

# Pressure Cooking Meat.

Can your shrimp, fish, ground beef, turkey, hot dogs, salami, bacon, even roasts.

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



A pressure canner, preferably with a gauge.

Clean Mason jars and lids

A butter knife

Raw meat (with or without the bone). Only your ground beef should be cooked or it cooks in a clump. For fresh fish, remove the larger bones, the rest will become soft and blend in with the meat when processed.

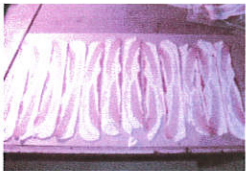
Cut your meat to the desired size and place it in the jars. Fill the jars up only to the bottom of the screw rim on the jar—no further. Use a butter knife to remove any air bubbles. I press the meat down in the jar until there is no empty space, even if I have to cut the pieces to fit an area. You don't need to add water; it will make its own juice. Make sure the rim is cleaned off. Add ½ tsp. salt to each pint, 1 tsp. salt to each quart. You can even use marinate if you so choose before placing them into the jars. Screw on lids firmly.



Pour 2-3 inches of water in the canner, place bottles on the rack, then add the second layer rack and add more pints. Secure the lid and begin the process. When the button on the pressure cooker pops up, allow it to expel steam for 10 min. then apply the weight to the pressure valve. This is when you need to stay close to your canner, watch the pressure rise to 14 ½ lbs. slowly turning the heat down until it stays at 14 ½, the gage on my stove is usually at 6 or med low. Begin timing for pints 70 minutes and for quarts 90. Grab a good book and stay close to the canner. When the timer goes off turn it off and let the steam gauge come down before removing the weight. Do not open it until the little pressure valves release and drop down, then you can remove the weight and open the lid, be careful to tilt the lid away from your face slowly releasing the steam. Remove the bottles with a bottle lift. Label with the type of meat it is and the date canned. Store bottles in a cool, dry, place. Your canned meat should last for 3 to 5 years.



For Bacon, lay strips out on a piece of parchment paper about 8 slices. Cover the 8 slices with another piece of parchment paper, fold in half and roll. Fit the roll into a wide mouth jar. Place lid and ring on top of the bottle and process the same as the above meat. You can fry it up to a delicious crispy slice of bacon when you unwrap it and cook it on a grill. It is fully cooked by now so you can just eat it or add it to your recipes for flavor.



# Bottled Butter

## **You will need:**

Butter  
Sanitized Jars and lids with their rings  
your stove top, oven or Solar Oven  
funnel

One of the easiest ways of bottling butter is in a solar oven it can easily reach 180 degrees and maintain that level with a modest amount of sun coverage. It cannot burn or scorch in a solar oven. At 180 degrees you are cooking low and slow. Botulism doesn't have a chance in that environment.

Just a tip you can also use your solar oven to sanitize bandages, dishes, and medical supplies, and pasteurize water in your solar oven!



—Place ½ pound of butter in a sanitized ½ pint mason jar.

—Place your lid on the jar, and screw it down tightly.

—Melt the butter in the solar oven for about an hour. The lids will seal and the butter melts nicely with out scorching.

—cool the jars off in the refridgerator taking them out every 10 -15 min. until the last time you take it out to shake it is solid.

—Store jars in a cool dry pantry should be good for 3 to 5 years. No funnel, no mess, and no worries about botulism.



Or you could heat your butter to 180° on your stove top or in your oven and using a funnel pour melted butter into jars. Apply lids and rings and place in refrigerator pulling it out every 10-15 min. to shake until it is solid. The shaking keeps it from separating.