MEAT

Not enough attention has been given to the home preservation of meat. Salting has been about the only method used and that reduces the nutritive value and the meat when salted is not as digestible as the canned product.

To Dry Meat

(An important recipe)

Free the meat from fat, sinews, and veins. Put through meat chopper. Dry this slowly, but not so slowly that it will spoil; a moderate oven will do. When dry put again through the meat chopper; this will make it a powder. Dry again and store in tight jars. This meat powder simmered in water makes a soup of unsurpassable quality, and a little added to dried vegetable soup gives it the needed flavor.
To Corn and Can Beef

Buy fresh beef, any inexpensive cut. Wash well and put to cook in brine made in the proportion of one cup of salt, two tablespoonfuls of sugar, and four raisins to every gallon of water. Bring to a boil quickly and then simmer very slowly till tender. Cut in convenient pieces and pack in jars. Fill with the brine that it was cooked in, weakening with water till it is not too salt to the taste. Half seal jars and process three hours. Seal at once and keep in a cool, dark, dry place.

To Can Chicken or Fowl

Clean fowl as soon as it is killed, plunge into cold water, and when it is thoroughly cold cut it in convenient pieces and pack in jars. Allow one teaspoonful of salt to each quart jar and fill jar with boiling water. Half seal and process four hours. Seal air tight as soon as each jar is taken from the boiler. Test the jars the next day by undoing the wire snaps and trying to lift the
cover. If it will come off in the hand the contents of the jar will not keep, and the work must be done again.

Store in a cool, dark, dry place. When the jar is opened, a noise of air rushing in indicates that the jar was air tight and the contents are all right to use.

*Redwood Process of Preserving Meat*

The meat is freed from fat and is fried in deep paraffin; when the crackling sound, which shows that there is still escaping steam, stops, remove the meat from the paraffin. When quite cold dip it in paraffin that is only warm enough to be just melted. The coating thus obtained is elastic and adheres well. When the meat is to be used dip it in water hot enough to melt the paraffin. This is highly recommended for its ease and the excellency of results. Keep in a cool dry place.

*To Keep Fresh Pork in Lard*

Take pieces of side meat or any part without bone, salt and pepper it to taste and
roast it till well done but not scorched. When well cooked, pack the pieces in a stone jar, then fill all the spaces between and cover the top with fresh melted lard. Tie heavy paper and cloth over the top of the jar and set away in a cool, dry place. This will keep until warm weather comes. The lard is perfectly good for cooking after the meat is used.