Transcript: Buy Meat Now! - Stock Up & Preserve With No Refrigeration Needed | Canning Meats 101

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**[00:00:00]** hello YouTubers Alaska prepper here on

**[00:00:03]** this video I will be showing you how

**[00:00:05]** simple it is to pressure can meat for

**[00:00:07]** longterm storage and in this case I will

**[00:00:10]** be using pork shoulder butt that I

**[00:00:12]** purchased at Costco I will be showing

**[00:00:15]** you how I put away Meats for the short

**[00:00:17]** or medium term by preparing it for the

**[00:00:19]** freezer and yes ladies and gentlemen

**[00:00:21]** there is a process that you can take

**[00:00:23]** that will make your meat taste better

**[00:00:25]** and store better when you put it in the

**[00:00:28]** freezer and I will be showing you that

**[00:00:30]** and I will also be cooking a delicious

**[00:00:32]** meal with some pork that I pressure

**[00:00:34]** canned about five years ago why because

**[00:00:37]** I want to show you that it's still good

**[00:00:39]** TW eat after 5 years and hopefully

**[00:00:41]** you'll become motivated to do your own I

**[00:00:45]** hope that you are having a great start

**[00:00:46]** to your week ladies and gentlemen thank

**[00:00:48]** you very much for joining in and let's

**[00:00:50]** get started please remember that what I

**[00:00:52]** am showing you is how I do this but I

**[00:00:55]** hope and recommend that you do your own

**[00:00:57]** research so that you can be comfortable

**[00:01:00]** during your experience with pressure

**[00:01:01]** canning as you can see I am starting out

**[00:01:04]** with about 15 pounds of pork that I will

**[00:01:07]** cut up into manageable cubes which I

**[00:01:09]** will then stuff into quart mason jars

**[00:01:13]** the method that I'll be using today is

**[00:01:15]** the cold packing method which simply

**[00:01:18]** means that I will be packing the meat

**[00:01:20]** into the jars in the raw form I actually

**[00:01:24]** believe that pressure canning Meats is

**[00:01:26]** the easiest thing to can for anyone that

**[00:01:30]** is starting off and it's the thing that

**[00:01:33]** most people in my experience are afraid

**[00:01:35]** of pressure canning when they are

**[00:01:37]** starting off I I always recommend that

**[00:01:41]** if you pressure can Meats for the first

**[00:01:43]** time that you always open a jar of the

**[00:01:47]** processed meat and make a meal with it

**[00:01:50]** this way you can see firsthand how

**[00:01:52]** delicious pressure can meats are and

**[00:01:54]** you'll be hooked ladies and gentlemen I

**[00:01:56]** guarantee it I've used this method of B

**[00:02:00]** packing for beef for chicken sausage

**[00:02:03]** pork as you can see here and even fish

**[00:02:06]** and I've never had a jar gold bad and

**[00:02:09]** for those of you that may be wondering

**[00:02:11]** the opposite of cold pack of course is

**[00:02:13]** hot packed which just means that prior

**[00:02:16]** to packing your Meats in the jar instead

**[00:02:17]** of packing it raw that you're first

**[00:02:20]** going to cook the meat I've done both

**[00:02:23]** and I prefer both methods for different

**[00:02:25]** types of meats for example I found that

**[00:02:28]** when you cold pack

**[00:02:30]** that the texture of the meat comes out a

**[00:02:32]** little bit crumbly kind of like the

**[00:02:34]** meats that you buy at the store that

**[00:02:35]** already come in a can like for example

**[00:02:37]** the beef that comes in a can at Costco

**[00:02:40]** however when you hot pack or cook the

**[00:02:43]** meat prior to packing it in the jars the

**[00:02:46]** meat then has a texture that is more

**[00:02:48]** like pretty much freshly cooked meats

**[00:02:51]** and ladies and gentlemen I challenge you

**[00:02:52]** to try to make a batch of each it's not

**[00:02:55]** difficult as you will see on this video

**[00:02:57]** and that way you can see which kind you

**[00:02:59]** prefer now that ladies and gentlemen is

**[00:03:02]** some really good looking pork I know

**[00:03:04]** some people are going to say you

**[00:03:05]** shouldn't eat pork but you can process

**[00:03:08]** whatever kind of meats you fancy ladies

**[00:03:10]** and gentlemen one thing that I wanted to

**[00:03:12]** point out here is that you haven't seen

**[00:03:14]** me trim away any of the fats and I

**[00:03:16]** believe that the fat has a lot of flavor

**[00:03:19]** so I never trim it away I always put it

**[00:03:21]** in the jar the things that I'll be using

**[00:03:24]** today ladies and gentlemen you can

**[00:03:25]** pretty much get anywhere there is a

**[00:03:28]** small startup cost pressure canning or

**[00:03:31]** canning period however I believe that

**[00:03:34]** the benefits outweigh the cost in the

**[00:03:36]** long run I want ahead and left a list of

**[00:03:38]** all of the things that I'm using today

**[00:03:40]** on the right hand side here so that you

**[00:03:42]** can go ahead and take a screenshot of

**[00:03:43]** this if you'd like to start your own

**[00:03:45]** pressure canning Endeavors now here you

**[00:03:48]** just saw me put some of the lids in a

**[00:03:50]** pot with a little bit of water that I'm

**[00:03:52]** going to go ahead and warm up before I

**[00:03:55]** actually put the lids on the jars and

**[00:03:58]** although it stays on the box with the

**[00:04:00]** new lids that you no longer have to do

**[00:04:02]** this I do it as a force of habit and I

**[00:04:05]** still like doing it I've always had good

**[00:04:07]** results doing it this way so I'm going

**[00:04:08]** to keep doing it the way that I've done

**[00:04:10]** it in the past you can see here that I'm

**[00:04:12]** just going to go ahead and start packing

**[00:04:14]** these meats into my jars if you have a

**[00:04:17]** funnel ladies and gentlemen that's great

**[00:04:19]** I have no problem doing it this way it

**[00:04:21]** works well and also I've been told

**[00:04:25]** several times don't leave any air gaps

**[00:04:27]** don't leave any air gaps ladies and

**[00:04:29]** gentlemen if you leave a little air gap

**[00:04:31]** here and there in my opinion it's not

**[00:04:32]** going to be any problem whatsoever and

**[00:04:35]** we'll see that in the end result when

**[00:04:37]** this is all done uh what I'll do later

**[00:04:39]** on is is I'll grab a spoon with a wooden

**[00:04:42]** handle and I'll go ahead and poke a

**[00:04:44]** little bit of this meat down some more

**[00:04:46]** to try to get rid of all of these little

**[00:04:48]** air gaps but you're not going to be able

**[00:04:49]** to get rid of all of the air gaps and in

**[00:04:51]** my opinion as long as you allow the

**[00:04:54]** pressure caner to naturally decompress

**[00:04:56]** you're not going to have any problems if

**[00:04:58]** there's any air gaps in there at all

**[00:05:00]** okay so don't be very OCD about this is

**[00:05:02]** what I'm getting

**[00:05:04]** at I'm just about done cleaning the rims

**[00:05:08]** of these jars you got to make sure that

**[00:05:10]** they're nice and clean ladies and

**[00:05:12]** gentlemen that is key and take a look at

**[00:05:15]** this this is how much meat I have left

**[00:05:17]** over I figured that we would have

**[00:05:19]** roughly a pound to a pound and a half of

**[00:05:21]** meat left over because that was a 15

**[00:05:24]** almost 16 lb butt and these jars usually

**[00:05:27]** take about two a little over 2 lbs each

**[00:05:31]** and this is the spoon that I used in

**[00:05:33]** order to make sure that I got as much

**[00:05:35]** air gaps out of there as I could and now

**[00:05:38]** this is a step that you always want to

**[00:05:41]** remember make sure that after the rim of

**[00:05:43]** your jars are nice and clean that you go

**[00:05:46]** ahead and do a nice pass with some white

**[00:05:49]** vinegar what this is going to do is

**[00:05:51]** going to act as a disinfectant and also

**[00:05:53]** catch any little micr particles that you

**[00:05:56]** may have left behind when you initially

**[00:05:58]** cleaned the rim

**[00:06:00]** that way your lid is going to have

**[00:06:02]** really good contact with the rim of

**[00:06:04]** those jars and that's going to help to

**[00:06:06]** make sure that you maintain and get

**[00:06:09]** first and foremost a good

**[00:06:11]** seal now this step is 100% optional and

**[00:06:15]** in my opinion it matters not what type

**[00:06:18]** of salt you use I personally like to use

**[00:06:21]** either sea salt Himalayan sea salt and

**[00:06:25]** or Redmond salt which is my new favorite

**[00:06:27]** salt to use in everything

**[00:06:30]** whenever I'm doing a quart jar I usually

**[00:06:34]** use like a full teaspoon of salt but

**[00:06:37]** I've knocked it down to a half a

**[00:06:39]** teaspoon we'll see how this works out

**[00:06:42]** you can always add more salt but you

**[00:06:44]** don't have to put any salt in here

**[00:06:47]** whatsoever if you don't want to my idea

**[00:06:50]** is that I want to keep it as clean as

**[00:06:53]** possible meaning without as many flavors

**[00:06:56]** as possible that way I can use this meat

**[00:06:58]** for what whatever I want now you can see

**[00:07:01]** that I'm putting my Lids on here and

**[00:07:03]** when you put them on it's very simple

**[00:07:05]** I'm using the little magnet stick so

**[00:07:07]** that I don't burn my hands in the hot

**[00:07:09]** water you don't have to have that you

**[00:07:11]** can drain the water from the pot if you

**[00:07:13]** want and then just grab them with your

**[00:07:15]** hands just make sure that your hands are

**[00:07:17]** clean that way it's sanitary but also

**[00:07:20]** you want to make sure that when you put

**[00:07:22]** on your Lids as I'm doing right here

**[00:07:24]** that you do not overtighten the lids

**[00:07:27]** you'll notice that once I get my Lids on

**[00:07:30]** I'm giving it about a quarter of a turn

**[00:07:32]** if not a little bit less it's pretty

**[00:07:34]** much to touch you'll get to know it once

**[00:07:37]** you've done it a few times but I'll give

**[00:07:39]** it about a quarter turn once I've got it

**[00:07:41]** on there and that's it you do not want

**[00:07:44]** to overtighten your Lids ladies and

**[00:07:46]** gentlemen that will be a big fail if you

**[00:07:49]** do once I get my Lids on it's time to go

**[00:07:52]** ahead and put these bad boys inside of

**[00:07:55]** the pressure

**[00:07:56]** caner this is not a must but you can put

**[00:07:59]** a a little bit of white vinegar inside

**[00:08:01]** your caner especially if you have hard

**[00:08:03]** water in order so that your jars don't

**[00:08:06]** come out with a Milky film around them

**[00:08:09]** now AP how much water do you put inside

**[00:08:12]** of your jars well my pressure caner

**[00:08:14]** takes about one gallon but you will see

**[00:08:17]** that I don't really measure it by the

**[00:08:19]** gallon what I do is is I put enough

**[00:08:21]** water in here so that it can go up to

**[00:08:24]** about 1/3 to 1/2 of the jars that are

**[00:08:28]** already in

**[00:08:30]** inside so as you'll see when I put my

**[00:08:32]** last jar in there the water level is

**[00:08:34]** going to be about halfway up the height

**[00:08:37]** of the jar it's very important ladies

**[00:08:39]** and gentlemen that you follow the

**[00:08:41]** instructions for your caner because you

**[00:08:43]** do not want your caner to run dry of

**[00:08:46]** water while it's processing it can cause

**[00:08:49]** some big problems at the very least

**[00:08:52]** it'll probably ruin your caner because

**[00:08:54]** it'll warp it this TF 22q is my favorite

**[00:08:58]** pressure caner believe it or not it's

**[00:09:00]** very simple to use this right here is

**[00:09:02]** your weight it's what I call a

**[00:09:04]** mechanical weight you can see that it's

**[00:09:06]** got the number three two and one and

**[00:09:08]** each of those signify a difference of 5

**[00:09:11]** lb in pressure so the number one is 5 lb

**[00:09:14]** number two is 10 the number three is 15

**[00:09:17]** lb now that little drawing next to the

**[00:09:20]** dot that looks like a little ball of

**[00:09:21]** steam is just the open position I always

**[00:09:25]** pressure can on number three meaning on

**[00:09:28]** 15 lounds no matter where I am why is

**[00:09:32]** that because ladies and gentlemen that's

**[00:09:34]** what they use to pressure can in a

**[00:09:36]** factory setting in factory settings they

**[00:09:39]** always pressure can at 15 lbs no matter

**[00:09:42]** where they're at why because 15 lb of

**[00:09:45]** pressure produces about

**[00:09:48]** 250° fah which pretty much eliminates

**[00:09:52]** any bacteria that there may be in your

**[00:09:54]** product so if it's good enough for them

**[00:09:56]** it's good enough for me and it's never

**[00:09:58]** failed me once now once the lid on your

**[00:10:02]** pressure caner is secure and you turn on

**[00:10:05]** your flame you're going to make sure

**[00:10:07]** that your weight is off or that your

**[00:10:10]** weight is on the open position and

**[00:10:12]** you're going to wait until steam is

**[00:10:14]** coming out of it at a fast rate at that

**[00:10:18]** point you're going to start your timer

**[00:10:20]** for 10 minutes and wait for that timer

**[00:10:23]** to go off then you're going to set your

**[00:10:25]** weight at the amount of pressure that

**[00:10:27]** you want once you reach that amount of

**[00:10:30]** pressure ladies and gentlemen or the

**[00:10:32]** pressure that's recommended for your

**[00:10:34]** elevation you're going to start your

**[00:10:36]** timer back up for another 10 minutes

**[00:10:40]** once you maintain the appropriate

**[00:10:42]** pressure for that 10 minutes you will

**[00:10:45]** then start your timer for either 90

**[00:10:48]** minutes or for 75 minutes depending

**[00:10:51]** whether you're doing quartz or pints I'm

**[00:10:54]** doing Quartz in this instance so I'm

**[00:10:56]** going to go ahead and start my timer for

**[00:10:59]** 90 minutes I always add an additional 5

**[00:11:02]** minutes so I'll be starting my timer for

**[00:11:04]** 95 minutes in order to let this process

**[00:11:07]** and take a look at our new puppy we have

**[00:11:11]** found a name for her and her name is

**[00:11:15]** Lulu Addison prepper so this is Lulu and

**[00:11:20]** she is a little ball of fire she loves

**[00:11:23]** to play and she is a very healthy puppy

**[00:11:26]** and although Karma and dog are still not

**[00:11:29]** used to her I think they're going to be

**[00:11:31]** great

**[00:11:34]** sisters now while that pressure caner

**[00:11:36]** does its job I wanted to share with you

**[00:11:39]** how I put away Meats for medium term not

**[00:11:43]** necessarily longterm so what you're

**[00:11:45]** looking at here is a slab of meat that I

**[00:11:48]** purchased from Costco and in case you

**[00:11:50]** don't know it's a lot cheaper to

**[00:11:52]** purchase it by the slab than to purchase

**[00:11:54]** it already trimmed out so what I do is I

**[00:11:57]** bring my slab home I trim it out out I

**[00:11:59]** cut it in the portions that I would like

**[00:12:01]** and then ladies and gentlemen I salt it

**[00:12:03]** as if I was going to cook it right away

**[00:12:06]** once I salted I put it in the

**[00:12:08]** refrigerator so it can air out or dry

**[00:12:11]** age as it is called for a few days in

**[00:12:15]** this case the meat's been in the

**[00:12:16]** refrigerator for about 3 days what that

**[00:12:18]** does is it makes it more tender it dries

**[00:12:21]** it out a little bit I.E dry aging and I

**[00:12:25]** truly believe that it makes it taste a

**[00:12:27]** lot better some people people don't like

**[00:12:29]** age meats and I don't if it's like a

**[00:12:31]** month or so but 3 Days To a week I think

**[00:12:34]** it's perfect what I do next is I'm just

**[00:12:37]** going to go ahead and vacuum seal these

**[00:12:39]** in the portions that we require in order

**[00:12:42]** to cook a meal for a family there's

**[00:12:44]** three of us these staks aren't that big

**[00:12:46]** so we're going to be putting three

**[00:12:47]** steaks per bag into the freezer this

**[00:12:50]** will allow me to go ahead and rotate

**[00:12:53]** through the other steak in the freezer

**[00:12:55]** that I have already dry aged and it not

**[00:12:58]** get freezer burn I'm going to show you

**[00:13:00]** some steak that I had in there from our

**[00:13:02]** last processing of steaks and you'll see

**[00:13:05]** how perfect they look and that ladies

**[00:13:07]** and gentlemen is as simple as it is I

**[00:13:10]** personally believe that you can even put

**[00:13:12]** this steak in the freezer in this method

**[00:13:15]** for up to a year if not longer as long

**[00:13:18]** as it's been frozen the entire time I've

**[00:13:20]** eaten Meats out of my freezer that were

**[00:13:22]** more than 2 years old absolutely nothing

**[00:13:25]** wrong with them because I put them away

**[00:13:27]** using this method right here

**[00:13:29]** now back to our pressure caner it's been

**[00:13:32]** done for about an hour so as soon as I

**[00:13:35]** heard the timer go off after 95 minutes

**[00:13:38]** all I did was turn off the flame and I

**[00:13:41]** let it sit there until it does what I

**[00:13:44]** call naturally decompress or naturally

**[00:13:48]** depressurize meaning that I'm not going

**[00:13:49]** to help the pressure inside subside by

**[00:13:53]** putting the manual weight to a lower

**[00:13:55]** weight and lower weight I'm going to let

**[00:13:56]** it do it naturally then I'm going to go

**[00:13:58]** ahead head and open it making sure that

**[00:14:00]** I don't get a face full of steam and

**[00:14:02]** look at these jars ladies and gentlemen

**[00:14:04]** they look like they're perfect now you

**[00:14:07]** have to understand that these jars are

**[00:14:09]** still processing so when you take them

**[00:14:11]** out of the caner you have to be very

**[00:14:14]** careful that you don't tip them keep

**[00:14:16]** them straight up and down and make sure

**[00:14:18]** that you put them on a Surface that's

**[00:14:20]** not going to have a big temperature

**[00:14:22]** differential between the jars and the

**[00:14:25]** surface I like to use a towel with a

**[00:14:27]** piece of wood under it that way I make

**[00:14:30]** sure that these jars are not going to

**[00:14:33]** hit a surface that's cold which will

**[00:14:35]** then make them crack another thing that

**[00:14:37]** you want to make sure is that you don't

**[00:14:39]** have like a cold draft somewhere with a

**[00:14:42]** cold stream of air coming into these

**[00:14:45]** jars cuz that can make them crack as

**[00:14:46]** well I am going to carefully place these

**[00:14:50]** on this surface and then I'm going to

**[00:14:53]** let them finish doing their job for the

**[00:14:56]** next 18 to 24 hours ladies and gentlemen

**[00:14:59]** so tomorrow I'm going to come back and

**[00:15:02]** make sure that these are all sealed I'm

**[00:15:04]** going to wash them up and then after

**[00:15:06]** that I'm going to show you a couple of

**[00:15:09]** jars of pork that I pressure canned

**[00:15:11]** roughly 5 years ago and we're going to

**[00:15:13]** make a very tasty meal with

**[00:15:17]** it as I stated previously I pressure can

**[00:15:21]** this pork in 2019 and as you can see it

**[00:15:25]** looks great I'm going to be making a

**[00:15:27]** simple meal of pork with onions a few

**[00:15:30]** seasonings and some of these black beans

**[00:15:33]** that I purchased on sale a few payday

**[00:15:36]** preps ago and I'm also going to

**[00:15:38]** rehydrate some Aros gandulas that I made

**[00:15:41]** I think about two a little over two

**[00:15:43]** years ago now and I freeze dried let's

**[00:15:46]** see how that reconstitutes and how it

**[00:15:48]** tastes as

**[00:15:50]** well ladies and gentlemen I promise you

**[00:15:53]** that this is the pork that came out of

**[00:15:55]** those jars for some reason the footage

**[00:15:58]** that I captured with me cutting the

**[00:16:01]** onion up and getting the pork out of the

**[00:16:03]** jars is not in my camera so I'm guessing

**[00:16:06]** that I never turned it on but this is

**[00:16:08]** the pork and this is about half of a

**[00:16:10]** large onion just chopped up nice and

**[00:16:13]** fine and like I said this is a very

**[00:16:16]** simple recipe all I'm doing here is

**[00:16:19]** allowing this to come to kind of a boil

**[00:16:21]** or a simmer adding some sasong Goa in

**[00:16:25]** addition to a little bit of adobo then

**[00:16:28]** I'm going to let this reduce down until

**[00:16:30]** the meat is kind of like pretty

**[00:16:33]** dry kind of like that right there now

**[00:16:36]** we're going to go ahead and grab our

**[00:16:38]** rice off the stove and ladies and

**[00:16:40]** gentlemen if you don't know how to cook

**[00:16:42]** basic white rice I've got a video on

**[00:16:44]** that it is very simple to do and you

**[00:16:47]** definitely want to know how to cook it

**[00:16:49]** now before you need to cook it during

**[00:16:52]** some kind of a crisis and all we need to

**[00:16:55]** Simply do with these beans is just warm

**[00:16:58]** them up ladies and gentlemen in addition

**[00:17:00]** to that we're going to go ahead and

**[00:17:01]** rehydrate the Aros gandulas that I

**[00:17:04]** freeze dried a couple of years ago and

**[00:17:06]** we're going to put our plate together

**[00:17:09]** let's see how it comes out and this

**[00:17:11]** ladies and gentlemen is how you can be

**[00:17:13]** eating after the Apocalypse in all

**[00:17:17]** honesty this looks very good and I'm

**[00:17:20]** sure it's going to taste very good once

**[00:17:23]** I give it a taste test just take a look

**[00:17:26]** at how that pork came out it looks

**[00:17:28]** delicious

**[00:17:29]** I didn't tell you this but I did go

**[00:17:31]** ahead and put a little bit of guacamole

**[00:17:33]** on the side why cuz it goes great with

**[00:17:35]** this dish so ladies and gentlemen thank

**[00:17:38]** you very much for joining in I truly do

**[00:17:41]** hope that you try this because let me

**[00:17:43]** tell you

**[00:17:49]** what it's delicious and I knew that it

**[00:17:53]** would be have a great day God bless

**[00:17:56]** every one of you God bless America I'm

**[00:17:58]** Alaska prepper and I'm

**[00:18:01]** [Music]

**[00:18:11]** out

# Full Text (without timestamps)

hello YouTubers Alaska prepper here on this video I will be showing you how simple it is to pressure can meat for longterm storage and in this case I will be using pork shoulder butt that I purchased at Costco I will be showing you how I put away Meats for the short or medium term by preparing it for the freezer and yes ladies and gentlemen there is a process that you can take that will make your meat taste better and store better when you put it in the freezer and I will be showing you that and I will also be cooking a delicious meal with some pork that I pressure canned about five years ago why because I want to show you that it's still good TW eat after 5 years and hopefully you'll become motivated to do your own I hope that you are having a great start to your week ladies and gentlemen thank you very much for joining in and let's get started please remember that what I am showing you is how I do this but I hope and recommend that you do your own research so that you can be comfortable during your experience with pressure canning as you can see I am starting out with about 15 pounds of pork that I will cut up into manageable cubes which I will then stuff into quart mason jars the method that I'll be using today is the cold packing method which simply means that I will be packing the meat into the jars in the raw form I actually believe that pressure canning Meats is the easiest thing to can for anyone that is starting off and it's the thing that most people in my experience are afraid of pressure canning when they are starting off I I always recommend that if you pressure can Meats for the first time that you always open a jar of the processed meat and make a meal with it this way you can see firsthand how delicious pressure can meats are and you'll be hooked ladies and gentlemen I guarantee it I've used this method of B packing for beef for chicken sausage pork as you can see here and even fish and I've never had a jar gold bad and for those of you that may be wondering the opposite of cold pack of course is hot packed which just means that prior to packing your Meats in the jar instead of packing it raw that you're first going to cook the meat I've done both and I prefer both methods for different types of meats for example I found that when you cold pack that the texture of the meat comes out a little bit crumbly kind of like the meats that you buy at the store that already come in a can like for example the beef that comes in a can at Costco however when you hot pack or cook the meat prior to packing it in the jars the meat then has a texture that is more like pretty much freshly cooked meats and ladies and gentlemen I challenge you to try to make a batch of each it's not difficult as you will see on this video and that way you can see which kind you prefer now that ladies and gentlemen is some really good looking pork I know some people are going to say you shouldn't eat pork but you can process whatever kind of meats you fancy ladies and gentlemen one thing that I wanted to point out here is that you haven't seen me trim away any of the fats and I believe that the fat has a lot of flavor so I never trim it away I always put it in the jar the things that I'll be using today ladies and gentlemen you can pretty much get anywhere there is a small startup cost pressure canning or canning period however I believe that the benefits outweigh the cost in the long run I want ahead and left a list of all of the things that I'm using today on the right hand side here so that you can go ahead and take a screenshot of this if you'd like to start your own pressure canning Endeavors now here you just saw me put some of the lids in a pot with a little bit of water that I'm going to go ahead and warm up before I actually put the lids on the jars and although it stays on the box with the new lids that you no longer have to do this I do it as a force of habit and I still like doing it I've always had good results doing it this way so I'm going to keep doing it the way that I've done it in the past you can see here that I'm just going to go ahead and start packing these meats into my jars if you have a funnel ladies and gentlemen that's great I have no problem doing it this way it works well and also I've been told several times don't leave any air gaps don't leave any air gaps ladies and gentlemen if you leave a little air gap here and there in my opinion it's not going to be any problem whatsoever and we'll see that in the end result when this is all done uh what I'll do later on is is I'll grab a spoon with a wooden handle and I'll go ahead and poke a little bit of this meat down some more to try to get rid of all of these little air gaps but you're not going to be able to get rid of all of the air gaps and in my opinion as long as you allow the pressure caner to naturally decompress you're not going to have any problems if there's any air gaps in there at all okay so don't be very OCD about this is what I'm getting at I'm just about done cleaning the rims of these jars you got to make sure that they're nice and clean ladies and gentlemen that is key and take a look at this this is how much meat I have left over I figured that we would have roughly a pound to a pound and a half of meat left over because that was a 15 almost 16 lb butt and these jars usually take about two a little over 2 lbs each and this is the spoon that I used in order to make sure that I got as much air gaps out of there as I could and now this is a step that you always want to remember make sure that after the rim of your jars are nice and clean that you go ahead and do a nice pass with some white vinegar what this is going to do is going to act as a disinfectant and also catch any little micr particles that you may have left behind when you initially cleaned the rim that way your lid is going to have really good contact with the rim of those jars and that's going to help to make sure that you maintain and get first and foremost a good seal now this step is 100% optional and in my opinion it matters not what type of salt you use I personally like to use either sea salt Himalayan sea salt and or Redmond salt which is my new favorite salt to use in everything whenever I'm doing a quart jar I usually use like a full teaspoon of salt but I've knocked it down to a half a teaspoon we'll see how this works out you can always add more salt but you don't have to put any salt in here whatsoever if you don't want to my idea is that I want to keep it as clean as possible meaning without as many flavors as possible that way I can use this meat for what whatever I want now you can see that I'm putting my Lids on here and when you put them on it's very simple I'm using the little magnet stick so that I don't burn my hands in the hot water you don't have to have that you can drain the water from the pot if you want and then just grab them with your hands just make sure that your hands are clean that way it's sanitary but also you want to make sure that when you put on your Lids as I'm doing right here that you do not overtighten the lids you'll notice that once I get my Lids on I'm giving it about a quarter of a turn if not a little bit less it's pretty much to touch you'll get to know it once you've done it a few times but I'll give it about a quarter turn once I've got it on there and that's it you do not want to overtighten your Lids ladies and gentlemen that will be a big fail if you do once I get my Lids on it's time to go ahead and put these bad boys inside of the pressure caner this is not a must but you can put a a little bit of white vinegar inside your caner especially if you have hard water in order so that your jars don't come out with a Milky film around them now AP how much water do you put inside of your jars well my pressure caner takes about one gallon but you will see that I don't really measure it by the gallon what I do is is I put enough water in here so that it can go up to about 1/3 to 1/2 of the jars that are already in inside so as you'll see when I put my last jar in there the water level is going to be about halfway up the height of the jar it's very important ladies and gentlemen that you follow the instructions for your caner because you do not want your caner to run dry of water while it's processing it can cause some big problems at the very least it'll probably ruin your caner because it'll warp it this TF 22q is my favorite pressure caner believe it or not it's very simple to use this right here is your weight it's what I call a mechanical weight you can see that it's got the number three two and one and each of those signify a difference of 5 lb in pressure so the number one is 5 lb number two is 10 the number three is 15 lb now that little drawing next to the dot that looks like a little ball of steam is just the open position I always pressure can on number three meaning on 15 lounds no matter where I am why is that because ladies and gentlemen that's what they use to pressure can in a factory setting in factory settings they always pressure can at 15 lbs no matter where they're at why because 15 lb of pressure produces about 250° fah which pretty much eliminates any bacteria that there may be in your product so if it's good enough for them it's good enough for me and it's never failed me once now once the lid on your pressure caner is secure and you turn on your flame you're going to make sure that your weight is off or that your weight is on the open position and you're going to wait until steam is coming out of it at a fast rate at that point you're going to start your timer for 10 minutes and wait for that timer to go off then you're going to set your weight at the amount of pressure that you want once you reach that amount of pressure ladies and gentlemen or the pressure that's recommended for your elevation you're going to start your timer back up for another 10 minutes once you maintain the appropriate pressure for that 10 minutes you will then start your timer for either 90 minutes or for 75 minutes depending whether you're doing quartz or pints I'm doing Quartz in this instance so I'm going to go ahead and start my timer for 90 minutes I always add an additional 5 minutes so I'll be starting my timer for 95 minutes in order to let this process and take a look at our new puppy we have found a name for her and her name is Lulu Addison prepper so this is Lulu and she is a little ball of fire she loves to play and she is a very healthy puppy and although Karma and dog are still not used to her I think they're going to be great sisters now while that pressure caner does its job I wanted to share with you how I put away Meats for medium term not necessarily longterm so what you're looking at here is a slab of meat that I purchased from Costco and in case you don't know it's a lot cheaper to purchase it by the slab than to purchase it already trimmed out so what I do is I bring my slab home I trim it out out I cut it in the portions that I would like and then ladies and gentlemen I salt it as if I was going to cook it right away once I salted I put it in the refrigerator so it can air out or dry age as it is called for a few days in this case the meat's been in the refrigerator for about 3 days what that does is it makes it more tender it dries it out a little bit I.E dry aging and I truly believe that it makes it taste a lot better some people people don't like age meats and I don't if it's like a month or so but 3 Days To a week I think it's perfect what I do next is I'm just going to go ahead and vacuum seal these in the portions that we require in order to cook a meal for a family there's three of us these staks aren't that big so we're going to be putting three steaks per bag into the freezer this will allow me to go ahead and rotate through the other steak in the freezer that I have already dry aged and it not get freezer burn I'm going to show you some steak that I had in there from our last processing of steaks and you'll see how perfect they look and that ladies and gentlemen is as simple as it is I personally believe that you can even put this steak in the freezer in this method for up to a year if not longer as long as it's been frozen the entire time I've eaten Meats out of my freezer that were more than 2 years old absolutely nothing wrong with them because I put them away using this method right here now back to our pressure caner it's been done for about an hour so as soon as I heard the timer go off after 95 minutes all I did was turn off the flame and I let it sit there until it does what I call naturally decompress or naturally depressurize meaning that I'm not going to help the pressure inside subside by putting the manual weight to a lower weight and lower weight I'm going to let it do it naturally then I'm going to go ahead head and open it making sure that I don't get a face full of steam and look at these jars ladies and gentlemen they look like they're perfect now you have to understand that these jars are still processing so when you take them out of the caner you have to be very careful that you don't tip them keep them straight up and down and make sure that you put them on a Surface that's not going to have a big temperature differential between the jars and the surface I like to use a towel with a piece of wood under it that way I make sure that these jars are not going to hit a surface that's cold which will then make them crack another thing that you want to make sure is that you don't have like a cold draft somewhere with a cold stream of air coming into these jars cuz that can make them crack as well I am going to carefully place these on this surface and then I'm going to let them finish doing their job for the next 18 to 24 hours ladies and gentlemen so tomorrow I'm going to come back and make sure that these are all sealed I'm going to wash them up and then after that I'm going to show you a couple of jars of pork that I pressure canned roughly 5 years ago and we're going to make a very tasty meal with it as I stated previously I pressure can this pork in 2019 and as you can see it looks great I'm going to be making a simple meal of pork with onions a few seasonings and some of these black beans that I purchased on sale a few payday preps ago and I'm also going to rehydrate some Aros gandulas that I made I think about two a little over two years ago now and I freeze dried let's see how that reconstitutes and how it tastes as well ladies and gentlemen I promise you that this is the pork that came out of those jars for some reason the footage that I captured with me cutting the onion up and getting the pork out of the jars is not in my camera so I'm guessing that I never turned it on but this is the pork and this is about half of a large onion just chopped up nice and fine and like I said this is a very simple recipe all I'm doing here is allowing this to come to kind of a boil or a simmer adding some sasong Goa in addition to a little bit of adobo then I'm going to let this reduce down until the meat is kind of like pretty dry kind of like that right there now we're going to go ahead and grab our rice off the stove and ladies and gentlemen if you don't know how to cook basic white rice I've got a video on that it is very simple to do and you definitely want to know how to cook it now before you need to cook it during some kind of a crisis and all we need to Simply do with these beans is just warm them up ladies and gentlemen in addition to that we're going to go ahead and rehydrate the Aros gandulas that I freeze dried a couple of years ago and we're going to put our plate together let's see how it comes out and this ladies and gentlemen is how you can be eating after the Apocalypse in all honesty this looks very good and I'm sure it's going to taste very good once I give it a taste test just take a look at how that pork came out it looks delicious I didn't tell you this but I did go ahead and put a little bit of guacamole on the side why cuz it goes great with this dish so ladies and gentlemen thank you very much for joining in I truly do hope that you try this because let me tell you what it's delicious and I knew that it would be have a great day God bless every one of you God bless America I'm Alaska prepper and I'm [Music] out