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# Canning of Meat, Fish, and Fowl, and Jelly Making

CANNING CLUB PROJECT

## DIVISION IV

By

HELEN J. COWGILL, Assistant State Club Leader

Girls who are ready for Canning IV should know well how to can fruits and vegetables, make jams, conserves, and pickles, and be able to follow directions accurately.

Probably many of you will be ready to take on a new canning task for your family and it is hoped that a few of you will find canning for others not only interesting but profitable.

**Requirements.** Please consult Canning bulletin, Division I, for the requirements of the project and for the basis of awards. Directions for canning fruits will be found in Canning bulletin, Division I; jams, conserves, etc. in Canning bulletin, Division II; and for canning vegetables and making pickles and relishes Canning bulletin, Division III. We trust you have saved all three of these bulletins.

## CANNING MEAT, FISH, AND FOWL

All kinds of meat, fish, and fowl may be successfully canned in the home if the same care is taken as that required for the canning of vegetables.

Oregon State System of Higher Education  
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**Meat, which includes beef, veal, pork, mutton, and game,** should hang for two or three days after butchering. In cold weather it is desirable to keep it hanging from 7 to 10 days as the longer hanging helps to make the meat tender.

**Method Number 1.** The method for meat is as follows: (1) wipe the outer surfaces with a clean damp cloth; (2) remove the bone, cartilage, and excessive fat; (3) cut into convenient-sized pieces; (4) pack into jars, previously prepared as for the canning of fruit and vegetables; (5) add  $\frac{1}{2}$  teaspoon of salt to each pint jar; (6) adjust caps; (7) partly seal jars; (8) process in pressure cooker at 15 pounds pressure for 90 minutes; (9) completely seal jars; (10) cool; (11) wash and label jars; (12) store in a cool, dark, dry, place.

**Fowl or rabbit.** Can as soon after killing as all animal heat is out; (1) clean carefully; (2) cut into convenient-sized pieces by disjoints; (3) soak rabbit in salt water for twenty-four hours using 2 tablespoons of salt to each quart of water; (4) pack and complete the process according to the directions given above for meat.

**Fish.** Can as soon as possible after catching. Such fish as salmon should have the scales removed then be cut into convenient-sized pieces for packing. The skin may be removed if desired. Some canners like to add a tablespoonful of olive oil or salad oil, and one teaspoon of salt must always be added to each pint jar.

No water is added to fish.

Processing requires one hour at 10 pounds pressure.

**Method Number 2.** For meat, fowl, or rabbit. Cut into convenient-sized pieces. Precook by boiling, roasting, or frying.

The meat is then packed compactly in the jars, the liquor strained and added and the jars partly sealed and processed at 15 pounds pressure for from 60 to 75 minutes.

If desired, some jars may be packed with only breast meat, others with only dark meat and the giblets may be packed in half-pint jars.

This method is very popular for several reasons, among which are the following: the product is shrunk so the jar is better filled after processing; preheating develops flavor; there is greater assurance that the contents in the center of the jar will reach the desired temperature; and the liquid (or jelly) is clear, improving the appearance of the product.

## JELLY MAKING

Fruit juice contains a large amount of water, smaller quantities of flavoring substances, some sugar, fruit acids, and what is known as pectin. It is the pectin that causes the juice to jell, provided there is enough acid present.

Certain fruits such as partly ripened grapes, sour apples, currants, huckleberries, raspberries, blackberries, and crabapples, are rich in both pectin and acid, and are therefore excellent for jelly making.

Very sour fruits, such as sour cherries, are lacking in pectin and used alone do not make good jelly.

Very sweet fruits, such as peaches, pears, and sweet apples, have not enough acid to jell, although they are rich in pectin.

It is possible to make good jelly from those fruits that are lacking in acid by combining the juice with just enough lemon juice to make the juice about as acid as sour apples and then proceeding as for juice having enough acid.

When pectin is lacking, combine the juice with apple juice, using as much as half and half.

It is not a good plan to bottle apple juice in the late fall as the early apples make the best jelly.

**Preparation of juice.** In case of very juicy fruits, such as berries and currants: Wash the fruit. Put it in an enamel vessel. Add just enough water to prevent burning. Cover and cook slowly, stirring occasionally with a wooden spoon. Cook until the fruit is tender. Crush slightly with a wooden spoon just sufficiently to break the skin.

Pour the mash into a jelly bag or a square of cheesecloth doubled. Some people use canton flannel, which makes the juice very clear and sparkling. Let the juice drip but do not squeeze or press the juice out. The pulp may then be returned to the kettle, water added and the whole again boiled, and again allowed to drip. This second extraction may be added to the first, but the jelly will not be as sparkling clear as that made from only the first extraction.

Less juicy fruits such as apples, crabapples, and quinces should be washed and cut up but not peeled or cored. Enough water to cover the fruit is put on and the whole covered and cooked slowly until the fruit is tender. Mash thoroughly and strain through a jelly bag.

From this point the work should be done rapidly.

For currants and grapes boil the juice 4 to 5 minutes and to each cup of juice add 1 cup of sugar; continue boiling 4 or 5 minutes longer or until the jellifying point is reached.

Test for jelling by taking a little of the hot sirup in the spoon. If when the drops come together it will sheet or break off as it drops back into the kettle, the jelling point has been reached.

Note: There is a little instrument on the market that makes jelly making more certain. If you are interested we can supply you with its name.

Heating the sugar in the oven will help in making good jelly.

Blackberries and apples require more boiling—10 to 12 minutes before adding the sugar; but they require only  $\frac{3}{4}$  cup of sugar to one cup of juice.

The exact amount of sugar necessary depends entirely on the amount of acid and pectin in the juice. Too little sugar makes tough jelly, too much sugar makes a sirupy mass that no amount of cooking will jell. Where too much sugar has been used, more juice can be added and good jelly obtained, provided too much time was not used in trying to make the sirup jell.

#### Ideal fruit jelly.

1. Beautifully colored.
2. Transparent.
3. Tender.
4. Will quiver, not flow.
5. Palatable.
6. Cuts easily with a spoon.
7. Flavor characteristic of the fruit from which it is made.
8. Firm enough so that the angle formed by cutting will have sharp edges.
9. Not brittle but will break with a distinct cleavage.

#### DEMONSTRATIONS, JUDGING, AND EXHIBIT

See Canning bulletin Division I for instructions on demonstrations, judging, and exhibit. We trust you will participate in all as they will help you make your best better.

Record all work done in your record book and send this to your county extension agent or to Mr. H. C. Seymour, State Club Leader, Oregon State College, Corvallis, Oregon.