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Buying Canned Meats

"Home Canned Meats"

By

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Extension Nutritionist

(Photographs by Earl Bales)

Canned meat products are not used as extensively as the canned fruits and vegetables, according to grocerymen. The potted meats are used more in the Summer for picnic lunches and emergency meals. There are a number of reasons for this. Rural homemakers can meat so that they have a ready supply. The commercially canned meats are fairly expensive. Generally, they are not labeled according to U. S. meat grades. According to reports, low quality meat is used. The homemaker can obtain very little information on the quality of canned meat from the label. However, the products sold in interstate trade are federally inspected and the sanitary conditions under which they are packed are supervised.

Inspection of meats slaughtered and sold within the state consists largely of a sanitary inspection of local slaughter houses. This inspection is made only periodically. There is not a specific inspection of each carcass for diseased conditions such as is maintained under federal inspection.

Commercially canned meats probably are expensive for the large family. It may be less expensive to use the cheaper cuts of fresh meat or home canned meat. For the family of two, a small can of meat might be a saving since all of it will be used at one meal. Meat trimmings combined with vegetables or noodles and well seasoned, make an inexpensive dish and may be more acceptable than canned meats.

Each homemaker will have to think through the family food budget and then select the method of furnishing the meat supply that best meets her needs.

Canned potted meat includes beef, ham and chicken. It has been finely ground and highly seasoned. It is used mainly for sandwiches.

The homemaker can prepare a similar meat and can it in half pint jars, which are about the right size for two dozen sandwiches insomuch as the meat is fairly solid and needs to be thinned with cream, milk, salad dressing or meat stock, before using. The Extension Service at Brookings, South Dakota, has recipes for liver, fish, ham and vegetable sandwich spread. They will be sent upon request.

Commercially canned corned beef is sold plain and as hash. The corned beef often contains gelatin. If the can is chilled before it is opened, the meat will come out as a solid cake and can be sliced for serving. The hash is combined with one-third potato and seasoned. It is cooked and ready for browning.

Beef may be corned by recipe secured from the Extension Service, Brookings. After it is cured it is soaked in water 4 or 6 hours to remove some of the cure, cut into convenient pieces for serving, brought to a boil, packed in jars hot, partially sealed and processed 1 hour at 15 pounds pressure in the steam pressure cooker. Then it is sealed.

Corned beef hash can be made according to recipe in this circular; packed hot and processed the same length of time as the plain beef. It is less expensive than the commercially corned beef hash, which is about one third potatoes.

Chili con carne is canned commercially. It is a Mexican meat and vegetable stew that is highly spiced. No two recipes agree. The homemaker can prepare a most palatable chili con carne and can it at less cost than she is able to buy it ready-canned.

Combinations of meats and vegetables or meats and noodles are generally high priced in comparison with the homemade.

Hot tamales are also Mexican. They are made of highly seasoned meats surrounded with a layer of cornmeal mixture, the whole wrapped in paper resembling corn husks. The homemaker can buy them or make a baked dish which is very similar. Recipe in this circular.



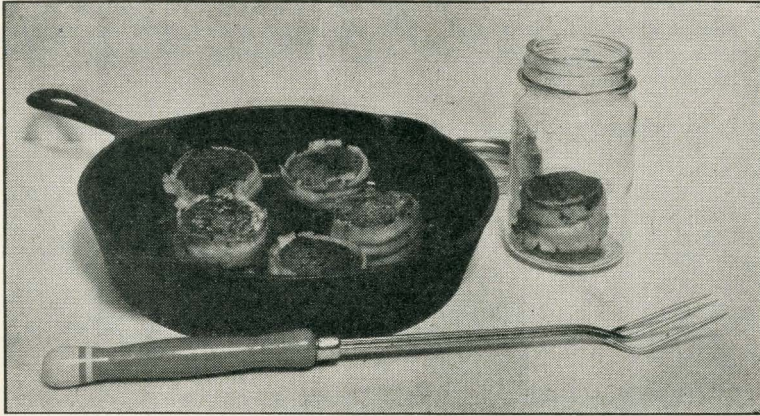
Beef roast with Yorkshire puddings

Sauerkraut can be purchased in bulk or by the can, plain or with pork. The bulk is the least expensive. That combined with pork has an excellent flavor. The homemaker can make kraut in crock or glass jars. Write to the Extension Service at Brookings for a recipe. After the kraut has fermented sufficiently, it is canned plain or with sausage, spare ribs, bacon or corned beef. The meat is cooked sufficiently to develop the flavor and packed hot with the hot

kraut, partially sealed and processed 1 hour at 15 pounds pressure in the steam pressure cooker, and sealed.

A quart jar will hold about one pound of prepared meat and two cups of kraut. One fourth pound or even less of meat with three to four cups of kraut gives an excellent flavor.

There are a number of canned Chinese foods on the market—chow mein and chop suey are the most common. Both are vegetable and meat mixtures. Chow mein is about one third meat and two



Hamburger patties browned for canning

thirds vegetables. A number of the ingredients are sold in separate cans and combined by the homemaker. Among these are chop suey mixed vegetables, also called Chinese vegetables, bean sprouts, noodles, soy sauce, Chinese brown sauce and the chow mein meat mixture. These are excellent, but the homemaker can substitute for some of the ingredients and make a very fine product. The bean sprouts are not so expensive as the mixed Chinese vegetables and the noodles. However, the price varies according to brand. Some are mostly bean sprouts while others have a good distribution of different vegetables. Bean sprouts in No. 2 cans are 12 cents.

Celery, sliced celery root, celery cabbage, green peppers, sliced raw potato, Jerusalem artichoke, onions and tiny pieces of sliced yellow or green beans are used with or without bean sprouts in chow mein in place of or with mixed Chinese vegetables.

Crisp homemade noodles are fine-flavored and inexpensive. Recipe in this circular. When serving chow mein to a large number the inexpensive, more common vegetables can be used generously and the Chinese vegetables only in sufficient amount to furnish flavor.

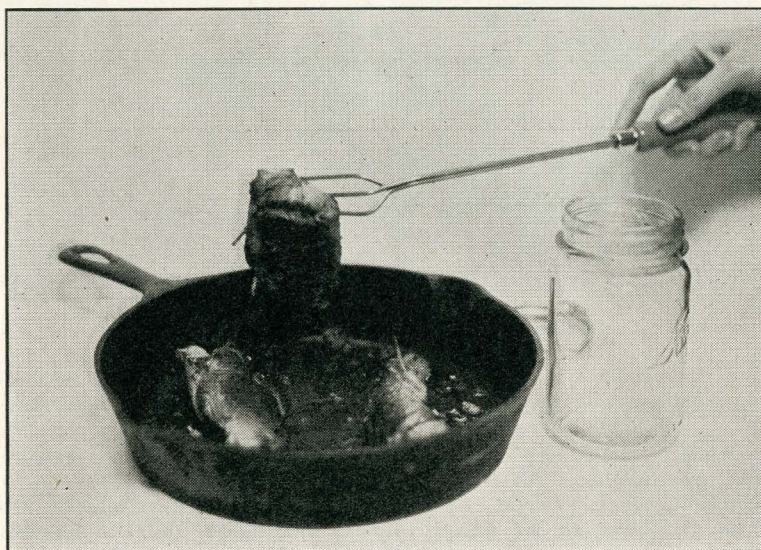
Canned sausages, Vienna and patties, can be bought. Recipes for making and canning both kinds can be secured by writing the

Extension Service at Brookings. Other commercially canned pork products are roast ham and bacon.

Boneless canned chicken can be purchased. Some packs contain only white meat, others both dark and white. Chicken fat and gelatin are included. If chilled, the meat can be removed whole and sliced. It is usable for sandwiches or creamed chicken.

Deviled chicken is similar to the other deviled meats in that it is finely ground and highly seasoned. It is used for sandwiches.

Chipped beef is put up in glass jars, 3 ounces for 18 cents, an average of 95 cents per pound. The bulk dried beef, thin sliced, costs 45 cents per pound. Dried beef can be made by recipe supplied by the Extension Service.



Rollled stuffed steak browned for canning

There are a number of canned meat sundries on the market, such as tripe, heart, liver, kidneys, pig's feet and hocks; calf, ox, and lamb tongue, and brains. They are palatable food products. Because these require special preparation, they are not used so extensively as other parts of the animal. The homemaker may find it interesting to buy the canned sundries for menu changes. These foods cannot be purchased fresh at all seasons of the year, while the canned is always available. The tripe (inner lining of the beef stomach), and pig's feet, are difficult to prepare, although they can be bought at butcher shops at certain seasons ready for cooking. The canned product is cooked but needs special flavoring.

Canned roast pork, ham, sausages, and sliced bacon are on the market.

Beef is canned as chipped, corned, roast, steak and hamburger loaf.

There is also roast mutton and lamb stew.



Homemade chow mein and fried noodles

The consumer cannot buy canned meat labeled with the United States grades. Probably the time will come when it can be so bought. It is reported that one concern is canning meats according to these grades. Institutions can buy canned meats by grade. Canned meat which is sold in interstate trade must be inspected and passed by federal inspectors, insuring that it is canned under sanitary conditions. This, however, does not give the consumer complete protection. Meat, though wholesome when it went into the cans, may not always be so when opened. If there is any question as to odor or appearance of canned meat when opened, it should be discarded.

Meat which is butchered and sold within a state does not come under federal inspection.

The homemaker should be able to secure definite information from the label on canned meat. At the present time she can get very little. The more she insists upon grades in canned meats, the more likely she is to get them.

The label should give: (1) the **kind of meat**, as pork, beef, mutton; (2) the **cut** from which the meat is taken; (3) the **quality**, as indicated by grades in fresh beef. Grades are: Prime No. 1 (finished grade—best marbling of fat), Choice No. 1 (good grade, shows fat marbling), Good or No. 2, Medium or No. 3 (coarse grained, little marbling—50 per cent of beef is this grade), Common or No. 4 (flesh thin, dark, coarse and tough), Cutter or No. 5 (coarse, no fat, ribs boned and sold as boneless cuts), Low cutter or No. 6 (low grade—sold to canning and sausage trade); (4) **net weight of solid**.



Forty different home canned meat products

There are five grades of fresh veal. U. S. Prime No. A1 and U. S. Choice or No. 1 are of the finest quality, pink, and have no excess water. In U. S. Good or No. 2 and U. S. Medium or No. 3, the meat is pinkish brown, moderately fine grained and moist. In the fifth grade the flesh is coarse, watery and cut surface darkens quickly. It is the lowest grade and is sold very largely to the canned meat and sausage trade.

In the three grades of fresh lamb—Prime, Choice and Good, the flesh is fine and light pink. In the Medium and Common grades, the flesh is stringy and watery. The larger amount of the last two grades is sold to foreign populations who demand lean meat, and the remainder is sold to the canners.

Pork is sold from the plant in retail cuts. The best quality is fine grained, light pink with a good layer of fat.

The highest grade in fresh poultry is U. S. Special; second grade is U. S. Prime; third, U. S. Choice; and fourth, U. S. Commercial.

Poultry is classed by age, sex, broilers, fryers, roosters, stags and capons. The grade usually is stamped on the box, although now there is a tendency for consumers to ask the grade and to demand that the carcass be so stamped.

The homemaker wants a good quality when buying canned sausage. No canned meat labeled with U. S. grade is available to the average consumer.

A vacuum is secured in home canning by packing the product hot, processing and sealing before it cools. In commercially vacuum packed foods, the product is packed, the air drawn out of the cans, then the cans sealed and sterilized by heat.

SEE PHOTOGRAPH PAGE 8

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|-------------------------------------|-------------------------------------|
| 1. Rice beef soup | 21. Cheese sauce and veal patties |
| 2. Russian stew | 22. Salmon whole wheat chowder |
| 3. Whole wheat lima bean chowder | 23. Veal tomato sauce |
| 4. Beef steak | 24. Bacon and veal sandwich spread |
| 5. Onion and veal patties | 25. Veal oysters |
| 6. Italian hamburger | 26. Carrot potato salt pork soup |
| 7. Veal birds | 27. Baked beans |
| 8. Hamburger with noodles | 28. Vegetable stew |
| 9. Veal vegetable cereal soup | 29. Hungarian goulash |
| 10. Whole wheat vegetable loaf | 30. Tomato and veal sandwich spread |
| 11. Whole wheat sausage chowder | 31. Veal pattie in brown sauce |
| 12. Swiss steak | 32. Beef stew |
| 13. Chili con carne | 33. Spanish steak |
| 14. Rolled round steak | 34. Beef stew and potatoes |
| 15. Kidney bean stew | 35. Beef sandwich spread |
| 16. Tomato potato soup | 36. Chicken with rice |
| 17. Veal chowder | 37. Veal and bacon patties |
| 18. Veal and celery sandwich spread | 38. Beef stew meat |
| 19. Salmon vegetable soup | 39. Veal goulash |
| 20. Boneless veal roll | 40. Veal casserole |

If interested in above canned products, write for "Forty Recipes for Home Canned Meats", Extension Service, Brookings, South Dakota.

Frozen canned meat loses some of its flavor. It is good food as long as it remains frozen. If the seal is broken it will spoil as soon after it thaws out as will fresh food. Frozen canned food whether commercial or home canned should be given immediate attention and either recanned or served.

COMMERCIALLY CANNED MEAT PRODUCTS COMMONLY SOLD

Item	Store I		Store II	
	Wt.	Price	Wt.	Price
Beef,				
Chipped beef	3 oz.	\$.18	oz.	
Corned beef	12 "	.25	12 "	\$.25
Corned beef hash	10 "	.18	16 "	.19
Roast beef	12 "	.35	12 "	.30
Beef steak	12 "	.35		
Beef stew	17 "	.35	15 "	.15
Chicken a la king.....	12 "	.50		
Chili con carne	11 "	.18	11 "	.10
Chinese foods				
Chinese brown sauce	8 "	.25		
Chop suey (mixed veg.)....	19 "	.25		
Chop suey noodles (crisp)	5 "	.20		
Chop suey soy sauce	6 ½ "	.25		
Chop suey (sprouts, bean)	18 "	.15		
Chow mein	19 "	.25	Chow mein 10 "	.25
			Sauce ⅓ "	
			Noodles 1 ¾ "	
Lamb stew			15 "	.15
Meats, potted				
Beef	3 ¼ "	.05	5 "	.10
Beef	5 "	.10		
Combination	4 "	.18		
Ham	2 ¼ "	.15	2 ¾ "	.15
Pig's feet, pickled	14 "	.25	(Hock) 9 "	.25
Sausage,				
Breakfast patties	10 "	.20		
Vienna sausage	3 ½ "	.15	4 "	.10
Veal loaf	7 "	.20	7 "	.15
Tamales			10 "	.18

A Few Meat Recipes

To can the meat recipes, pack them boiling hot in glass jars or tin cans; partially seal. Process 1 hour at 15 pounds pressure in the steam pressure cooker and seal.

If more recipes for home canned meats are desired, write for "Forty Recipes for Home Canned Meats," Extension Service, Brookings, South Dakota.

CHOW MEIN

- 2 c. veal (1¼ lb.), chicken, pheasant or pork
- 2 T. fat
- 3 T. soy sauce
- 2 c. onions, diced
- 2 c. celery, diced
- ½ c. hot water
- 1 No. 2 can bean sprouts
- 3 T. cornstarch

Dice the meat, onions and celery. Brown pork or veal and onions in fat. Cook celery in hot water. Mix cornstarch with soy sauce. Combine ingredients and bring to a boil. Make individual servings over fried noodles. Garnish with tiny strips of chicken, green pepper, fried egg yolk or salted almonds. Chicken generally is not browned.

5 cups cost \$.73

NOODLES

- 1 egg
- flour
- 1 t. salt

Beat egg slightly. Add salt and flour until a very stiff dough. Knead smooth. Roll to paper thinness. Partially dry. Roll and cut into fine strips. Fry a

few at a time in a small pan in ¼ c. cooking oil. Makes 4 cups at a cost of 19 cents.

Noodles may be fried in deep fat. They brown very easily and must be handled quickly.

YORKSHIRE PUDDING

- 1 c. milk
- 2/3 c. flour
- 2 eggs
- ½ t. salt

Combine ingredients and beat. Bake in roast drippings, after removal of roast. Serve with roast.

One teaspoon of baking powder may be used in above recipe if a lighter product is desired.

The pudding may be baked in small greased muffin pans with or without a tablespoon of drippings. Serve garnished with red jelly around the roast. Place sprigs of parsley between puddings. Serve one pudding with slice of roast.

DUMPLINGS

- 2 c. flour
- 2 t. baking powder
- ¼ c. fat
- ½ t. salt
- 2/3 c. milk

Sift flour before measuring. Combine dry ingredients. Cut in the fat. Add the milk. Dip spoon in hot stock and cut out each dumpling, dropping it onto meat. Cover. Steam 12 to 15 minutes. Serve with meat.

CHILI CON CARNE

- 1 lb. ground beef
- 2 T. fat
- 1 No. 2 can kidney beans (drained)
- 2 c. water
- 2 t. salt
- 1 T. flour
- 1 qt. tomatoes
- 1 medium chopped onion
- 1 T. chili powder
- 1 T. Worcestershire sauce

Sift dry ingredients together, and blend with the fat. Brown meat and onion in fat. Combine ingredients and simmer two hours.

Eight cups cost 58 cents.

TAMALE PIE

- 1 c. ripe olives
- 1 qt. meat cooked, chopped
- 2 c. tomatoes
- $\frac{1}{2}$ c. onions
- 1 T. chili powder
- $1\frac{1}{2}$ c. cornmeal
- $1\frac{1}{2}$ qt. meat stock

Bring the stock to a boil and sprinkle in the cornmeal. Cook about 30 minutes. Cool. Line greased baking dish with mush. Fill with meat mixture. Cover with mush. Bake. Serve in baking dish.

CORNED BEEF

Cover corned beef with water. Bring to a boil. Cut into convenient pieces. Pack in jars boiling hot. Fill jars with the hot liquid from the meat, seasoned with $\frac{1}{2}$ bay leaf, 6 cloves and $\frac{1}{8}$ t. nutmeg.

1 pint costs 25 cents.

Dissolve 1 tablespoon of plain gelatin in cold water. Add it to 1 quart of the liquid before filling the jars if meat is canned in tin and it is desired to remove meat whole for slicing.

CORNED BEEF HASH

- 2 c. or 1 lb. corned beef, cooked
- 3 c. diced potatoes
- $\frac{1}{2}$ c. tomatoes
- $\frac{1}{2}$ c. onions, chopped
- 2 T. fat
- salt

Put the meat through the grinder. Combine all ingredients but the fat. Make the mash into patties. Brown in fat in skillet or bake in oven.

Cost—32 cents.

PORK AND BEANS

A pint of cooked dried beans with 2 slices of pork cost 6 cents.

SAUERKRAUT WITH SPARERIBS

- $1\frac{3}{4}$ lb. ($\frac{1}{2}$ lb. bone) spareribs
- 1 No. $2\frac{1}{2}$ can sauerkraut

Brown ribs. Cover and cook slowly 2 hours. Heat kraut. Cover ribs with kraut. Cook $\frac{1}{2}$ hour to flavor kraut. To can, remove bones.

Cost—45 cents.

POTTED CHICKEN

- $1\frac{1}{2}$ c. diced chicken (lb.—3 c.)
- cooked
- $1\frac{1}{2}$ c. carrot
- $1\frac{1}{2}$ c. celery
- $\frac{1}{4}$ c. onion
- 2 T. mustard, prepared
- $\frac{1}{4}$ t. paprika
- 1 t. chili sauce
- 1 t. salt
- tomato juice

Put the meat and vegetables through the grinder. Combine all ingredients thoroughly. Use enough tomato juice to moisten.

DEVILED HAM

- 1 lb. hock ($3\frac{1}{2}$ c. ground meat)
- cooked
- $\frac{1}{8}$ t. cloves
- 1 T. prepared mustard
- 1 T. sugar
- 1 T. onion, grated
- 2 T. vinegar
- $\frac{1}{4}$ c. salad dressing
- 1 T. Worcestershire sauce

Cook and grind the meat. Add the seasonings.

Cost—64 cents.

References

Food Buying Today—Alexander Todoroff
 The Hand Book of Food Selling—Alexander Todoroff
 Food Buying and Our Markets—Monroe and Stratton
 How to Spend Money—Brindze