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SAVE

by

**CANNING
AT HOME**



**MEAT
POULTRY
GAME
FISH**

RECIPES

FISH—To draw out all blood before canning, place fish in brine made in the proportion of 1 level tblsp. salt to 1 qt. water. Soak 10 minutes to 1 hour according to thickness of fish. If meat is loose or soft, harden by soaking for 1 to 2 hours in cold brine made in proportion of $\frac{1}{2}$ c. salt to 1 qt. water. Remove fish from brine, drain, cut into pieces for packing into jars. If fish are small, pack whole.

Cook as for the table (frying, baking, boiling, etc.) sufficiently to develop flavor, pack closely to within $\frac{1}{2}$ inch from top of jar, add one level teaspoon salt to each quart jar; do not add water. Process according to time table.

ROAST—Select meat suited for a roast. Trim, wipe with a damp cloth. Heat suet and other fat in roasting pan. Cut roast in convenient pieces to go in jar. Put meat in hot fat in roaster, set in oven, roast at a moderate temperature until $\frac{1}{3}$ done. Add salt, place in hot clean jars, add 3 or 4 tblsp. pan gravy. Process according to time table.

ROAST CHICKEN—Dress fowl, salt inside and out, tie legs down and place wings behind back. For each chicken cut two slices of bacon and lay the chicken on top of the bacon in the roasting pan. Cover bottom of roaster with water. Place in hot oven for 1 to $1\frac{1}{2}$ hours, basting from time to time. Take chicken from pan and cut in pieces, as for serving. Bones may or may not be removed. Pack in hot, clean jars and cover with 3 or 4 tablespoons of pan gravy. Process according to time table.

FRIED CHICKEN—Dress and cut up fowl in usual manner. Chicken, like other meat, should not be canned until the body heat disappears. Brown chicken nicely in hot fat. Add salt to season. Pack hot, partly fried chicken into hot sterilized KERR Jars. Add 2 or 3 tblsp. of fat in which chicken was fried. Process according to time table.

SAUSAGE—Shape sausage into cakes. Pan-fry or bake until cakes are browned. Pack into hot KERR Jars. Add small amount hot water to fat, pour small amount over sausage. Process according to time table.

STEAK OR CHOPS—Cut steaks about $1\frac{1}{2}$ inches thick. Wipe with damp cloth. Bones may or may not be removed. Broil in oven or sear in pan of hot fat until nicely browned. Roll and pack steaks while hot into hot KERR Jars. Add 1 or 2 tblsp. pan gravy and process according to time table.

Tasty Dishes from Canned Meats

Preparation for the table. All meat canned in the home should be heated to the boiling point for a few minutes before serving. If to be served cold or in a salad it should be heated and allowed to cool.

CREOLE CASSEROLE OF BEEF—Cook 1 chopped onion and 1 green pepper, from which seeds have been removed, until tender, add 1 pt. tomatoes, 1 qt. canned beef, season, serve hot.

LAMB BALLS WITH CURRANT JELLY—Two pounds canned lamb, chopped, being careful not to have too much fat. Add 1 tsp. salt, $\frac{1}{4}$ tsp. pepper, $\frac{1}{3}$ c. cold water (water added to replace liquid lost in chopping meat). Shape into balls, pan fry in a hot pan two minutes on each side, reduce heat and cook slowly 20 minutes, turning twice. Melt 1 c. currant jelly, boil 1 minute and pour around meat balls arranged on hot platter. Garnish with parsley.

SALMON LOAF—2 c. canned salmon flaked, 2 tblsp. catsup, 2 hard boiled eggs, chopped, 2 tblsp. gelatine, salt and pepper, 2 tblsp. vinegar, 1 c. mayonnaise, 12 stuffed olives, chopped, 1 c. water. Soak gelatine in $\frac{1}{2}$ c. cold water for 5 minutes. Dissolve in $\frac{1}{2}$ c. boiling water. Make paste of fish, seasoning, vinegar and catsup. Add eggs and olives. Mix gelatine with mayonnaise and add to fish mixture. Pour into mold and place in cold place for one hour. Serve with mayonnaise. Serves six.

SPICED POT LOAF—Empty sliced pot roast from 1 qt. jar into skillet, heat thoroughly. Remove meat from skillet. To the hot meat juice in skillet add: 1 tblsp. lard, 1 small onion chopped fine, 4 bay leaves, $\frac{1}{2}$ c. vinegar, 3 tblsp. sugar, 4 whole cloves. Thicken with 3 tblsp. flour rubbed smooth in $\frac{1}{2}$ c. cold water. Place meat back in this mixture—heat thoroughly. Serve piping hot.

INDIVIDUAL CHICKEN SHORTCAKES—Sift 2 cups flour, 3 tsp. Baking Powder, $\frac{1}{2}$ tsp. salt, together. Add 4 tblsp. shortening and mix thoroughly with steel fork. Add 1 egg and sufficient water (about $\frac{1}{2}$ c.) to make soft dough. Cut with large biscuit cutter which has been dipped in flour. Bake in hot oven at 475° F. 10 to 12 minutes. Have creamed canned chicken piping hot—split biscuits—cover lower half with chicken mixture—top with upper half of biscuit.

THE HOME CANNING OF MEAT has come to the fore considerably and is a vital necessity, not only for economic reasons, but also for the best interests of health and to provide diversity in our menus.

WHY Meat, Poultry, Fish and Game Should be Canned at Home

- 1 You save TIME, LABOR and MONEY.
- 2 Meats, poultry, fish and game can be SUCCESSFULLY and SAFELY canned at home if you use KERR JARS.
- 3 You automatically plan your Menus for months ahead while doing your home canning.
- 4 You give to your meals a variety that would otherwise be impossible.
- 5 The old fashioned methods of curing meats at butchering time have long since been found too limited and tending toward a monotonous diet. Too much cured meat is not wholesome.
- 6 It avoids over-eating of fresh meat at killing time (which jeopardizes health) in an effort to save and not waste.
- 7 You can serve fried chicken in the dead of winter, roast duck in midsummer—and other tasty and unusual dishes at all seasons of the year.

Essentials for Successful Meat Canning

- 1 Meat, poultry or game should *never* be canned until all animal heat has left them—usually 12-24 hours after killing.
- 2 Meats must be in perfect condition. Cooking tainted meats will not destroy poisons already formed.
- 3 Remove excess fat and large bones.
- 4 Cut meat into pieces suitable for serving.
- 5 Sear, roast or fry partially done, or pack raw.
- 6 Cooking the meats before canning brings out the flavor and shrinks it, thus more can be packed into jar.
- 7 Salt the meat, using 1 teaspoon salt to quart.
- 8 Pack jars only medium tight to within ½ inch of top.
- 9 Canned meats are more attractive if only a small amount of liquid is added to the jar.
- 10 Meats packed raw do not require the addition of liquid.

Methods of Processing

Thorough sterilization is an important factor in the home canning of meats, etc.

There are various methods of processing in use today—pressure cooker, hot water bath, oven, etc.

It is generally recommended that meats be canned in a pressure cooker, however, other methods of processing such as hot water bath and oven may be used successfully, although a longer period is required as success depends upon thorough sterilization. In using the pressure cooker care should be exercised to maintain an even temperature and in no instance should the steam valve be opened until the indicator has returned to zero.

All meats, poultry, game (not fish) should be processed at 10-15 pounds pressure for 60 minutes. All fish at 10-15 pounds pressure for 90 minutes.

In the oven canning, meats more nearly retain their original color and natural flavor. Temperatures of 240-250°, never higher, are recommended for all meats, etc. Time of processing 4 hours for meats, poultry and game—5 hours for fish.

When the water bath is used a processing period of not less than 3 hours is recommended for meat, poultry and game, and 4 hours for fish.

Steps in Canning

The following steps will lead to successful home canning of meats, whether you process by the pressure cooker, oven, or hot water bath method:

- No. 1 Examine top of jar to see that there are no nicks.
- No. 2 Wash jars in warm water, then boil for at least 15 minutes.
- No. 3 Select only fresh meat that is in perfect condition. Allow sufficient time for the animal heat to leave the product.
- No. 4 Prepare according to recipe.
- No. 5 Pack in sterilized KERR Jars.
- No. 6 Add liquid according to recipe.
- No. 7 Wipe top of jars free from all grease.
- No. 8 Place cap on jar.
(a) KERR Mason and KERR Wide Mouth Mason: Put lid in place with sealing composition next to glass and screw the band firmly tight.
(b) KERR Economy: Put cap in place and adjust clamp. If clamps after several years usage become too loose, bend sufficiently to hold cap firmly on jar.
- No. 9 Process required length of time according to Time Table.
- No. 10 Remove jars from cooker. If screw band is loose, hold the lid in place so it will not turn, and screw the band firmly tight. Set on surface on which several thicknesses of cloth have been laid. **DO NOT TURN KERR JARS UPSIDE DOWN WHILE COOLING AND JAR IS SEALING AND DO NOT SCREW BAND DOWN AFTER JAR IS COLD AND SEALED.**
- No. 11 **Test for seal as follows:**
After the contents have cooled, take a spoon and gently tap the lid. If properly sealed, it will give a clear ringing note and be slightly concave (curved inwardly) caused by the vacuum inside. If not properly sealed the sound will be dull and low in key, in which case you have an opportunity to re-can contents in the regular manner and thus save your food. Food touching cap gives slightly dull sound but different from jar that is not sealed. Store in cool, dry place.

Screw Bands may be removed after 24 hours if desired. Once jars are sealed, bands are unnecessary.

Time Table for Meat Canning

PRODUCT	METHOD OF TREATMENT BEFORE CANNING	PRESSURE 10-15 LBS.	HOT WATER BATH	OVEN 250°
Lamb, Veal, Pork, Beef	Bleed well and cool thoroughly. Precook as for serving, or pack raw. Add small amount liquid. Process.	60	180	240
Tenderloin, Ham, Pork Chops	Fry until brown. Pack in jars. Add three tablespoons water or broth.	60	180	240
Chicken, Duck, Turkey	Bleed well, cool thoroughly. Precook as for serving, or pack raw. Add small amount liquid. Process.	60	180	240
Deer, Rabbit, Wild Birds, Geese	Bleed well. Thoroughly cool, soak in brine 30 minutes or par-boil. Precook as for serving or pack raw. Add small amount liquid. Process.	60	180	240
Fresh Water Fish	Use only firm fresh fish. Bleed well. Wash. Pack.	90	240	300
Salt Water Fish	Precook or pack raw. Process.	90	240	300
Sausage	Shape into cakes. Fry or bake until brown. Pack in jar. Add small amount liquid.	60	180	240

NOTE: If packing meats raw, add 20 minutes if using pressure cooker, or one hour for water bath or oven. ALTITUDES: The above time is based upon the one-quart pack and upon fresh products, at altitudes up to 1000 feet. For higher altitudes increase the time 10% for each 500 feet, except for pressure cooker canning, which requires no additional time.

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ROAST—Select meat suited for a roast. Trim, wipe with a damp cloth. Heat suet and other fat in roasting pan. Cut roast in convenient pieces to go in jar. Put meat in hot fat in roaster, set in oven, roast at a moderate temperature until ⅓ done. Add salt, place in hot clean jars, add 3 or 4 tblsp. pan gravy. Process according to time table.

ROAST CHICKEN—Dress fowl, salt inside and out, tie legs down and place wings behind back. For each chicken cut two slices of bacon and lay the chicken on top of the bacon in the roasting pan. Cover bottom of roaster with water. Place in hot oven for 1 to 1½ hours, basting from time to time. Take chicken from pan and cut in pieces, as for serving. Bones may or may not be removed. Pack in hot, clean jars and cover with 3 or 4 tablespoons of pan gravy. Process according to time table.

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For SUCCESSFUL Canning of Meats, Poultry, Game, Fish Fruits and Vegetables

Use Kerr Jars, Caps and Lids

BECAUSE---

- 1 They seal airtight with a gold lacquered cap or lid with the natural gray sealing composition flowed in.
- 2 Superior to all other types of container, whether glass or tin, because of their sealing qualities.
- 3 Once sealed—always sealed.
- 4 KERR Jars use no rubber rings and you NEVER turn KERR Jars upside down to test for leaks, for
- 5 You can know POSITIVELY that your KERR Jars are sealed by simply tapping the lid with a teaspoon. A clear, ringing note denotes a perfect seal.
- 6 KERR Jars are made of clear crystal flint glass.

The name KERR is stamped on all original, genuine KERR self-sealing caps, lids and jars. Accept no substitutes.

THE KERR HOME CANNING BOOK---New and revised---48 pages---Contains nearly 300 tested recipes, complete directions for all methods of canning, and other valuable information of interest to the homemaker. 10c (coin or stamps).

FOOD FASHIONS OF THE HOUR---Health-giving menus for all the year. Makes planning of meals easy. 10c (coin or stamps).

We are glad to assist you in any of your canning problems. Just write our Research and Educational Department and information will be promptly given.



Kerr Glass Manufacturing Corp.

Sand Springs, Oklahoma

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WESTERN LITHO, WICHITA, KANS.

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