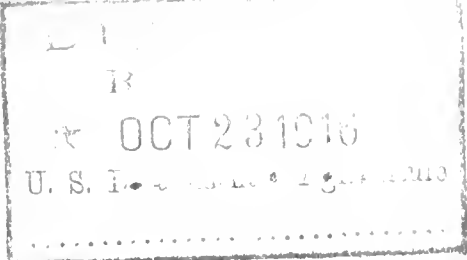


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COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS.

U. S. DEPARTMENT OF AGRICULTURE
AND STATE AGRICULTURAL COLLEGES,
COOPERATING.

STATES RELATIONS SERVICE, OFFICE OF
EXTENSION WORK, NORTH AND WEST,
WASHINGTON, D. C.

HOME CANNING INSTRUCTIONS.

CANNING OF SOUPS AND MEATS.

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After learning how to can fruits and vegetables successfully, the next logical step is to transform meat scraps, bones, ligaments, and odds and ends of vegetables and cereals into an economical as well as very palatable product for the home—something that can in a few moments' time be prepared and made ready for use as a hot dish for the winter months.



FIG. 1.—Vacation Home Canning School conducted in back yard of a rural home. Credit to A. A. Burger, county agent, Blackhawk County, Iowa.

The canning of vegetable soups, purees, and consommés is thoroughly practical and should be a part of the canning work of every Home Canning Club member. It will be a delight to the club members to be able to reach to a shelf for a home-canned pack of soup, open it, heat it, and serve within a few minutes' time.

We are accused of being a wasteful people, wasting much of the products of garden and farm. The bones that are often discarded when meat is being packed for winter use contain valuable food. Let us develop, through soup making and soup canning, habits of economy and education in thrift. The bones from beef and chicken are by far the most common, though others can be used.

Every club member should know how to can these soups. The following instructions, as an additional and advance series, can be followed by club members in this work. All of the Home Garden and Canning Club members who have been members for two years should, in addition to their other canning work, take up the canning of soups. File these instructions with the others of the NR Series from the United States Department of Agriculture which you have received as follow-up instructions in home canning.

SOUP CANNING RECIPES.

SOUP STOCK.

Secure 25 pounds of beef hocks, joints, and bones containing marrow. Strip off the fat and meat and crack bones with a hatchet or cleaver. Put the broken bones in a thin cloth sack and place them in a large kettle containing 5 gallons of cold water. Simmer (do not boil) for 6 or 7 hours. Do not salt while simmering. Skim off all fat. This should make about 5 gallons of stock. Pack hot in glass jars, bottles, or enamel or lacquered tin cans. Partially seal glass jars. (Cap and tip tin cans.) Sterilize 40 minutes if using a hot-water bath outfit; 30 minutes if using a water-seal or a 5-pound steam-pressure outfit; 25 minutes if using a pressure-cooker outfit.

Check list of supplies to be provided before beginning work.

25 pounds of beef bones.
5 gallons water.

VEGETABLE SOUP.

Soak $\frac{1}{4}$ pound lima beans and 1 pound rice for 12 hours. Cook $\frac{1}{2}$ pound pearl barley for 2 hours. Blanch 1 pound carrots, 1 pound onions, 1 medium-sized potato, and 1 red pepper for 3 minutes and cold dip. Prepare the vegetables and cut into small cubes. Mix thoroughly lima beans, rice, barley, carrots, onions, potatoes, red pepper. Fill glass jars or the enameled tin cans three-fourths full of the above mixture of vegetables and cereals. Make a smooth paste of $\frac{1}{2}$ pound of wheat flour and blend in 5 gallons of soup stock. Boil 3 minutes and add 4 ounces salt. Pour this stock over vegetables and fill cans. Partially seal glass jars. (Cap and tip tin cans.) Sterilize 90 minutes if using the hot-water bath outfit; 75 minutes if using a water-seal or a 5-pound steam-pressure outfit; 45 minutes if using a pressure-cooker outfit.

Check list of necessary supplies.

$\frac{1}{4}$ pound lima beans.	1 medium-sized potato.
1 pound rice.	1 red pepper.
$\frac{1}{2}$ pound pearl barley.	$\frac{1}{2}$ pound flour.
1 pound carrots.	4 ounces salt.
1 pound onions.	5 gallons soup stock.

CREAM OF PEA SOUP.

Soak 8 pounds of dry peas overnight. Cook until soft. Mash fine. Add the mashed peas to 5 $\frac{1}{2}$ gallons of soup stock and bring to boil. Pass the boiling liquid through a fine sieve. Make a smooth paste of $\frac{1}{2}$ pound flour and add paste, 10 ounces of sugar, and 3 ounces of salt to the soup stock. Cook until soup begins to thicken. Pack in glass jars or tin cans. Partially seal glass jars. (Cap and tip tin cans.) Process 90 minutes if using a hot-water bath outfit; 80 minutes if using a water-seal outfit; 70 minutes if using a 5-pound steam-pressure outfit; 45 minutes if using a pressure-cooker outfit.

Check list.

5 $\frac{1}{2}$ gallons soup stock.	10 ounces granulated sugar.
8 pounds dry peas.	$\frac{1}{2}$ pound flour.
3 ounces salt.	

CREAM OF POTATO SOUP.

Boil $1\frac{1}{2}$ pounds of potatoes, sliced thin, and 5 gallons of soup stock for 10 minutes. Add 3 ounces of salt, $\frac{1}{4}$ teaspoonful of pepper, and $\frac{1}{2}$ pound of butter, and boil slowly for 5 minutes. Make 3 tablespoonfuls of flour into smooth paste and add to the above. Cook 3 minutes and pack in glass jars or tin cans while hot. Partially seal glass jars. (Cap and tip tin cans.)



FIG. 2.—A canning club with a vacation program. Regular club meetings, canning demonstrations, and festivals, with a record of achievement. Credit E. K. Thomas, Rhode Island.

Sterilize 90 minutes if using a hot-water bath outfit; 75 minutes if using a water-seal outfit; 65 minutes if using a 5-pound steam-pressure outfit; 45 minutes if using a presser-cooker outfit.

Check list.

5 gallons soup stock.
 $1\frac{1}{2}$ pounds thin sliced potatoes (culls will do).
 3 ounces salt.

$\frac{1}{4}$ tablespoonful pepper (scant).
 $\frac{1}{2}$ pound butter.
 3 tablespoonfuls flour.

BEAN SOUP.

Soak 3 pounds of beans 12 hours in cold water. Cut 2 pounds of ham meat into $\frac{1}{4}$ -inch cubes and place in a small sack. Place the beans, ham, and 4 gallons of water in a kettle and boil slowly until the beans are very soft. Remove the ham and beans from the liquor and mash the beans fine. Return the ham and mashed beans to the liquor and add 5 gallons of soup stock and seasoning, and bring to boil. Fill into glass jars and tin cans while hot. Partially seal glass jars. (Cap and tip tin cans.) Process two hours if using a hot-water bath outfit; 90

minutes if using a water-seal outfit; 75 minutes if using a 5-pound steam-pressure outfit; 60 minutes if using a pressure-cooker outfit.

Check list.

5 gallons stock.
3 pounds beans.
2 pounds lean ham.

4 gallons water.
Salt and pepper to taste.

OKRA SOUP.

Slice 8 pounds okra into thin disks. Blanch 10 minutes and cold dip. Boil 1½ pounds rice for 25 minutes. Mix the okra and rice and fill the cans or jars half full. To 5 gallons soup stock add 5 ounces salt, ¼ teaspoonful of coriander seed, and ¼ teaspoonful of powdered cloves, and bring to a boil. Fill the remaining portion of the jars or cans. Partially seal the glass jars. (Cap and tip tin cans.) Process 2 hours if using a hot-water bath outfit; 90 minutes if using a water-seal outfit; 75 minutes if using a 5-pound steam-pressure outfit; 60 minutes if using a pressure-cooker outfit.

Check list.

5 gallons soup stock (see No. 1).
8 pounds okra.
¼ teaspoonful coriander seed.

¼ teaspoonful powdered cloves.
1½ pounds rice.
5 ounces salt.

TOMATO PULP FOR CREAM OF TOMATO SOUP.

Place tomatoes in a wire basket or piece of cheesecloth and plunge into boiling water from 1 to 3 minutes. Plunge into cold water. Remove the skin and core. Place tomatoes in a kettle and boil 30 minutes. Pass the tomato pulp through a sieve. Pack in glass jars and tin cans while hot, and add a level teaspoonful of salt per quart. Partially seal the glass jars. (Cap and tip tin cans.) Sterilize 20 minutes if using a hot-water bath outfit; 18 minutes if using a water-seal or a 5-pound steam-pressure outfit; 15 minutes if using a pressure-cooker outfit.

CREAM OF TOMATO SOUP FROM CANNED TOMATO PULP.

Place 1 quart of tomato pulp in a kettle. Add ⅛ teaspoonful of baking soda, pepper and salt to taste, 2 teaspoonfuls of granulated sugar. Boil for 7 minutes. Place 1 quart of milk and 2 tablespoonfuls of butter in another kettle and simmer for 7 minutes. Add the contents of the tomato kettle to the contents of the milk kettle and boil for 5 minutes. The product is then ready to serve.

Check list.

1 quart can tomato pulp.
⅛ teaspoonful baking soda.
2 teaspoonfuls granulated sugar.

1 quart milk.
2 tablespoonfuls butter.
Salt and pepper to taste.

CHICKEN-SOUP STOCK.

Place 30 pounds chicken in 10 gallons of cold water and simmer for 5 hours. Remove meat and bones, then strain. Add sufficient water to make 10 gallons of stock. Fill glass jars or tin cans with the hot stock. Partially seal glass jars. (Cap and tip tin cans.) Process 90 minutes if using a hot-water bath outfit; 75 minutes if using a water-seal outfit; 60 minutes if using a 5-pound steam-pressure outfit; 45 minutes if using a pressure-cooker outfit. This stock is used to make soup where the term "chicken-soup stock" is employed.

Check list.

30 pounds chicken.
10 gallons water.

CHICKEN BROTH WITH RICE.

For each gallon of soup stock use 12 ounces of rice. Boil the rice 30 minutes. Fill the jars or tin cans two-thirds full of rice and the remainder with soup stock. Partially seal glass jars. (Cap and tip tin cans.) Process 90 minutes if using a hot-water bath outfit; 75 minutes if using a water-seal outfit; 60 minutes if using a 5-pound steam-pressure outfit; 45 minutes if using a pressure-cooker outfit.

Check list.

1 gallon chicken-soup stock.
12 ounces rice.

CHICKEN GUMBO.

Cut 2 pounds of ham into small cubes and boil 30 minutes. Mince 3 pounds chicken and chop $\frac{1}{2}$ pound of onions fine. Make a smooth paste of $\frac{1}{2}$ pound of flour. Add above to 5 gallons of chicken-soup stock. Then add $\frac{1}{2}$ pound of butter and $\frac{1}{4}$ pound of salt and boil 10 minutes. Then add 3 ounces of powdered okra mixed with 1 pint of water. Fill into glass jars or tin cans



FIG. 3.—Soups and meats may be canned by this method in all types of jars—glass top, screw top, or vacuum seal, crown top milk bottles, etc.

while hot. Partially seal glass jars. (Cap and tip tin cans.) Process 90 minutes if using a hot-water bath outfit; 75 minutes if using a water-seal outfit; 60 minutes if using a 5-pound steam-pressure outfit; 45 minutes if using a pressure-cooker outfit.

Check list.

5 gallons chicken-soup stock.
3 pounds minced chicken.
2 pounds ham.
 $\frac{1}{2}$ pound onions.

$\frac{1}{2}$ pound butter.
 $\frac{1}{4}$ pound salt.
 $\frac{1}{2}$ pound flour.
3 ounces powdered okra.

VEGETABLES (MIXED) WITHOUT STOCK.

Many people would like vegetable soup during the winter season, but find it impracticable to secure the soup stock during the summer season when the vegetables are so abundant that they are rotting in the garden. It is suggested that the vegetable portion of the soup be canned during the summer and made available when the soup stock is prepared during the winter. It makes the preparation of the soup a simple matter whenever the stock is available.

Soak 6 pounds of lima beans and 4 pounds of dry peas over night. Boil each $\frac{1}{2}$ hour. Blanch 16 pounds of carrots, 6 pounds of cabbage, 3 pounds of celery, 6 pounds of turnips, 4 pounds of okra, 1 pound of onions, and 4 pounds of parsley for 3 minutes and dip in cold water quickly. Prepare the vegetables and chop them into small cubes. Chop the onions and celery extra fine. Mix all of the vegetables together thoroughly and season to taste. Pack in glass jars or tin cans. Fill with boiling water. Partially seal glass jars. (Cap and tip tin cans.)

Process 90 minutes if using a hot-water bath outfit; 60 minutes if using a water-seal outfit or a 5-pound steam-pressure outfit; 45 minutes if using a pressure-cooker outfit.

Check list.

- 16 pounds carrots (small).
- 6 pounds cabbage.
- 3 pounds celery (stems and leaves.)
- 6 pounds turnips.
- 6 pounds lima beans.
- 4 pounds okra.
- 1 pound onions.
- 4 pounds parsley.
- 4 pounds dry peas.
- Salt and pepper to taste.

MEAT CANNING RECIPES.

POULTRY AND GAME—FOR POULTRY CLUB.

Recipe No. 1.—Kill fowl and draw at once; wash carefully and cool; cut into convenient sections. Place in wire basket or cheesecloth and boil until meat can be removed from bones; remove from boiling liquid and remove meat from bones; pack closely into glass jars; fill jars with pot liquid, after it has been concentrated one-half; add level teaspoonful of salt per quart of meat, for seasoning; put rubber and cap in position, not tight; sterilize the length of time given for the one particular type of outfit you are using:

	Hours.
Water bath, homemade or commercial.....	3½
Water seal, 214°.....	3
5 pounds steam pressure.....	2½
10-15 pounds steam pressure.....	1

Remove jars, tighten covers; invert to cool and test the joint; wrap jars with paper to prevent bleaching.

Recipe No. 2.—Kill fowl and draw at once; wash carefully and cool; cut into convenient sections and pack at once into glass jars; fill with boiling water; add level teaspoonful of salt per quart; put rubber and cap in position, not tight, and sterilize the length of time given below for the one particular type of outfit you are using:

	Hours.
Water bath, homemade or commercial.....	4
Water seal, 214°.....	3½
5 pounds steam pressure.....	3
10-15 pounds steam pressure.....	1

Remove jars; tighten covers; invert to cool and test the joint; wrap jars with paper to prevent bleaching.

FRESH BEEF—FOR BABY BEEF CLUB.

As soon as beef has been killed, cool quickly and keep cool for about 24 hours. Cut the beef into convenient pieces for handling, about ¾ pound in weight, and roast or boil slowly for one-half hour. Cut into small pieces, remove gristle, bone, and excessive fat, and pack directly into glass jars; fill with gravy from the roasting pan, or pot liquid, concentrated to one-half its volume; put rubber and cap in position, not tight, and sterilize the length of time given below for the one particular type of outfit you are using:

	Hours.
Water bath, homemade or commercial.....	4
Water seal, 214°.....	4
5 pounds steam pressure.....	3½
10-15 pounds steam pressure.....	1½

Remove jars; tighten covers; invert to cool and test the joint; wrap jars with paper to prevent bleaching.

CORNED BEEF—FOR BABY BEEF CLUB.

After beef has been properly corned for required time, remove the meat from the brine; soak for 2 hours in clear water, changing the water once; place in a wire basket and boil slowly for one-half hour; remove from the boiling water; plunge into cold water; and remove gristle,

bone, and excessive fat; cut into small pieces and pack closely into glass jars; put rubber and cap in position, not tight, and sterilize the length of time given below for the one particular type of outfit you are using:

	Hours.
Water bath, homemade or commercial.....	4
Water seal, 214°.....	4
5 pounds steam pressure.....	3
10-15 pounds steam pressure.....	2

Remove jars; tighten covers; invert to cool and test the joint; wrap jars with paper to prevent bleaching.

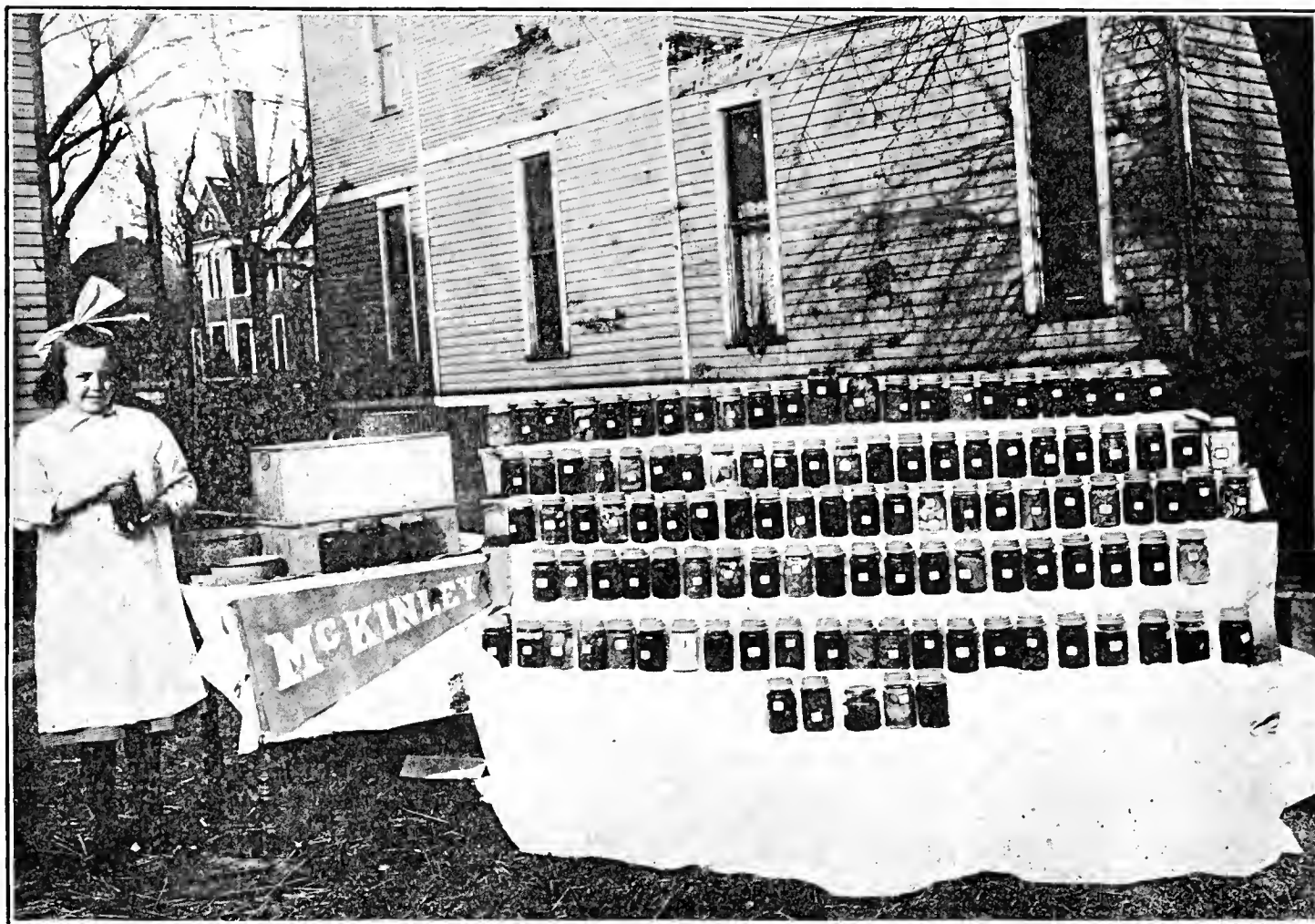


FIG. 4.—Lucile Helphinstine, Illinois, Home Canning Club champion for 1915; her canner, club banner, and 119 varieties of canned fruits, vegetables, greens, soups, and meats.

CANNED PORK—FOR THE PIG CLUB.

After the animal has been butchered, cool quickly, and keep the pork cool for at least 24 hours; can only lean portions, using the fat to make lard; place meat in a wire basket or cheese-cloth and boil for 30 minutes, or roast in the oven for 30 minutes; cut into small sections, and pack closely into glass jars; put rubber and cap in position, not tight; and sterilize the length of time given below for the one particular type of outfit you are using:

	Hours.
Water bath, homemade or commercial.....	4
Water seal, 214°.....	3
5 pounds steam pressure.....	3
10-15 pounds steam pressure.....	1½

Remove jars; tighten covers; invert to cool and test the joint; and wrap jars with paper to prevent bleaching.

CANNED SALMON—FOR THE SALMON CLUB.

Make a brine of salt and water that will support a potato, and after cleaning the fish properly, place in brine for one-half hour; remove from brine; cut into convenient sections; and pack in glass jars, with the skin toward the outside; add level teaspoonful of salt per quart; put rubber and cap in position, not tight; and sterilize for the length of time given below for the one particular type of outfit you are using:

	Hours.
Water bath, homemade or commercial.....	3
Water seal, 214°.....	3
5 pounds steam pressure.....	2½
10-15 pounds steam pressure.....	1½

Remove jars; tighten covers; invert to cool and test the joint; and wrap the jars with paper to prevent bleaching.

OYSTERS OR CLAMS—FOR HOME ECONOMICS CLUB.

Use only fresh products, not more than 24 hours out of water; rinse carefully in fresh water, to which a little salt has been added; place in a wire basket or cheesecloth; plunge into boiling water long enough to make the oysters curl a little; pack directly into glass jars; add level teaspoonful of salt per quart; put rubber and cap in position, not tight; sterilize the length of time given below for the one particular type of outfit you are using:

	Hours.
Water bath, homemade or commercial.....	3
Water seal, 214°.....	2
5 pounds steam pressure.....	1½
10-15 pounds steam pressure.....	1

Remove jars; tighten covers; invert to cool and test the joint; and wrap jars with paper to prevent bleaching.

NOTE.—These recipes are prepared for the canning of soups and meats in the home and for home consumption. Those canning by these recipes and offering products for sale within the State should consult the Food Commissioner of the State as to State food regulations. When these products are intended for sale in another State, or for interstate or foreign shipment, the canners should inform themselves concerning the requirements under the Federal Food and Drugs Act by consulting the Bureau of Chemistry, and, regarding meat-inspection regulations, the Bureau of Animal Industry, U. S. Department of Agriculture, Washington, D. C.

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