

### **Raw Pack Method Meat** (Wendy DeWitt Method)

Cube RAW meat

Loose Pack into Jars 1 inch headspace. Do NOT add any liquid. Meat will create its own juices.

Quart: approx 2lbs meat pressure can 90 min

1tsp Salt

Pint: approx 1lb meat pressure can 75 min

1/2 tsp salt

Rings Finger tight, make sure to boil lids to soften before putting on. Exhaust canner until water spits out.

(I find about 5-7 min)

Be careful to not let pressure fluctuate much as you will lose the juices the meat is creating.

Meats can be used for any recipe you might want shredded meat for, or stew and soups! I've done beef and chicken, its Fabulous! Turns the toughest cuts of beef into mouth watering tenderness!