



Canning Walrus in Pint Jars

Pressure canning walrus meat is a way of preserving this food for long-term storage. When canned according to the following directions, walrus meat will maintain excellent quality stored on the shelf for a year. Storage for more than a year results in a food that is still safe to eat but may taste stronger. The canned walrus is tender, rich in flavor and dark in color. The canned walrus meat may be eaten right from the jar or combined with other ingredients to make a stew, soup, chili, sandwich spread or menu items of your own creation.

EQUIPMENT AND SUPPLIES

Pressure Canner: Walrus is a low-acid, protein food and must be canned using a pressure canner. Read the pressure canner manufacturer's instructions and have your pressure canner dial gauge tested for accuracy at your nearest Cooperative Extension Service district office yearly.

Jars and Lids: The canning times in this publication were developed for pint jars. Use jars meant for home food preservation. Jars and lid rings may be reused. The flat lids must be new. The lid-sealing compound should be prepared in hot water

according to the directions on the box. Check jars for cracks and chips. Do not use damaged jars.

Meat: Plan to use 1 to 1½ pounds of trimmed meat for each pint jar. Remove gristle or freezer-burned spots. Some fat may be left on the meat, but it will make the canned meat taste stronger. Previously frozen walrus may be canned. To thaw safely, keep wrapped meat in a refrigerator until no ice crystals remain, or thaw in cold water that is changed every 30 minutes.

Salt and Marinades: Salt and marinades are optional because the heat of the canning process preserves the meat. If you want to add salt, use only canning salt (not iodized). Add ¼ to ½ teaspoon salt per pint jar of walrus meat. See page 3 of this publication for marinade recipes.

Other equipment and supplies:

Measuring spoons
Sharp knife
Cutting board, cardboard or newspaper
Stove/range or any heat source that gives reliable, steady heat
Dry potholders
Towel or paper towels
Permanent marker
Clock and/or timer

PREPARE THE MEAT AND JARS

1. Rinse meat. Cut meat into ¾- to 1-inch-thick chunks or cubes or 1-inch-wide strips.
2. If desired, marinate meat according to the recipes in this publication.
3. If using salt, add only canning salt (not iodized) and add ¼ to ½ teaspoon of salt to each jar.



4. Tightly pack raw (plain) or drained marinated meat into jars. Leave 1 inch of empty space at the top of the jar. This is called headspace.
5. Do not add liquid.
6. Wipe top edges of jars clean. Place flat lids on the jar followed by the screwband and tighten to “finger tight.” Do not over tighten lids as this can cause jars to crack or break and lids to buckle or warp under pressure.

PREPARE THE CANNER AND PROCESS THE JARS

1. Pour 2 to 3 inches (or 3 quarts) of cool or room temperature water in the bottom of the pressure canner.
2. Make sure the canner rack is on the bottom of the canner.
3. Place sealed jars on the rack in the canner.
4. Place the lid on the canner and tighten according to manufacturer instructions.
5. Turn heat on HIGH. When a steady stream of steam comes out of the canner vent, let it escape for 10 minutes. This is called venting or exhausting the canner.
6. Close vent with weight or petcock. Heat canner until the needle on the dial gauge reaches 11 pounds pressure OR until the 10-pound weighted gauge (pressure canner without

a dial gauge) rocks or jiggles according to manufacturer instructions. Adjust heat to keep pressure steady. When the correct pressure is reached, set timer and write down the time. Add the recommended processing time to determine the time the canning will be finished; write that time down, too.

7. When processing time is complete, turn off the heat.
8. Move canner off the heat source, if possible. DO NOT release steam by tipping the weight or running the canner under cold water. It takes 25 to 35 minutes for pressure to drop in a small canner filled with jars and 45 to 60 minutes in a large canner with a full load.

On a dial gauge canner, allow pressure to drop naturally. Wait for the overpressure plug to drop, cover lock to drop and gauge needle to rest on “0.” Tip the pressure regulator to check for steam inside the canner. If no steam escapes, the pressure regulator and lid may be safely removed.

On weighted gauge canner (without a dial gauge), wait for the overpressure plug to drop and the cover lock to drop. Test to see if pressure is down by gently nudging the weight. No steam should be released and no resistance should be felt. Remove the pressure regulator and the lid.

Note: On some pressure canners the overpressure plugs and cover locks are inside the canner handles

Can the walrus meat using the following table: Watch canner and check the pressure often. If pressure drops below recommended number of pounds pressure, increase heat to bring pressure back up and start processing time over from the beginning (0 minutes).

Type of Canner	Jar Size	Altitude (feet)*	Pounds of Pressure (psi)	Processing Time (minutes)
Dial Gauge	Pint	0-2,000	11	80
Weighted Gauge (canner without a dial gauge)	Pint	0-1,000	10-pound weight	80

* **Altitude adjustment for dial gauge canner:** 2,001-4,000 feet use 12 pounds of pressure; 4,001-6,000 feet use 13 pounds of pressure; 6,001-8,000 feet use 14 pounds of pressure.

* **Altitude adjustment for weighted gauge canner:** at altitudes above 1,000 feet use the 15 pound weight.

and cannot be seen. Check the owner's manual for ways to determine if the pressure is down.

9. Loosen the lid. Remove by tilting the lid away from you to keep the escaping steam away from your face.
10. Remove jars from canner with a jar lifter or hot pad. Keep jars as level as possible when moving them from canner to counter. Place jars on newspapers or towels and allow them to cool at room temperature away from drafts. Allow jars to cool undisturbed for 12 hours. Lid rings may be loose, DO NOT TIGHTEN them. As the jars cool, the lids will seal. Lids will "pop" as a vacuum is formed inside the jar.
11. Test the lid seal after the jars have cooled for 12 hours. The center of the lid should be pulled down. It should not move when pressed with a finger. If a jar lid does not seal, refrigerate and use the meat within three to four days. Or, you may freeze the meat. Meat may also be reprocessed within 24 hours using a new lid.
12. Remove rings; wash and dry them for later use. Clean the outside of the jar and lid. Label the lid using a permanent marker, or use a paper label. Note the type of meat, herbs or spices added, date, processing time and pounds pressure. Store sealed, labeled jars in a cool, dry place. Do not allow jars to freeze.
13. Clean and dry your canner. Fill the interior with crumpled newspaper or other paper to keep it dry and to absorb odors. Do not fasten lid on canner but wrap it in paper and place upside down on the canner to protect the gauge, vent and sealing ring.
14. Every year, check with your local Cooperative Extension Service office or the Cooperative Extension Service website (www.uaf.edu/ces) for updates on food preservation information and for pressure canner dial gauge testing sites.

MARINADE AND BRINE RECIPES

General directions: Place cubed or sliced raw meat into a glass or plastic bowl or food-grade plastic bucket. Mix enough marinade to cover the meat. The following recipes yield enough marinade for four 1-pint jars of meat (4 to 6 pounds of meat). Cover the meat and marinade and keep in the refrigerator or at a cool temperature (40 degrees F or cooler) for 4 to 12 hours.

Recipe 1: Salt and Water Brine

2 quarts water

2 tablespoons canning salt (not iodized)

Mix together water and salt to dissolve salt. Add cubed or sliced meat, cover and refrigerate 4 to 12 hours. Remove meat from brine. Meat may be rinsed. Follow directions in this publication under the section titled "Prepare the Meat and Jars."

Recipe 2: Cola Marinade

1 liter carbonated cola drink

½ cup vegetable oil

1 tablespoon black pepper

1 tablespoon garlic powder

1 teaspoon canning salt (not iodized)

Mix ingredients together in a bowl. Add cubed or sliced meat, cover and refrigerate 4 to 12 hours. Remove meat from marinade. Meat may be rinsed. Follow directions in this publication under the section titled "Prepare the Meat and Jars."

Recipe 3: Vinegar and Oil Marinade

1¾ cups water

1¾ cups vegetable oil

1¾ cups vinegar (cider, white or red)

2 tablespoons soy sauce

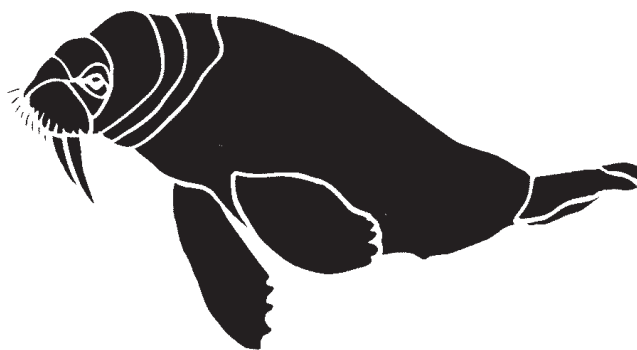
1 teaspoon black pepper

1 teaspoon garlic powder

Mix ingredients together in a bowl. Add cubed or sliced meat, cover and refrigerate 4 to 12 hours. Remove meat from marinade. Meat may be rinsed. Follow directions in this publication under the section titled "Prepare the Meat and Jars."

FOR MORE INFORMATION

Related videos, “*Pressure Canner Basics*” and “*Canning Meat in Jars*” are available on the UAF Cooperative Extension Service’s YouTube channel:
www.youtube.com/UAFExtension.



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More research-based information can be found at:
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