



I ordered 40lbs of boneless, skinless chicken breast.
I decided to can 30lbs and freeze 10lbs.



As I trimmed fat and cut the chicken breast into cubes I sanitized my jars in the dishwasher.



After preparing the chicken I packed it into the canning jars and used a knife to push what air I could out of the jar.



I then added a 1/2 tsp. of salt to each of the jars



Next I wiped the rims of the jars to make sure no debris, to ensure a proper seal.



In the mean time I sanitized the lids and rims by dropping them in hot water.



After capping off each jar I processed them in this monster.



I kept it between 13-15 pounds of pressure for 75 minutes (90 minutes for quarts)



I got 26 pints from 30lbs of chicken.
Happy Canning and food storing!

To pressure can Potatoes:

(are a low acid food and **must be pressured canned** to destroy all bacteria and etc.)

Small ones: just wash well and pack loosely in jars.

Large ones: Peel and cut into a brine water (1 teaspoon salt to a quart of water) , then rinse and pack loosely in to jars.

Then add 1 teaspoon of salt per quart and fill with water.

Process 40 minutes for quarts at 15 lbs.

Homestead Series How To Can Ground Beef

Rating: 5

Cook Time: 2 hours



Ingredients

- Ground Beef
- Water

Instructions

1. Place meat in a large pot, cover with water and bring to a boil. Simmer until cooked through.



2. Drain off stock, reserving to use latter for soups.



3. Spoon meat into jars and leave 1 inch of head space. Cover with boiling water or beef stock.



4. Wipe rims and add lids. Tighten rings finger tight.
5. Place into canner.
6. Pressure can for 90 minutes.
7. After canner depressurizes set on a towel to cool, let sit for 24 hour so the seal can harden.
8. Take jar rings off, wipe the jars clean. Label and store in a cool dry place.

Here's what you'll need to can your meat:

- A pressure canner. (I use an All-American brand. They are currently about \$200 bucks on Amazon.com)
- Clean Mason jars with NEW lids (it doesn't matter which brand you use, Kerr, or Ball. I don't think I've even seen the actual brand "Mason" is quite some time). I prefer to use the large mouth, pint size jars since 1 pint usually holds a pound of meat and that's what most recipes call for.



- A sharp meat knife
- Paper towels
- A butter knife
- Meat (with or without the bone in it. Your meat does NOT have to be cooked unless it's ground meat. In which case you should brown it and then pack it.) When I'm bottling fresh fish, I take out the major bones as much as possible, but I don't both with the tiny ones. They tend to disintegrate in the jar through the pressure canning process.



Make sure the meat and fluid only come to the bottom rim

Open the jars and lay the lids off to the side while you work with your meat. Cut your meat to the desired size and place it in the jars. I prefer to only handle the inside of the jars once I've started packing them. Fill the jars up only to the bottom of the screw rim on the jar—no further.



Use a butter knife to remove any air bubbles

Once you've filled all of the jars pour in enough warm water to fill in the gaps of the meat packing. Remember, you don't want to fill the jars any higher than the lowest point of the screw portion of the jar. (If the jar is not a wide mouth jar, then I actually stop right at the bend on the top of the jar, which is just below where the screw joint begins.) Once you're done filling in all of you jars with water, then go back with a butter knife and slide it down the inside of the jar. Doing so will allow more of the water to fill in the air gaps of the meat in the jar. I press the meat in a bit towards the center of the jar while I'm doing this to encourage better filling. Inevitably when you're finished with this process, your jars will need a tad bit more water. Fill accordingly.



Use a paper towel to wipe off any excess fluid

Once you're finished filling the jars, take a clean paper towel and wipe the outside screw rim of the jar as well as the top rim. You want to make sure that there are no meat pieces, oils, debris, or fat on that section as it will compromise the jar sealing properly. Place the lid firmly on each jar and screw on tightly.



Pour water in up to the bottom rim

Place one of the racks that should be a part of your pressure canner set at the bottom of your pan. This is a must as the jars should not come in contact with the bottom of the pot. Fill your pressure canner 1/3 full of water. (Using warm or hot water will result in it taking less time for your canner to come up to full pressure.) Place the filled jars on the bottom rack comfortably. Then add your second rack on top of that layer of jars and top it with filled jars as well.



Bottom layer of jars in the pressure canner

Place the lid on the pan according to manufacturer's directions **WITHOUT** the pressure weight. Turn the burner on High. Allow steam to exit pressure valve for 5 minutes, *then* place the pressure weight on your pan, according to manufacturer's directions and in consideration of your altitude.



Uncovered pressure valve

Bring your pressure canner up to the appropriate pressure measurement (based on the kind of meat you're cooking and your altitude) and *then* adjust/lower the heat to hold that pressure without needing to extract much heat or steam from the pressure weight valve. (This should take anywhere from 60-90 minutes.)



Make sure you adjust your pressure weight to your altitude requirements

Upon finishing the pressure canning, remove the pressure canner lid according to manufacturer's instructions.



Yummy canned chicken

Wipe off all of the jars with a clean, dry cloth and tighten the lids (as they will loosen in their grip during the canning process). Label the contents of the jar simply by writing on the flat part of the lid. I label it with the kind of meat in the jar as well as the month and day it was canned i.e. "Chx Brst 1/10" (translation: chicken breast, January 2010—thanks to all of my years waiting tables) Store in a cool, dry, place. Your canned meat will now store easily and safely for 3 to 5 years and you will love the taste!

