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HOME PRESERVATION
OF
MEATS, POULTRY AND SOUPS

Meat requires careful storage. The careful inspection which assures meat free from disease, and the sanitary condition 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 it. 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 process there is less likelihood of failure.

Common coarse salt is the chief curing agent.

Other ingredients such as saltpetre and baking soda are sometimes used.

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

Never use more than 4 to 6 oz. for 100 lb. of meat.

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

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

Cure as soon as possible after cooling. Clean, hardwood barrels may be used as containers. Barrels which have held molasses or syrup are good if they are tight enough to prevent leakage. Stone crocks are best if available. Containers should be well scalded before using.

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. If the brine becomes ropy the meat and container should be thoroughly washed and the brine strained and boiled or renewed. If there is a dry scum, strain only.

Brine Cure (Corning)

50 lb. meat.
3 gallons water.
1½ lb. sugar (optional).
6 lb. salt.
1 oz. saltpetre.

l by authority of the Hon. JAMES G. GARDINER, Minister of Agriculture. Ottawa, Canada.
6—1-43.

Boil water and add other ingredients, stirring until completely dissolved. Cool before pouring over meat. Pack pieces of meat in crocks or barrels, placing them as closely together as possible, 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 weight down with a heavy weight (bricks or stones).

Thin pieces of meat should be cured 2 to 3 weeks, bacon from 3 to 6 weeks, and ham 6 to 8 weeks.

Dry Salt Cure

50 lb. meat.	1½ oz. saltpetre.
4 lb. salt.	1½ lb. sugar (optional).

Mix ingredients thoroughly and rub into the meat, taking particular care around the bones. Pack in a crock or other suitable receptacle in a cool room. 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 for curing.

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 a paper or cotton bag 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.

Smoking Cured Meat

After the meat has been cured scrub each piece (using clear water) to remove the crust of salt which has formed during the curing period. Hang the pieces of meat in the smoke house with heavy cord and allow them to dry.

Smoking is then done by exposing the meat to smoke arising from a slow fire with very little heat. Corn cobs or sawdust, when available, are frequently used for making the smoke, but partially decomposed birch or willow answers well. Do not allow the fire to blaze but keep it dampened sufficiently to smoulder, thus getting a dense smoke. Smoke is applied for 6 to 8 hours each day for two or three days and after a day's interval it is again applied for 2 or 3 days. Generally two periods are sufficient. If the process is done in one period, 4 to 5 days smoking will give good colour and flavour. The enemies of smoked meats during the summer months are flies and moisture. Therefore, it is recommended that after smoking, the individual pieces of meat should be wrapped in paper and then placed in strong sacks (flour sacks will do) tightly tied at the top. The sacks should be hung where they are to stay until the meat is taken down to be used. A good method also is to make a number of cotton bags, one for each piece of meat. Take a quantity of lime and dilute it to the consistency of a thin white wash. Dip the bags into this solution, but do not let any of it run into them. Hang the bags on a line or pole and when the white wash has ceased to drip and before it has become hardened, draw a bag over each piece of meat and tie. Then hang up by a strong cord in a cool, dry place.

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.

CANNING MEAT

A pressure cooker is recommended for canning meats. However, the hot water bath method may be used but care must be taken to process the meat long enough to ensure complete sterilization.

1. Only meat from healthy animals should be used for canning.
2. Use fresh meat well bled. Have the meat entirely free of animal heat. (It should hang in a cold place for at least 48 hours.)
3. Wipe meat with a damp cloth, but do not wash.
4. Remove bone, gristle and excessive fats. Cut into pieces.
5. Pack meat closely but not too solidly in sterilized jars. Rubbers for jars should be scalded. Only air tight jars should be used.
6. Do not add liquid to meat packed raw—for pre-cooked meat use the liquid in which the meat was cooked.
7. Add 1 teaspoon salt to each quart jar. Partially seal.
8. Put jars into pressure cooker or water bath (the water in the bath should be of same temperature as jars to prevent breakage; the jars should be covered with two inches of water).
9. Process for 1 hour at 15 lb. pressure or three hours in water bath. The time should be counted from moment the water really boils and *water should be kept boiling.*
10. After processing, jars should be sealed tightly and inverted for 20 to 30 minutes to test for leaks. Jars containing meat should *not* be allowed to cool completely while inverted as the fat will harden at the bottom rather than at the top of the jar.
11. Store jars in a clean, well-aired, dark, dry and cool place.

NOTE.—Frozen meat may be canned but it does not make a high quality product. If meat has become frozen, do not thaw it out before canning—cut or saw the frozen meat into uniform strips 1 to 2 inches thick and plunge at once into boiling water. Simmer until the colour of raw meat has almost disappeared, then pack and process.

Canning Uncooked Meat

Cut meat into convenient pieces for serving, small bones may be left in the meat. Pack into sterilized jars to within $\frac{1}{2}''$ of top—allow 1 teaspoon salt to each quart—adjust rubber and partially seal—process for 1 hour at 15 lb. pressure or in water bath for three hours. Seal and invert.

Canning Cooked Meat

Cut meat into convenient pieces for serving. Roast, broil, or fry until well browned and well done (it should not be red in the centre). Pack into sterilized hot jars—allow 1 teaspoon salt to each quart, fill jar with unthickened gravy made by adding water to roasting or frying pan—adjust rubbers and partially seal—sterilize for 1 hour at 15 lb. pressure or 3 hours in hot water bath. Seal and invert.

Beef Stew

Cut meat into cubes, brown slightly in frying pan—put meat in stew pan—season with salt and cover with water—simmer for 10 minutes. If desired, add vegetables:

For 3 cups of meat add:—

2 cups of strained tomatoes.
½ cup sliced carrots.
1 cup water.
½ cup chopped celery.
¼ cup chopped onion.
1 tsp. salt.

Cook until vegetables are thoroughly heated—pack into sterilized jars and partially seal—process for 1 hour at 15 lb. pressure or 3 hours in water bath. Seal and invert.

Soup Stock (Chicken or meat)

Cut meat and fat from bones (crack bones and place in kettle), add some small pieces of lean meat—cover with cold water and simmer for four hours—season with celery, onions, etc.,—if desired, strain—cool—remove fat—reheat and when boiling pour into hot sterilized jars—add 1 teaspoon of salt to each quart—seal partially—process for 50 minutes at 10 lb. pressure or 90 minutes in hot water bath. Seal and invert.

Variations

1. Cereals like barley, vermicelli, or noodles may be added to the broth in the proportion of 1 cup of the uncooked cereal to each gallon of clear meat broth—wash the cereal and boil for 15 minutes in salted water—drain—rinse with cold water and add to the broth when it is at the boiling point—season—process as for plain stock.

2. For each gallon of strained broth allow:—

4 carrots.
1 onion.
6 stalks of celery.

Dice vegetables, mix and add to prepared broth—cook until vegetables are thoroughly heated—process as for plain stock.

Canning Chicken

Fowl or chicken should stand for 24 hours after killing. It may then be canned (raw or pre-cooked).

Method 1 (Pre-cooked)

Skin fowl or chicken and remove all excess fat. Cut into large pieces (drumsticks, thighs, breast, back and wings). Simmer in a small amount of water for about 20 minutes. Remove white meat from breast bone in two full-length pieces. To save space in jars, meat may also be taken from leg and thigh bones.

Add bones to broth and boil, uncovered, about 20 minutes longer. Strain liquid through cheesecloth.

Loosely pack cooked chicken in sterilized glass jars to within about 1 inch of top. Add 1 teaspoon salt to each quart jar and $\frac{1}{3}$ cup strained broth. Adjust rubbers (which have been dipped in boiling water) and tops. Then partially seal. With wire clamp jars adjust the top clamp but do not spring down the lower one. With screw top jars screw tight—then unscrew half turn. On vacuum jars adjust metal clamps. Process in pressure cooker for 60 minutes at 15 lb. pressure or 90 minutes at 10 lb. pressure or in water bath for 3 hours counting time from when water begins to boil. Complete seal as soon as jars are removed from pressure cooker or water bath.

Method II (Raw)

Skin fowl or chicken and remove all excess fat. Cut into large pieces (drumsticks, thighs, breast, back and wings). Tightly pack raw meat in sterilized glass jars to within $\frac{1}{2}$ inch from top. Add 1 teaspoon salt to each quart jar. Do not add any liquid. Adjust tops and finish as in *Method I.*

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