

II. CANNING COOKED MEATS

Partially cooking the meat causes a certain amount of shrinkage, and in some cases develops flavor.

Roast—Trim the meat and wipe with a damp cloth. Heat some fat in the roasting pan and sear the meat quickly to prevent loss of juice. Add a small amount of water to the fat. Turn the meat from time to time to brown it well, basting frequently. Cook till meat is partially done. Slice and pack in jars. Add liquid from the roasting pan, adjust cover, and process required length of time. Seasoning may be added after meat is well seared.

Boiled—Prepare the meat. Cut in pieces about one pound each. Sear, then simmer in water till partially cooked—about half an hour. Cut into smaller pieces and pack in jars. Add salt, and the water in which the meat was simmered. Adjust cover, and process. Seal.

Fried—Prepare the meat and fry till brown on all sides. Season. Pack at once into hot jars. Add fat from frying pan, and water if necessary. Adjust cover, and process. Seal.

Browning the meat before packing it into the jars develops the flavor. Some authorities say that meat and fish should be canned only under steam pressure.

CHICKEN

Chicken may be canned by following the above directions for meat, or by the following method:—

Canning Chicken

Prepare the fowls for boiling by cutting into large pieces after cleaning. Boil until about three quarters done. Add salt and pepper after they have cooked about an hour. Remove and let cool sufficiently to handle, and then remove the bones. Keep the breast pieces and drum sticks as whole as possible. Can the wings whole. Return all the large pieces to the kettle and finish cooking. Pack carefully in jars, and add sufficient of the liquor in which they were boiled to fill the jars completely. Put on rubbers and tops, place in the boiler, sterilize for three hours, and follow directions for sealing as given on page 8.

Now pick off all the small pieces of meat from the backs, necks, etc., and all pieces of skin and giblets, and put through the food chopper. To this may be added a little very finely chopped celery, if desired. Pack this minced chicken into jars, fill up completely with the boiling liquor in which the chickens were first boiled. Put on rubbers and tops and sterilize as the whole pieces.

If there is any stock left use it in the final cooking for soup. Put all the bones and gristle back into the pot, with a little more water. Add rice or vegetables if desired, and boil until quite soft. Remove the bones. Pack in jars, filling them completely, and sterilize as with the chicken meat.

From these chickens you have prepared three products: The whole large pieces may be served cold in the jelly formed by the stock, or fried as fricassee; the minced meat is suitable for pies, salads, or served cold, and the soup only requires heating. These may all be prepared at once, and sterilized at the one time.

Prairie Chicken

These delicious little fowls may be canned exactly as the domestic fowl, or they may be stuffed and roasted and then packed into jars in serving pieces. If roasted it is better to fill up the jars with the usual gravy. The giblets may be boiled while the chickens are roasting, minced and added to the gravy. Sterilize as for chickens.

Wild Ducks, Turkeys, Etc.

Wild ducks, turkeys, pheasants, partridges, or any fowls you may wish to preserve for future use, may be cooked in any manner preferred, and then transferred to the jars as explained in the directions for chicken, afterwards sterilize the full time given and seal in jars.

Mincemeat

4 lbs. lean tender beef, 3 lbs. suet, 8 lbs. tart apples, 3 lbs. currants, 3 lbs. seeded raisins, 6 lbs. white sugar, 2 lbs. citron, 2 large oranges, 4 lemons, 1 ounce cinnamon, $\frac{1}{4}$ ounce each of cloves, mace and allspice, 4 nutmegs grated, 1 quart of Madeira wine, 1 pint of brandy, 1 cup of strawberry or raspberry jam and quince preserves.

Run the meat through a food chopper, chop suet and apples fine. Cut up the citron, grate the oranges and lemons. Use all the orange and lemon except the seeds. Boil the meat in the smallest possible amount of water, then add the suet which has been chopped, dredge with flour, and salt to remove the fresh taste. Now mix all the other ingredients with the meat and suet, and pack in jars. Sterilize for one hour. Cider may be used in place of wine, and vinegar in place of the brandy, if desired.