

Meats



Ingredients

CUT-UP MEAT (strips, cubes, or chunks) beef, pork, lamb, veal, and venison. Remove excess fat. Soak strong-flavored wild meats for 1 hour in brine water containing 1 tablespoon of salt per quart of water. Rinse. Remove large bones and cut into desired pieces.

RAW PACK—Fill jars with raw meat pieces, leaving 1" headspace. **DO NOT ADD LIQUID.** Adjust jar lids.

HOT PACK—Precook meat until rare by broiling, boiling, or frying. Pack hot meat loosely in clean, hot jars, leaving 1-inch head space. Cover meat with boiling broth,

water, or tomato juice (especially with wild game) leaving 1-inch headspace. Adjust jar lids.

Directions:

1. Using a flexible nonporous spatula gently press between the sauce and the jar to release any trapped air bubbles.
2. Clean the rims with white vinegar and seal.
3. Place the jars into the clean inner pot and add water until the jars are covered $\frac{1}{4}$ of the way.
4. Secure the lid, close the steam release valve and press the **CANNING/**

PRESERVING button pre-programmed for 30 minutes, using the 1 minute button press until it reaches 45 min.

5. When done, press the **CANNING/PRESERVING** button again for another 30 minutes. (Meats require 75 minutes of canning under pressure total)
6. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using canning tongs.