

G, G, D &

Canning caribou, deer (venison) or moose meat has some real advantages. The tough cuts of meat are tenderized by the canning process. Jars of correctly canned meat are stored in a cool, dry, dark location.

The canned meat can be made into a meal quickly. An example is to warm the canned meat and serve over rice, with vegetables on the side. Another way is to make a quick stew by adding canned vegetables. There are lots of ways to enjoy canned meat.

The meat from wild game are low acid foods. These **must be processed in a pressure canner to ensure safety.** Clostridium botulinum bacteria causes serious food poisoning, which can lead to disability or death. This toxin cannot be seen, smelled or tasted! Only pressure canning produces temperatures high enough (240°F) to kill this bacteria. Put safety first when preparing and serving home-canned food. Follow research-based instructions for canning.

Wash the Mason-type jars, rinse, and keep hot. Wash and set aside the two-piece lids and screw bands.

Choose high quality wild game meat that has been handled safely throughout processing. Keep meat at 40°F or colder for no more than two days before canning. If meat must be held for longer, then freeze it at 0°F or lower. Thaw in refrigerator before canning.

In clean, cool, sanitized work area, trim meat of gristle, bruised spots and fat before canning. Cut meat into 3-inch long, by ½-inch-wide strips or 1-inch square cubes or chunks.

Soak strong flavored wild meats for 1 hour in brine made of 1 tablespoon salt in 1-quart water. Rinse.

Two methods, hot pack and raw pack, are available for packing the jars. The hot pack is preferred for best

liquid cover and quality during storage. The natural amount of fat and juices in today's leaner meat cuts are usually not enough to cover most of the meat in raw packs.

Hot Pack — Precook or brown meat to the rare stage by roasting, stewing or browning in a small amount of fat. Pack hot meat loosely into hot jars, leaving 1 inch headspace. Add ½ teaspoon salt to pints and 1 teaspoon to quarts, if desired. Fill jar to 1 inch from top with boiling meat juices, broth, water or tomato juice (especially for wild game). Remove air bubbles by running a plastic knife or thin rubber spatula utensil around the edge of the jar, gently shifting the food so that any trapped air is released. Wipe jar rims. Adjust lids following manufacturer's instructions, and process as directed on page 2.

To make broth, place bony pieces in saucepan. Cover with cold water. Simmer until meat is tender. Discard any fat. Add boiling broth to jars packed with pre-cooked or braised meat.

Raw Pack — Add ½ teaspoon salt to each pint jar and 1 teaspoon to quart jars, if desired. Pack raw meat in hot jars, leaving 1 inch headspace. Do not add liquid. Wipe jar rims. Adjust lids and process as directed in chart on page 2.

Put 2 to 3 inches of water in the bottom of the pressure canner. Heat until the water is the same temperature as the jars so the jars will not break.

Put the jars on a rack in the bottom of the canner. Put the canner lid on and fasten securely. Let the steam come through the vent hole or open petcock for at least 10 minutes. Clo

canner or the 10 pound weight begins to jiggle or rock on a weighted-gauge canner, start timing.

2. 2. 2.

Wash surfaces of jars. Label with the date, process

Quick Stew

1 tablespoon fat
1 chopped onion
1 pint jar (2 cups) canned meat
1 pint jar (2 cups) canned potatoes
1 pint jar (2 cups) canned carrots
1 pint jar (2 cups) canned tomatoes
1 chopped onion
1 tablespoon fat
salt to taste
¼ cup flour
½ cup water

Melt fat in a 4-quart saucepan. Add onion and cook until soft. Add meat, potatoes, carrots and tomatoes. Combine flour in water. After the mixture boils for at least 10 minutes, add the flour and water mixture and cook until thickened. Season to taste. Serves 6.

Reach for the good life again. Recycled content. Make for the electric life. USDA Complete Guide to Home Canning, available at <http://chf.ga.edu/extension/canning/>

The United States Department of Agriculture and the Cooperative Extension Service continuously apply new research findings to their recommendations for food preservation techniques. The guidelines in this publication may be revised at any time additional knowledge is gained that may increase the margin of safety or improve the quality of home preserved products.

Please consult your local Cooperative Extension office annually for updated information.

www.uaf.edu/ces or 1-877-520-5211/907-474-5211

Julie Cascio, Extension faculty, Health, Home and Family Development. Originally prepared by Marguerite Stetson and Ellen Ayotte, former Extension Home Economists.

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Title 16 (a) 5.5 C4 (a)-19.5 (E377) 57.8 (-)-14C 17407 1.0-(17407 1.0-(11544 1.7524 1(6)596).5098