process pints for 75 minutes or quarts for 90 minutes at 12 pounds of pressure.
- *Weighted-gauge Pressure Canner*—Hot or Raw Pack: process pints for 75 minutes or quarts for 90 minutes at 15 pounds of pressure.

## Meat Stock *(broth)*

PROCEDURE:
*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. Cover stockpot and simmer 3 to 4 hours. Remove bones, cool broth, and strip meat off bones. Skim fat off broth. Add meat removed from bones to broth and reheat to boiling. Fill jars, leaving 1 inch of headspace. Adjust lids and process.

*Chicken or turkey*—Place large carcass bones in a large stockpot or kettle. Cover bones with water. Cover stockpot and simmer 30 to 45 minutes or until meat can be easily stripped from bones. Remove bones and pieces, cool broth, and strip meat off bones. Discard excess fat and return meat to broth. Reheat to boiling and fill jars, leaving 1 inch of headspace. Adjust lids and process.

PROCESSING TIME:
- *Dial-gauge Pressure Canner*—Hot Pack: process pints for 20 minutes or quarts for 25 minutes at 12 pounds of pressure.
- *Weighted-gauge Pressure Canner*—Hot Pack: process pints for 20 minutes or quarts for 25 minutes at 15 pounds of pressure.

* Tomato juice is especially well-suited for use with wild game.

# Chili Con Carne

**3 cups dried pinto or red kidney beans**

**5½ cups water**

**5 teaspoons salt, separated**

**3 pounds ground beef**

**1½ cups chopped onions**

**1 cup chopped peppers of your choice (optional)**

**3 to 6 tablespoons chili powder**

**1 teaspoon black pepper**

**8 cups crushed or whole tomatoes**

Yield:
9 pints.

PROCEDURE:
Wash beans thoroughly and place them in a 2-quart saucepan. Add cold water to a level of 2 to 3 inches above the beans and soak 12 to 18 hours. Drain and discard water. Combine beans, with 5½ cups of fresh water and 2 teaspoons salt. Bring to a boil. Reduce heat and simmer 30 minutes. Drain and discard water. Brown ground beef, chopped onions, and peppers, if desired, in a skillet. Drain off fat and add 1 tablespoon salt and the chili powder, black pepper, tomatoes, and drained, cooked beans. Simmer 5 minutes.

***CAUTION: Do NOT thicken***.

Fill jars, leaving 1 inch of headspace. Adjust lids and process.

PROCESSING TIME:
- *Dial-gauge Pressure Canner*—Hot Pack: process pints for 75 minutes at 12 pounds of pressure. Quarts are not recommended.
- *Weighted-gauge Pressure Canner*—Hot Pack: process pints for 75 minutes at 15 pounds of pressure. Quarts are not recommended.

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