



Canned Chicken

- NUTRITION NORTH CANADA -

Canning low-acid foods, such as meat, requires a pressure canner. It is a handy way to preserve large quantities to use throughout the year without depending on your freezer. This canned chicken requires seasoning, but no further cooking, so it's easy to use in sandwiches, salads, and pasta dishes.

About The Chef:

A culinary arts professor and consultant, cooking show host, and cookbook co-author, First Nation Chef David Wolfman is an internationally recognized expert in wild game and traditional Indigenous cuisine.



Prep time: 30 mins



Cook time: 90 mins



Makes: 3 jars
(1L each)



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INGREDIENTS

- 4 lb (1.8 kg) boneless, skinless chicken breast
- 1½ tsp (7.5 mL) salt
- 11 cups (2 ½ L) chicken broth

EQUIPMENT

- Pressure canner
- Canning jars, lids and bands
- Ladle
- Bubble remover
- Canning funnel

Instructions

1. Prepare pressure canner, jars, bands, lids, ladle, bubble remover and funnel according to manufacturers' instructions.
2. Dice chicken into 1" (2.5 cm) cubes. Cover chicken in a pot with cold water and bring to a boil. Cook over medium heat for 5 minutes, or until about ¾ cooked, stirring occasionally. Skim off impurities. Drain and rinse meat.
3. Meanwhile, in a stock pot, bring chicken broth to a boil.
4. Use a canning funnel and ladle to pack chicken into hot jars, leaving a generous 2" (5 cm) of space from the top of the jar.
5. Add ½ teaspoon (2.5 mL) of salt to each jar.
6. Use the canning funnel and ladle to pour hot chicken broth into the jars, leaving 1" (2.5 cm) of space. Remove air bubbles or pockets using a bubble remover.
7. Wipe the rims clean with paper towel. Place lids and bands on jars, tightening to finger-tip tightness (i.e. firmly, but not as tight as possible).
8. Place jars in pressure canner. Fill with water according to manufacturer's instructions. Lock lid and bring to a boil over medium-high heat. Vent steam for 10 minutes, then close vent. Continue heating to achieve 10 lbs (69 kPa) pressure. (Increase pressure to 15 lbs/103 kPa for elevations higher than 1,000 feet/305 m above sea level.) Process jars for 90 minutes.
9. Turn off heat. Let pressure return to normal naturally (about 20-30 minutes) before opening the vent. Remove pressure canner lid. Wait 10 minutes, then remove jars using a jar lifter. Let cool, undisturbed, for 24 hours before moving.
10. Label and date jars before storing. Store canned chicken in a cool, dark place for up to 1 year.

For more information on canning safety, go to www.Canada.ca and search "home canning".