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MEATS, POULTRY, FISH AND SOUPS

# HOME PRESERVATION

OF

## MEATS, POULTRY AND SOUP

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MARKETING SERVICE



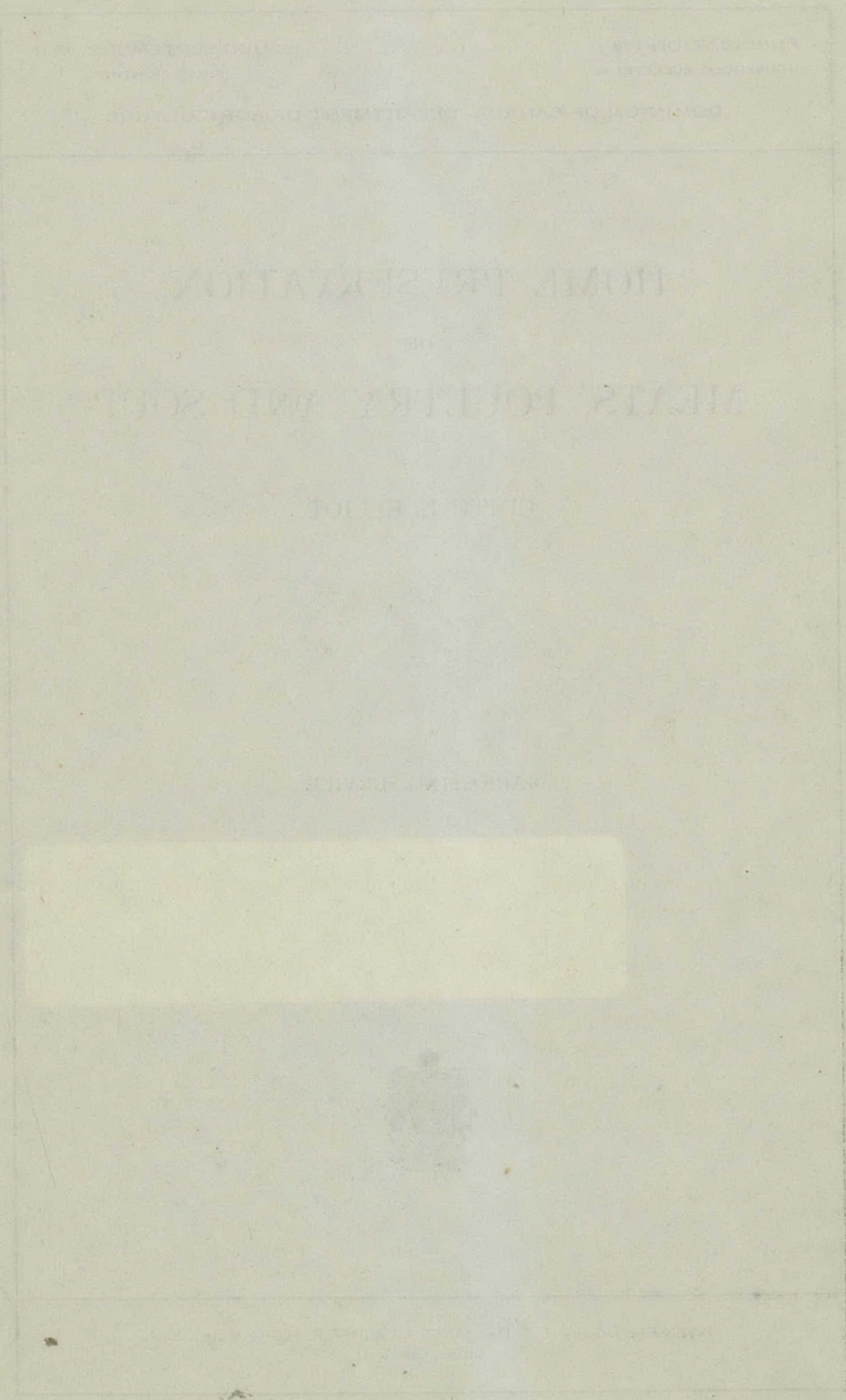
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# HOME PRESERVATION

OF

## MEATS, POULTRY, FISH AND SOUPS

Meat requires careful storage. The careful inspection which assures meat free from disease, and the sanitary conditions of the meat market do not prevent invasion of destructive bacteria and poisonous toxins after it reaches the home.

Bad refrigeration and too close covering of meat contribute to spoilage.

Uncooked meat should not be kept in the home more than a day unless in a refrigerator below 50° F. or cured by an antiseptic such as salt or smoke.

Remove the wrapper from uncooked meat and place on a platter without cover other than a piece of waxed paper loosely laid over. When the meat dries a little on the surface, the growth of bacteria is checked.

Cooked meat should be covered to prevent drying.

### CURING MEAT

The home curing of meat may be done either by the "dry salt" or "brine cure" method.

For beginners the brine cure is preferred because by this system there is less likelihood of failure.

Common salt is the chief curing agent.

Other ingredients as sugar, saltpetre and baking soda are sometimes used.

The old-fashioned brown sugar is preferred as it imparts a slightly better flavour to the meat.

A small quantity of saltpetre not only has a preservative effect but it gives a reddish colour to the meat.

Baking soda is used principally with the brine cure.

Pork for curing should be cut into such convenient sizes as hams, shoulders and sides.

It is important that the meat be cooled but that it is not frozen when the curing is commenced.

A cool, well-ventilated cellar is a desirable place for both brine and dry curing. The curing is more easily controlled in cold, or at least cool weather, in order that thick pieces may not have a chance to spoil before the salt has penetrated.

### Storing Cured Meats

Meat whether cured by pickle or dry method must be thoroughly washed and hung to drip fairly dry. It may then be wrapped in paper or cotton bags and hung in a dry atmosphere in a room that is quite dark and well ventilated. The pieces when hung should not touch each other. Where a suitable room for hanging the meat is not available it will serve the purpose just as well if the meat when dry is packed in oats or even oat hulls in an ordinary barn or shed. It may also be sewn in clean cotton and either brushed with melted paraffin or completely dipped in it, then hung to dry.

## Sausage

Farm sausage is usually made from trimmings that are left when the carcass is cut up for curing. The meat should be cut into convenient pieces and ground or finely chopped, the lean and fat mixed in about equal proportions.

Salt, pepper and sage or allspice are used for preserving and flavouring sausage. Thirty pounds of sausage meat will require  $\frac{1}{2}$  lb. table salt, 2 oz. pepper, and 1 to 2 ozs. sage, or  $1\frac{1}{2}$  to 2 ozs. allspice may be used instead of sage if sausage is to be kept a long time. These ingredients should be mixed dry and thoroughly incorporated with the sausage meat. Sausage meat may be firmly packed into clean crocks.

Sausage may be kept for a longer time if cooked, packed into crocks and the hot fat poured over it to exclude air. It may also be cooked, packed in glass jars, covered with boiling water and some fat, and processed as directed for canning.

## Head-Cheese

Head-cheese may be made from meat taken from the head, feet and other trimmings not used for sausage. In preparing the meat it is important that it be cleaned thoroughly and every hair removed, also the horn from the dew hooks and hoofs. After removing the eyes the flesh of the upper and lower jaw should be cut back, the cartilage and mucous membrane of the snout removed and the bony portion of the jaw cut off back of the teeth. The meat particles should be boiled until the bones separate readily, when it should be removed from the kettle and cooled to permit handling. The bones may now be removed and the meat chopped as for sausage. For seasoning, salt 3 ozs., pepper 1 oz., allspice 1 oz., and nutmeg  $\frac{1}{4}$  oz. should be used for 10 pounds of the meat. Sufficient of the liquid should be poured over the chopped meat to make a fairly thick consistency, the mass should then be brought to a boil, and poured directly into wet moulds.

## Brine Cure (Corning)

For 50 lbs. meat use:—

3 gallons water  
6 lbs. salt

$1\frac{1}{2}$  lbs. sugar  
1 oz. saltpetre

Boil water and add other ingredients, stirring until completely dissolved. Cool before pouring over meat. Place pieces of meat in crock, skin side down, until the top layer is reached, where skin should be up. See that the meat is well covered with brine. Then cover the meat with a hardwood board and weigh down with a heavy weight (bricks or stones).

## Dry Salt Cure

50 lbs. meat  
4 lbs. salt

$1\frac{1}{2}$  lbs. sugar  
 $1\frac{1}{2}$  ozs. saltpetre

Mix ingredients thoroughly and rub into the meat, taking particular care around the bones. Pack in a crock or other suitable receptacle. Cover closely and let stand seven days. This time should be sufficient to cure small pieces. Large pieces should be again thoroughly rubbed with the curing mixture and repacked for a further time. In repacking, reverse the order in which the pieces were formerly placed. Three days per pound per piece is sufficient time.

## Smoke Cure

Smoke-treated salt may be used to complete salting and smoking in one operation with excellent results.

## Smoke

Smoking is done by exposing the meat to smoke arising from a slow fire with very little heat. Corn cobs when available are frequently used for making the smoke but partially decomposed birch or willow answers well. A suitable smoke-house may be made by using two large packing boxes, one placed on top of the other, with holes bored between. The meat should be hung in the top box, which should have a sufficiently tight cover to confine the smoke. The fire may be made in a shallow pan in the bottom box or built in a hole in the ground underneath. The smoking should be continued until the meat is well browned.

## CANNING

- I. Use fresh meat.
- II. Remove bone, gristle and excessive fat. Pack in jars or cans.
- III. Sterilize 1 hour at 15 lbs. pressure, or 3 hours in water bath.
- IV. Seal as soon as removed from sterilizer.
- V. Jars containing meat should not be allowed to cool while inverted as the fat will harden at the bottom rather than at the top of the jar.

### Beef or Pork I

Cut meat into convenient pieces for serving. Roast, broil or fry until well browned. Pack into jars. Allow  $\frac{1}{2}$  teaspoon salt to each pint jar. Fill jar with gravy made by adding water to roasting or frying pan. Adjust rubbers and partially seal. Sterilize.

### Beef or Pork II

Cook meat 30 minutes. Remove from bones and cut in convenient pieces for packing. Allow  $\frac{1}{2}$  teaspoon salt to each pint jar and fill to overflowing with broth in which meat was pre-cooked. Any fat in the broth assists in keeping the product as it hardens at the top of jar when cool. Adjust rubbers and tops. Partially seal. Sterilize.

### Poultry I

Kill fowl and draw immediately. Wash carefully and cool. Disjoint legs and wings. Cut breast carefully from bone. Dip pieces in boiling water, then into cold water. Drain, and pack in glass jars. Make a broth by cooking back, breast bone, neck, etc., in salted water 1 hour. Drain, and pour over meat in jars. Adjust rubbers and tops. Partially seal. Sterilize.

### Poultry II

Kill fowl and draw at once. Wash carefully and cool. Cut into joints. Cover with water and cook until meat can be removed from bones. Pack meat in jars. Strain broth and allow  $\frac{1}{2}$  teaspoon salt to each cup. Pour over meat. Adjust rubbers and tops. Partially seal. Sterilize.

### Canned Corned Beef

After beef has been properly corned remove from brine and soak 1 hour in cold water. Change water and soak 1 hour longer. Drain and cover with fresh water. Cook  $\frac{1}{2}$  hour. Remove gristle, bone and fat. Cut into convenient pieces. Pack in jars. Adjust rubbers and tops. Partially seal. Sterilize.

### Fish

Scale, wash and clean fresh fish (white fish, lake trout, salmon, or haddock). Cut in pieces. Sprinkle a little salt on each piece. Pack in sterilized jars, and add 2 tablespoons of vinegar to each quart—to soften bones. Adjust rubbers and cover. Partially seal. Sterilize. Remove jars, tighten covers, and when cool wrap with paper.

## Chicken Stock

Cover bones, skin and any small bits of chicken with cold water. Simmer slowly until all meat drops from bones. Strain and pour broth into jars or cans. Add  $\frac{1}{2}$  teaspoon salt to each pint and sterilize 90 minutes in water bath or 50 minutes at 10-lb. pressure.

## Chicken Broth with Rice

For each gallon of strained broth allow 12 ozs. of rice. Cook rice 20 minutes. Fill jars  $\frac{1}{2}$  full of rice. Add soup stock. Allow  $\frac{1}{2}$  teaspoon salt to each pint jar. Adjust covers and partially seal. Sterilize as for chicken stock (a little celery and onion may be added if desired).

## Vegetable Soup

$\frac{1}{2}$  cup lima beans  
 $\frac{1}{2}$  cup pearl barley  
4 onions  
1 red pepper  
3 tbsps. salt

1 cup rice  
4 carrots  
2 potatoes  
 $1\frac{1}{2}$  cups flour  
 $2\frac{1}{2}$  gal. soup stock

Soak beans and rice overnight. Cook barley 2 hours, adding rice and beans for last  $\frac{1}{2}$  hour. Cut vegetables in small cubes. Mix all ingredients and fill jars or enamel lined cans. Partially seal jars or cap tin cans. Sterilize 120 minutes in water bath or 60 minutes at 15-lb. pressure.

Following is a list of publications dealing with food preservation, which may be obtained by applying to the Department of Agriculture, Ottawa, Canada:

Canning Fruits and Vegetables,

Publication No. 534.

Jams, Jellies and Pickles,

Publication No. 535.

Home Drying of Fruits and Vegetables.



### Chicken Stock

Chop bones, skin and any small bits of chicken with cold water. Simmer slowly until all liquid from bones, skin and meat has been boiled out. Add 1 teaspoon salt to each pint and strain to remove all fat. Boil for 10-15 minutes.

### Chicken Broth with Rice

For each gallon of animal feed add 12 lbs. of rice. Cook for 20 minutes. To each 1 pint of rice add 3 cups stock. Allow 1 teaspoon salt to each pint of rice. Adjust taste and potency with salt. If the chicken stock is little salty and rice may be added if desired.

### Vegetable Soup

4 cups bean sprouts  
1 cup bean sprouts  
1 cup bean sprouts  
1 cup bean sprouts  
1 cup bean sprouts

1 cup bean sprouts  
1 cup bean sprouts  
1 cup bean sprouts  
1 cup bean sprouts  
1 cup bean sprouts

Boil beans and rice overnight. Cook for 12 hours, adding rice and beans for last 4 hours. Add vegetables in small pieces. Mix all ingredients and 10 lbs. of vegetable soup. Partially seal jars or can in water. Boil for 10 minutes in water bath or in pressure at 15 lbs. pressure.

Following is a list of publications dealing with food preservation which may be obtained by applying to the Department of Agriculture, United States Government.

### Canning Fruits and Vegetables

Publication No. 554

### Canning Juices and Pickles

Publication No. 555

### Home Canning of Fruits and Vegetables