



A PRESSURE COOKER is recommended for processing meats as it gives a greater degree of safety.

NOTE: ALL VEGETABLES EXCEPT TOMATOES, ALSO ALL MEATS, POULTRY AND FISH CANNED AT HOME MUST BE BOILED IN AN OPEN VESSEL 10 TO 15 MINUTES BEFORE TASTING OR USING.

★ Meats should not be canned until all animal heat has left them, which usually is from 6 to 24 hours after killing. Meats may be precooked or packed raw. In filling jars, **PACK THE MEAT TO NOT MORE THAN 1 INCH OF TOP OF JAR.** For precooked meats add 3 or 4 tablespoons of liquid (exception: see individual recipes). Meats packed raw do not require the addition of liquid. **IMPORTANT: Wipe top of jar free from all grease or meat particles.**

BAKED CURED HAM

- 3 slices ham (cut 1/2 inch thick)
- 3 tablespoons brown sugar
- 1/4 teaspoon prepared mustard
- 1 teaspoon vinegar
- Dash of cloves

MIX sugar, mustard, vinegar and cloves to a paste. Spread on one side only of the three slices of ham. Roll each slice. Pack slices into clean KERR Jars to within 1 inch of top of jar. Add no liquid. Put on cap, screwing band tight. Process in pressure cooker 40 minutes at 10 pounds; or in water bath for 3 1/2 hours.

BEEF ROLLS

SLICE round steak or other pieces of beef about 1/4 to 1/2 inch thick. Cut in pieces about 3 or 4 inches wide and 6 inches long. Sprinkle with salt, pepper and finely chopped onions. Cut bacon in thin slices and put a slice of this on each piece of meat. Roll tightly and tie with a string. Heat lard in a deep frying pan, put in the rolls and let brown nicely from all sides. Pour off excess grease, add water or soup stock and let simmer for 15 minutes. Remove string from rolls and pack into clean KERR Jars to within 1 inch of top of jar. Add 3 or 4 tablespoons of the liquid. Put on cap, screwing the band tight. Process according to time table, page 8.

BRAINS

SOAK in cold water to draw out the blood. Remove membranes. Sear in hot fat. Season to taste. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 or 2 tablespoons of the pan gravy. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3 1/2 hours.

BRUNSWICK STEW

- 1/4 pound bacon
- 1 chicken
- 10 tablespoons flour
- 2 cups water
- 1 cup potatoes (cubed)
- 1 quart tomatoes
- 2 cups butter beans
- 2 teaspoons onions chopped fine
- 1 1/2 cups okra
- 4 teaspoons salt
- 1 teaspoon sugar
- 1/2 lemon sliced thin
- 1 teaspoon celery seed
- 2 teaspoon cloves
- 1 teaspoon pepper
- 1/4 teaspoon cayenne pepper

CUT bacon in cubes and fry until crisp and brown. Roll chicken in flour, put into frying pan with water. Cook slowly until chicken falls from bones, add more water if necessary to prevent burning. Remove chicken from bones. Add chopped vegetables, salt, sugar, lemon and spices. Bring to boiling and pack product and liquid into clean KERR Jars to within 1 inch of top of jar. Put on cap, screwing the band tight. Process in pressure cooker 75 minutes at 10 pounds; or water bath 3 1/2 hours.

BUNNY SAUSAGE

- 6 pounds uncooked rabbit meat, ground
- 2 small onions (minced)
- 2 level tablespoons salt
- 2 level teaspoons pepper
- 1/2 cup ground cracker or bread crumbs
- 3/4 cup sweet milk
- 1/4 teaspoon paprika
- 1 bay leaf
- 1/2 teaspoon ground sage
- 1 or 2 eggs, well beaten

MIX well together and mould into small cakes and fry until nicely browned. Pack into clean KERR Jars to within 1 inch of top of jar and add 3 or 4 tablespoons of grease in which the cakes were fried. Put on cap, screwing the band tight. Process according to time table, page 8.

CHICKEN AND GAME BIRDS

RECIPE NO. 1

DRESS fowl and allow to cool. Cut in convenient pieces. Boil until meat can be removed from bones; pack meat into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 4 tablespoons of the hot liquid after it has been concentrated one-half. Put on cap, screwing the band tight. Process according to time table, page 8.

RECIPE NO. 2

DRESS fowl and allow to cool. Wash in cold water, cut into pieces and pack into clean KERR Jars to within 1 inch of top of jar without precooking. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 8. Chicken canned in this manner is nice for salads and sandwiches.

CHICKEN A LA KING

- 1 five pound chicken
- 4 level tablespoons flour
- 1 tablespoon salt
- 2 chopped pimientos or red peppers
- 1 quart chicken broth
- 1 large can mushrooms
- 1 chopped green pepper

CUT chicken into pieces, add 3 quarts water and cook until tender. Cool, remove meat from bones and cut into small pieces. Dissolve the flour and the salt in a little of the cold broth and add to the remainder of the quart of broth which has been heated. Cook until slightly thickened, stirring to keep free from lumps. Add mushrooms, pepper, pimiento and chicken. Heat to boiling point and fill clean KERR Jars to within one inch of top of jar. Put on cap, screwing band tight. Process in pressure cooker 75 minutes at 10 pounds; or in water bath 3 1/2 hours.

CHICKEN (FRIED)

DRESS and cut up fowl in usual manner. Chicken, like other meat, should not be canned until the body heat disappears. Do not roll in flour. Sear chicken in hot fat until lightly browned. Pack hot chicken into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons of fat in which chicken was seared. Put on cap, screwing the band tight. Process according to time table, page 8.

CHICKEN OR OTHER FOWL (BAKED)

DRESS fowl, allow to cool, tie legs down and place wings behind back. Rub the dressed fowl all over with butter or other fat. Place fowl on a rack in roasting pan. Place in moderate to slow oven (250° to 350° F.) according to the dressed weight of the fowl. Larger fowls are roasted at a lower temperature. Allow 10 minutes per pound cooking time and baste with pan liquid about every 30 minutes. Take fowl from pan and cut in pieces, as for serving. Bones may or may not be removed. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add pan liquid to fill jar not more than $\frac{2}{3}$ full. Put on cap, screwing the band tight. Process according to time table, page 8.

CHICKEN STEWED (BROILER SIZE)

DRESS fowl and allow to cool. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 8.

CHILI CON CARNE

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| 6 chili pods | 4 teaspoons paprika |
| 1 pound suet | 2 cloves garlic |
| 2 medium-size onions | $\frac{1}{2}$ teaspoon pepper |
| 5 teaspoons salt | 3 cups water |
| 5 pounds beef (grind but not too fine) | |
| 6 tablespoons chili powder | |
| 2 teaspoons comino seed | |

PREPARE chili pods by soaking for about 15 minutes in hot water. Remove seeds and run pods through food chopper. Render suet to cream color and add onions and salt and cook 20 minutes on low heat, stirring constantly. Remove onion and add all other ingredients. Cook slowly for 15 minutes. Pack into clean KERR Jars to within 1 inch of top of jar. Put on cap, screwing band tight. Process in pressure cooker for 60 minutes at 10 pounds; or in water bath $3\frac{1}{2}$ hours.

CORNERED BEEF

AFTER beef has been corned, remove from the brine; soak 2 hours in clear water, changing water once; boil slowly for $\frac{1}{2}$ hour; remove from the boiling water. Pack into clean KERR Jars to within 1 inch of top of jar and add 3 or 4 tablespoons liquid in which meat was boiled. Put on cap, screwing the band tight. Process according to time table, page 8.

FRESH HAM

SLICE ham about $\frac{1}{2}$ inch thick. Cut in pieces of desired size. Sear in hot fat until lightly browned. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons of fat from frying pan (broth or hot water may be used). Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, $3\frac{1}{2}$ hours.



FRIED LIVER

REMOVE membrane. Slice the liver and fry partially done. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 tablespoons pan gravy. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

GOULASH—MEAT STEWS (BEEF)

SEE recipe for Meat Stews (Goulash).

HEAD CHEESE

6 pounds chopped meat	3 teaspoons red pepper
3 tablespoons salt	2½ teaspoons allspice
4 teaspoons pepper	3 teaspoons cloves
2 quarts broth in which meat is boiled	

CLEAN hog's head by removing snout, eyes, ears, brains and all skin. Trim off all fat. Cut head in four pieces and soak in salt water (½ cup salt to 1 gallon water) for 3 to 5 hours to draw out all blood. Drain from salt solution and wash well in clear water. Hearts, tongues and other meat trimmings may be cooked with the head meat. Cover meat with hot water and boil until meat can be removed from bones. Remove all meat from bones. Strain broth and measure. Chop meat fine. Add salt, pepper and spices to the meat and mix thoroughly with the broth. Cook mixture 15 minutes. Pack into clean KERR Jars to within 1 inch of top of jar. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

HEART

REMOVE membrane and cook about one-fourth done. Cut into slices or leave whole as desired and pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add four tablespoons of meat broth. Onions, carrots, and other vegetables could be cooked in broth and added to jar. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

KIDNEYS

SPLIT kidneys and remove inside sack. Soak in several changes of salt solution (1 teaspoon salt to 1 pint water). Cut into ½ inch cubes. Sear in hot fat. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons pan gravy. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath 3½ hours.

MEAT BALLS IN TOMATO SAUCE

3 pounds ground round steak	1 cup cold water
¾ pound ground salt pork	2 quarts tomato juice
1½ cups uncooked rolled oats	¼ teaspoon pepper
3 eggs (beaten)	1 tablespoon butter
2 teaspoons salt	½ teaspoon salt
3 tablespoons onion (chopped fine)	

MIX all ingredients except tomato juice, pepper, butter and ½ teaspoon salt. Mold the mixture into small balls about the size of an egg. Bring tomato juice to boil. Add the pepper, butter and ½ teaspoon salt (if tomato juice contains salt, omit the salt). Drop meat balls into boiling tomato juice. Let

come to a good boil. Pack meat balls loosely into clean KERR Jars to within 1 inch of top of jar. Fill jar not more than ¾ full with boiling tomato juice (be sure no fuller). Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

MEAT LOAF

2 pounds ground meat	2 teaspoons salt
1 cup cracker crumbs	½ teaspoon pepper
½ cup sweet milk	¼ teaspoon sage
2 eggs	½ teaspoon celery salt
2 tablespoons chopped onion	

COMBINE ingredients in order given and mix very thoroughly. Pack loosely into clean KERR Jars to within 1 inch of top of jar. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

MEAT STEWS OR GOULASH (BEEF)

CUT meat in small pieces, brown slightly in frying pan. Put into stewpan, cover with boiling water and cook a few minutes. Add diced vegetables (carrots, onions, tomatoes and a few potatoes). Cook until vegetables are heated through, pack product and liquid into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

MINCE MEAT

2 pounds lean beef, cooked tender and put through food chopper	1 tablespoon salt
½ pound suet, chopped fine	2 cups brown sugar
5 pounds tart apples, chopped	5 cups water (boil apple peel and cores or 1 quart sweet cider)
3 pounds raisins, chopped	1 cup meat stock

ALLOW the above mixture to come to a boil, then let simmer for one hour, stirring it occasionally.

To this mixture add:

2½ pints grape juice	1 cup molasses
1 teaspoon mace	1 orange (juice and peel chopped)
½ teaspoon pepper	1 lemon (juice and peel chopped)
2 teaspoons allspice	¾ cup vinegar
2 teaspoons cloves	
2 teaspoons nutmeg	
2 teaspoons cinnamon	

ALLOW the entire mixture to come to a boil and boil 10 minutes. Pack into clean KERR Jars to within 1 inch of top of jar. Put on cap, screwing band tight. Process in water bath for 30 minutes.

PICKLED PIGS' FEET

SCALD, scrape and clean the feet very thoroughly, then sprinkle lightly with salt and let stand for 4 to 8 hours. Wash the feet well in clean water. Place them in hot water and cook until tender but not until meat can be removed from bones. Pack the feet into clean KERR Jars, filling to within ½ inch of top of jar with a boiling spiced vinegar. Put on cap, screwing the band tight. Process jars in water bath for 90 minutes.

Vinegar Solution:

2 quarts vinegar
1 small red pepper
2 tablespoons grated horseradish
1 teaspoon whole black pepper
1 teaspoon whole allspice
1 bay leaf

Mix all together and bring to the boiling point.

PORK CHOPS

SLICE chops about $\frac{1}{2}$ inch thick. Trim away excess fat leaving only a small amount to add flavor. Sear chops in hot fat until lightly browned. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons of fat from frying pan or hot water may be added to fat in pan and 3 or 4 tablespoons of this added to each quart jar. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, $3\frac{1}{2}$ hours.

RABBIT MEAT

RECIPES are identical with chicken recipes. Prepare and process same way.

ROAST BEEF

RECIPE NO. 1

SELECT meat suited for a roast. Trim, wipe with a damp cloth. Cut into convenient pieces to go into jar. Pack loosely to within one inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Do not add liquid. Put on cap, screwing band tight. Process according to time table, page 8.

RECIPE NO. 2

SELECT meat suited for a roast. Trim, wipe with a damp cloth. Heat suet and other fat in roasting pan. Cut roast in convenient pieces to go into jar. Put meat into hot fat in roaster, set in oven, roast at a moderate temperature until $\frac{1}{3}$ done. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons pan gravy. Put on cap, screwing the band tight. Process according to time table, page 8.

ROAST PORK

PREPARE and pack same as roast beef. Process according to time table, page 8.

SAUSAGE

SHAPE sausage into cakes. Pan-fry or bake until cakes are browned. Pack into clean KERR Jars to within 1 inch of top of jar. Add small amount hot water to fat, pour 3 or 4 tablespoons of this liquid over sausage. Put on cap, screwing the band tight. Process according to time table, page 8.

SPARE RIBS

CUT in lengths that will pack into jars. Roll tightly, tie with string, brown in hot fat, heating thoroughly. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons pan gravy. Put on cap, screwing the band tight. Process according to time table, page 8.

SQUAB

PREPARE same as chicken. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, for chicken, page 8.

STEAK

CUT steaks about $\frac{3}{4}$ inch thick. Wipe with damp cloth. Bones may or may not be removed. Do not roll in flour. Broil in the oven or sear in pan of hot fat until nicely browned. Roll and pack steaks while hot into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons pan gravy. Put on cap, screwing the band tight. Process according to time table, page 8.

SWEETBREADS

TRIM and boil sweetbreads 10 minutes. Split them open and season as for table. Fry slowly on both sides until nicely browned. Pack into clean KERR Jars to within 1 inch of top of jar, add 3 tablespoons of water. Carrots or tomatoes may be added. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, $3\frac{1}{2}$ hours.

SWISS STEAK WITH MUSHROOM SAUCE

SLICE round steaks 1 inch thick. Score lightly with sharp knife. Sprinkle lightly with flour and pound flour into the steak. Cut each steak into pieces to go into jar. Brown the steak quickly in hot fat and pack immediately into clean KERR Jars to within 1 inch of top of jar. Fill the jars not more than $\frac{2}{3}$ full of the following sauce:

- 6 tablespoons fat in which meat browned
- 4 tablespoons flour
- 1 pint cold water
- 4 teaspoons salt
- 2 cups mushrooms (pieces or whole ones)
- 2 pimiento or sweet red peppers (cut fine)

Brown flour in fat in which steak was browned. Add cold water gradually, stirring to keep smooth. Add the salt, mushrooms and peppers. Bring to a boil and pour over steak in jars, filling not more than $\frac{2}{3}$ full with the sauce. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, $3\frac{1}{2}$ hours.

TENDERLOIN

CUT in pieces of desired size. Sear in hot fat in frying pan until brown. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons of fat from frying pan. Broth may be used. Put on cap, screwing the band tight. Process according to time table, page 8.

TONGUE

BOIL tongue until partially done. Cool and remove outside skin. Slice or leave whole and pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 tablespoons water. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, $3\frac{1}{2}$ hours.

VENISON

IF roasting cook slowly in moderate oven about 15 minutes for each pound of venison. Slice, pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons of broth. Onion may be added if desired. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, $3\frac{1}{2}$ hours.