Transcript: Canning around the world/ Meat 🥩

Video ID: TT54DQuaQo8

Extraction Date: 2025-04-02 06:46:36

**[00:00:00]** hi friends welcome back to my channel

**[00:00:02]** make it make where I always try to

**[00:00:04]** encourage you if you can't get it to

**[00:00:05]** make then make it make today we are

**[00:00:09]** going to continue working with our

**[00:00:11]** Slavic

**[00:00:13]** system I have our meat thawed and ready

**[00:00:18]** to cut up so that way we can put it in

**[00:00:21]** our jars the type of meat that I'm going

**[00:00:24]** to be working with today is beef chuck

**[00:00:27]** roast two of them and are pretty hefty I

**[00:00:31]** don't know how many pounds but I'm

**[00:00:34]** hoping that I'll be able to fill

**[00:00:39]** up 3 l if not then we'll use the rest

**[00:00:43]** for something else but the thing that

**[00:00:46]** we're going to be doing today that was

**[00:00:47]** different from the last time we used the

**[00:00:49]** system is we're actually going to be

**[00:00:52]** processing this in a water bath so I'm

**[00:00:55]** very excited to show you how this

**[00:00:57]** processing method is done with um

**[00:01:00]** systems that people use all around the

**[00:01:02]** world for canning I'm going to clean

**[00:01:06]** these jars remember I was talking about

**[00:01:08]** it before you want to make sure your

**[00:01:10]** jars are nice and clean so I'm going to

**[00:01:15]** wash these in really nice hot soapy

**[00:01:18]** water dry them and then we'll get

**[00:01:28]** started

**[00:01:40]** I know I've said it before but I love

**[00:01:42]** this tinted green

**[00:01:58]** one

**[00:01:59]** [Music]

**[00:02:08]** did I mention that we are working with

**[00:02:12]** one lit jars as opposed to 3 l like last

**[00:02:15]** time well my B my hand could barely fit

**[00:02:18]** into this okay I was hoping that I could

**[00:02:22]** get it back out

**[00:02:24]** again

**[00:02:26]** okay sorry if I'm oversharing these jars

**[00:02:29]** but I like they're gorgeous like sorry

**[00:02:31]** but not sorry they're gorgeous look at

**[00:02:40]** that and again for the people who are

**[00:02:43]** wondering where they can purchase these

**[00:02:45]** jars I found mine on Etsy and I will

**[00:02:48]** make sure that I will put her link of

**[00:02:52]** the of her store in the description so

**[00:02:56]** you're going to have look you know in

**[00:02:58]** the description for it

**[00:03:02]** [Music]

**[00:03:05]** I'm really hoping that I can

**[00:03:08]** get 3 l

**[00:03:11]** full of this

**[00:03:16]** meat all right last

**[00:03:20]** one okay so we have our meat here it's

**[00:03:24]** nice and cold and that's I'm just going

**[00:03:27]** to be working with nice cold meat and

**[00:03:30]** I'm just gonna

**[00:03:34]** start cubing

**[00:03:46]** it it's a very nice cut of meat that I

**[00:03:49]** have

**[00:03:50]** here we try to support our local

**[00:03:56]** farmers by

**[00:03:58]** buying at least a quarter

**[00:04:02]** cow whenever we can it's the best

**[00:04:11]** meat it's just

**[00:04:19]** beautiful so I have all of my meat now

**[00:04:24]** in

**[00:04:28]** strips and from here on out I'm just

**[00:04:32]** going to cube

**[00:04:41]** them there is some fat on it it's not a

**[00:04:46]** whole lot that's fine I'm going to keep

**[00:04:48]** it on if it were like you know thick I

**[00:04:51]** would try to get some of it off but this

**[00:04:53]** is

**[00:04:54]** fine so I quue dued the first batch of

**[00:04:57]** meat and now I'm going to go on to to my

**[00:05:01]** next one and go ahead and Cube that up

**[00:05:05]** one of the things I wanted to mention if

**[00:05:07]** you don't follow me um and you haven't

**[00:05:10]** heard me say this is that canning your

**[00:05:14]** meat especially through the water bath

**[00:05:17]** which just so you know it's a non USDA

**[00:05:20]** approved method but it's just something

**[00:05:22]** I feel comfortable with comfortable with

**[00:05:24]** doing um it so so so tenderizes the meat

**[00:05:31]** and I believe through the water bath it

**[00:05:34]** tastes better I it's not as dark doesn't

**[00:05:38]** look more burnt in the pressure canner

**[00:05:41]** now I've pressure canned many meats and

**[00:05:43]** will I still pressure can it probably um

**[00:05:47]** for convenience purposes

**[00:05:50]** only but if I have the time to water

**[00:05:52]** bath it anytime I'm going to do that

**[00:05:55]** because the taste the flavor everything

**[00:05:58]** um even the look of it is more beautiful

**[00:06:00]** a lot more pink in the jars than it

**[00:06:02]** would be in a pressure caner so anyway

**[00:06:05]** if you have a uh a tough type of meat uh

**[00:06:09]** definitely can it and it will tenderize

**[00:06:13]** it and make it nice and

**[00:06:15]** soft so I made a mistake the first cut

**[00:06:21]** that I cubed up um was a beef chalk

**[00:06:25]** roast this cut right here is a beef

**[00:06:28]** sirine hip roast so I am sorry about

**[00:06:32]** that so we'll have two types um because

**[00:06:37]** it's a different type of cut I have a

**[00:06:39]** lot thicker um patches of fat and so I'm

**[00:06:45]** just going to pull off the meat okay if

**[00:06:49]** not then I'll just cut

**[00:06:54]** it and I I won't put this thick of of um

**[00:06:59]** fat in

**[00:07:03]** there but I'm not worried about the the

**[00:07:06]** two different cuts being canned together

**[00:07:08]** it's going to turn out quite fine and uh

**[00:07:12]** still make a very good product but I'll

**[00:07:16]** mix it well so that way we have you know

**[00:07:18]** even ratios to do

**[00:07:21]** that now it's time to fill up our

**[00:07:27]** jar really hoping I can

**[00:07:31]** get 3 lers out of this I don't know if I

**[00:07:34]** will and I am pushing down the

**[00:07:38]** meat it's not something I just want to

**[00:07:41]** have Loosely packed oh I know for a fact

**[00:07:45]** I'm not going to get three I could tell

**[00:07:53]** already I should have packed some onions

**[00:07:56]** in

**[00:07:58]** here

**[00:08:11]** okay it's the first one of course I had

**[00:08:14]** to do the green

**[00:08:20]** one now we're going to fill the second

**[00:08:27]** one at this point in the process you can

**[00:08:30]** certainly season your meat and sometimes

**[00:08:33]** people find that better my friend from

**[00:08:37]** Ukraine uh basically she said that when

**[00:08:40]** they went to open up the meat they

**[00:08:43]** wanted it ready to eat already seasoned

**[00:08:46]** because when they were working in the

**[00:08:47]** fields they did not have time to go all

**[00:08:50]** the way home to prepare the food and

**[00:08:53]** then sit down and eat it they needed it

**[00:08:55]** to be all done so you can certainly

**[00:09:00]** season it if you

**[00:09:02]** like here we have a 12q pot now this

**[00:09:08]** would not be considered a traditional

**[00:09:12]** water bath caner here especially in the

**[00:09:15]** US because a 12q pot would not be able

**[00:09:20]** to handle the capacity of jars that most

**[00:09:24]** people would use to can but honestly if

**[00:09:29]** you're someone who likes to do smaller

**[00:09:31]** batches you don't really have to have

**[00:09:34]** those types of canners you could take

**[00:09:36]** any pot and water bath with it so that's

**[00:09:39]** what we're going to do here I do not

**[00:09:42]** have anything at the bottom here and

**[00:09:44]** just so you know the heat is not on yet

**[00:09:47]** most canners come with a rack but we're

**[00:09:49]** going to go old school here and we're

**[00:09:52]** going to put a rag at the bottom so here

**[00:09:56]** I have a rag thank you for jars

**[00:10:00]** have like all kinds of funny new

**[00:10:03]** uh Rags that they came out

**[00:10:08]** with and I am just going

**[00:10:13]** to place my

**[00:10:17]** jars in the

**[00:10:20]** pot at this point I'm going to start

**[00:10:23]** adding water you can sort of Tuck this

**[00:10:26]** in around the sides if you want

**[00:10:30]** want and I'm going to show you how much

**[00:10:32]** water to

**[00:10:34]** add I'm just going to start adding some

**[00:10:38]** water

**[00:10:42]** here and the thing is is

**[00:10:45]** that I do not want to go up way too

**[00:10:52]** far I'm probably only going to fill

**[00:10:58]** up

**[00:11:03]** fill up to about

**[00:11:08]** there the reason why is because this is

**[00:11:12]** going to get bubbly and I don't want the

**[00:11:15]** water to Bubble into the jars and the

**[00:11:19]** meat another way that we can prevent

**[00:11:22]** that is remember we have our Lids which

**[00:11:26]** by the way aren't these absolutely

**[00:11:28]** gorgeous and we're just going to set

**[00:11:30]** them on top that will help prevent some

**[00:11:34]** of the water if it decides to Splash up

**[00:11:37]** now remember this isn't going to be

**[00:11:39]** sealed in any way shape or form right

**[00:11:41]** now this is just simply laying the lid

**[00:11:45]** on top to protect it from the water uh

**[00:11:48]** we will show you I will show you how to

**[00:11:51]** crimp this later but right now we just

**[00:11:54]** keep it like that the jars are not

**[00:11:58]** submerged

**[00:11:59]** but this is the way they do it in other

**[00:12:01]** countries and it just makes me super

**[00:12:03]** happy to be able to show you this now

**[00:12:05]** I'm going to put the heat on high and

**[00:12:08]** wait for a rolling boil it seems so odd

**[00:12:11]** to me that it's like this and I don't

**[00:12:13]** have to have my jars submerged but I've

**[00:12:16]** watched plenty of videos and have talked

**[00:12:19]** to friends that have done this and this

**[00:12:22]** is

**[00:12:22]** just this is just how they do it I'm

**[00:12:26]** also going to be water bathing this for

**[00:12:29]** 3 hours so let's talk about altitude a

**[00:12:32]** little bit I did a video talking about

**[00:12:35]** it before and a lot of people either

**[00:12:38]** were okay with the answer I gave them or

**[00:12:41]** not okay but I'm just telling you what I

**[00:12:43]** know when I ask people who have lived in

**[00:12:46]** other countries and they can this way or

**[00:12:50]** they're in cultures here um where

**[00:12:53]** they're still practicing this type of

**[00:12:57]** canning the whole thing of altitude is

**[00:13:00]** just not something that they it's really

**[00:13:03]** thought of it's just something that

**[00:13:04]** they've always done and again I'll say

**[00:13:08]** they look at me like confused almost

**[00:13:11]** when I talk about it it's just not a

**[00:13:13]** thing so 3 hours I'm going to do this

**[00:13:17]** some people process in other countries

**[00:13:20]** for 4 hours I don't know why that is I

**[00:13:23]** don't know it's if it's because they've

**[00:13:25]** done that and that I understand may not

**[00:13:27]** be a

**[00:13:29]** um an answer that is suitable for some

**[00:13:33]** people it may not be enough but the fact

**[00:13:36]** is is that it is done in many different

**[00:13:40]** countries and um yeah we'll see our

**[00:13:43]** product

**[00:13:45]** soon so this is the stage where I would

**[00:13:49]** say we're at a good rolling boil here so

**[00:13:52]** I'm definitely going to start the timer

**[00:13:55]** for 3

**[00:13:56]** hours so I should have known better when

**[00:13:59]** it comes to water bath canning that the

**[00:14:03]** rolling boil does Splash over as a

**[00:14:06]** matter of fact it's doing it now as I

**[00:14:08]** talk um and it's was getting all over my

**[00:14:12]** stove top so I'm still wiping some

**[00:14:15]** down um it's not my first rodeo with

**[00:14:18]** water bath canning so I don't know why I

**[00:14:21]** didn't think to just put a lid over it

**[00:14:24]** and just angle it enough just that the

**[00:14:26]** steam is coming out and the water is

**[00:14:28]** boiling out over to the stove now I do

**[00:14:33]** have my Kettle

**[00:14:36]** here right here I have it on high and

**[00:14:39]** the reason being is because you know I'm

**[00:14:43]** getting evaporation of my water more

**[00:14:46]** quickly because I it was spilling over

**[00:14:49]** and I'm going to make sure that I top it

**[00:14:51]** off again not on top of the uh Lids that

**[00:14:56]** we have here but just to where we put

**[00:14:59]** the water line last time so just going

**[00:15:02]** to leave it like that so we don't have

**[00:15:04]** any overs spashing and then as soon as

**[00:15:07]** this Kettle goes off I'll make sure that

**[00:15:09]** you guys see how it is that I Tu it

**[00:15:19]** off

**[00:15:21]** okay I tell you what this lid is working

**[00:15:24]** out I have a little bit of spillage but

**[00:15:26]** not that

**[00:15:27]** much

**[00:15:31]** I'm going to fill it

**[00:15:33]** up because I heated up my

**[00:15:39]** Kettle and we're just going to fill it

**[00:15:41]** up exactly where we were

**[00:15:43]** before and you want to make sure that

**[00:15:45]** the water that you're filling it up with

**[00:15:48]** is just as

**[00:15:50]** hot you know as the water that's already

**[00:15:53]** boiling because you don't want to bring

**[00:15:55]** the water down in

**[00:15:57]** temperature

**[00:15:59]** so I'm just adding a little

**[00:16:03]** [Music]

**[00:16:06]** bit and put the

**[00:16:09]** lid on

**[00:16:13]** that this is way better than what it was

**[00:16:15]** cuz it was like spilling over the water

**[00:16:18]** all right we got

**[00:16:22]** this by the way for the women who care

**[00:16:25]** you know I just want to say I got my

**[00:16:28]** name Na's

**[00:16:32]** done I'm sorry but just because we are

**[00:16:35]** canning up some stuff gardening or doing

**[00:16:38]** whatever your home setting thing is

**[00:16:40]** doesn't mean that you can't take care of

**[00:16:41]** yourself or do something that makes you

**[00:16:43]** feel good about yourself you know what I

**[00:16:45]** mean now not every

**[00:16:47]** day is like that but man when I get my

**[00:16:51]** nails done something just happens to me

**[00:16:53]** seriously I don't know what it is I'm at

**[00:16:55]** the store and I'm like oh you need my

**[00:16:56]** card here you go

**[00:16:59]** when I say bye to people I'm like

**[00:17:02]** [Music]

**[00:17:03]** bye there's just something about it for

**[00:17:06]** me that even if I don't have any you

**[00:17:08]** know hair in or makeup or hair done or

**[00:17:11]** anything like that when I have my nails

**[00:17:13]** done it makes me feel good about myself

**[00:17:14]** so I hope that you ladies are taking the

**[00:17:17]** time to do something for yourself as

**[00:17:19]** well while you're take while you're

**[00:17:21]** working um or you know whatever it is

**[00:17:23]** that you're doing that you're doing some

**[00:17:24]** self-care as

**[00:17:27]** well

**[00:17:34]** all

**[00:17:38]** right our water bath has been going for

**[00:17:42]** just a little over 3 hours like maybe 3

**[00:17:46]** hours and 10

**[00:17:47]** minutes but we are going to take out one

**[00:17:51]** of the jars now remember these jars

**[00:17:54]** aren't sealed so we have to be careful

**[00:17:58]** that when we take them out that we're

**[00:18:01]** not tipping them or just seriously cover

**[00:18:05]** you know putting the jar holder on them

**[00:18:07]** and lifting them up straight because

**[00:18:10]** again this lid is not sealed it was only

**[00:18:13]** on there for the purposes of covering it

**[00:18:16]** up so that the water wouldn't Splash

**[00:18:18]** inside of it so I'm just going to lift

**[00:18:21]** this up nice in firmly and take it over

**[00:18:23]** to the kitchen

**[00:18:27]** table

**[00:18:29]** all right so I am bringing the next jar

**[00:18:36]** over now remember we actually have to

**[00:18:40]** crimp this now and this jar is

**[00:18:44]** incredibly hot so I'm going to show you

**[00:18:47]** a closeup of what I'm doing because it's

**[00:18:49]** not like I can use the crimper and then

**[00:18:51]** hold the jar at the same time because

**[00:18:53]** it's scorching hot so I'm going to show

**[00:18:56]** you how to do it the other main thing

**[00:18:59]** that you want is to make sure that you

**[00:19:02]** have some sort of towel underneath so

**[00:19:04]** that way your jar isn't rotating not to

**[00:19:07]** say that it's bad if it rotates but it's

**[00:19:10]** going to interfere with you trying to

**[00:19:12]** crimp

**[00:19:13]** it so we do have the lid on remember

**[00:19:16]** it's on super loose actually you know

**[00:19:18]** what let me give you guys a closeup of

**[00:19:20]** what it looks

**[00:19:24]** like that's what it looks

**[00:19:27]** like

**[00:19:34]** just going to pop the lid on and I'm

**[00:19:36]** going to continue with the

**[00:19:50]** crimping now I twist this until I get

**[00:19:53]** some resistance and then I go around oh

**[00:19:57]** my gosh

**[00:20:05]** it's not as easy as it

**[00:20:11]** looks and I have to push this one

**[00:20:15]** aside so I could rotate the whole way

**[00:20:17]** around that jar was

**[00:20:22]** close getting

**[00:20:27]** there

**[00:20:34]** I'm taking a look at this crimp and I

**[00:20:36]** think I need to do a little bit more

**[00:20:39]** because it seems sort of wavy around it

**[00:20:43]** and that's not what I want it to look

**[00:20:44]** like I want it to look a lot more

**[00:20:49]** straight so I'm going to go

**[00:20:57]** ahead and push down till I feel that

**[00:21:02]** resistance go

**[00:21:04]** around a little bit more

**[00:21:07]** resistance go around

**[00:21:09]** again a little bit

**[00:21:14]** more

**[00:21:17]** around and one more time just tightening

**[00:21:24]** up a little bit more going back and

**[00:21:27]** forth to sort of seal

**[00:21:34]** that much

**[00:21:36]** better see how the crimp is just the

**[00:21:39]** slightest bit W wavy it doesn't have

**[00:21:41]** like big gaps of wave that is what I

**[00:21:45]** want all right I'm going

**[00:21:47]** to take our

**[00:21:50]** second

**[00:21:53]** jar hopefully you guys can see this that

**[00:21:57]** has the lid on it just sitting on top

**[00:22:03]** again and I'm going to use my body

**[00:22:07]** weight to push the crimp down as opposed

**[00:22:09]** to just using my um arm strength for it

**[00:22:13]** and seeing if it just comes out better I

**[00:22:15]** know I did this in the first video but

**[00:22:18]** I'm still practicing and learning and

**[00:22:20]** figuring out what's

**[00:22:26]** best

**[00:22:32]** and each time I make a full rotation I'm

**[00:22:35]** tightening up the

**[00:22:38]** crimper each time around until it gets

**[00:22:40]** to the point where it's too hard for me

**[00:22:44]** to go

**[00:22:45]** around and this is hard

**[00:22:48]** work we are very blessed as Americans to

**[00:22:51]** have the system that we have is so

**[00:22:54]** convenient to be able to just slap on a

**[00:22:56]** lid and a

**[00:22:59]** ring do this one more

**[00:23:07]** time okay let me check the

**[00:23:11]** crimp dang

**[00:23:14]** it with all that huffing and puffing I

**[00:23:16]** thought I had it

**[00:23:20]** right still more my

**[00:23:26]** goodness

**[00:23:30]** if you know anything that I'm doing

**[00:23:31]** wrong here you let me know because this

**[00:23:33]** is

**[00:23:40]** hard and you got to be careful

**[00:23:43]** because you don't want to crack the

**[00:23:47]** glass while you're doing

**[00:23:54]** it all right I think we're almost there

**[00:24:03]** that was really

**[00:24:06]** hard I mean I almost broke out in a

**[00:24:09]** sweat for that last

**[00:24:11]** one so here's what they look

**[00:24:16]** like crimped

**[00:24:22]** up and what I'm going to do is I'm going

**[00:24:25]** to flip this over upside

**[00:24:29]** down and I remember I remember

**[00:24:33]** in the last video that we did I told you

**[00:24:37]** why we flipped them up upside down but

**[00:24:39]** for meat there is a particular

**[00:24:42]** reason when when you go to open up a jar

**[00:24:46]** of

**[00:24:48]** meat you want all the fat to be

**[00:24:51]** solidified at the bottom of the jar AS

**[00:24:53]** as opposed to the top of the jar because

**[00:24:57]** if you're going to go to eat it right

**[00:25:00]** away when you want it readily available

**[00:25:02]** like I was telling you the story earlier

**[00:25:05]** about being you know in the country and

**[00:25:09]** the farmlands and having no time to go

**[00:25:11]** home to prepare it the last thing you

**[00:25:13]** want to do is go ahead and scoop into a

**[00:25:17]** big spoonful of fat so the fat is all

**[00:25:21]** the way at the bottom let me show you a

**[00:25:24]** closeup of what this looks like upside

**[00:25:26]** down

**[00:25:29]** also again we want to make sure that our

**[00:25:33]** seals are not leaking that's another

**[00:25:36]** reason why that we put them upside down

**[00:25:39]** just to make sure that they do not

**[00:25:45]** leak they look pretty tight to

**[00:25:51]** me all right friends I'll see you

**[00:25:54]** tomorrow morning so we can take a look

**[00:25:55]** at the final product

**[00:25:59]** so it's the next morning and our jars

**[00:26:03]** look like they have

**[00:26:05]** sealed how I know that is again checking

**[00:26:09]** the towel I'm kind of glad that I picked

**[00:26:10]** a white towel because I would be able to

**[00:26:12]** see if there was any type of leakage on

**[00:26:16]** here and so far so good I don't see

**[00:26:20]** anything like that I don't feel anything

**[00:26:23]** around it I it it it looks like it's a

**[00:26:27]** really good seal now I am going to flip

**[00:26:30]** it

**[00:26:38]** over and there's like a

**[00:26:42]** space I'm wondering if the meat will

**[00:26:45]** eventually drop into this space here

**[00:26:48]** maybe not I don't

**[00:26:51]** know the fat layer is at the bottom as

**[00:26:55]** opposed to when I normally can I just

**[00:26:58]** put my jars here and the fat layer would

**[00:27:01]** be on the

**[00:27:02]** top so yeah if you are going to go and

**[00:27:05]** dig right into it and eat like that like

**[00:27:09]** some families would it is more

**[00:27:12]** appetizing to have the fat at the bottom

**[00:27:15]** this is this fat layer is thicker than

**[00:27:19]** this one and that's fine it's just the

**[00:27:21]** way that it turned out I will say this I

**[00:27:24]** am starting to really like

**[00:27:28]** meat canned in a jar more than well red

**[00:27:33]** meat especially not necessarily chicken

**[00:27:35]** because you know they always say that

**[00:27:37]** meat canned is

**[00:27:39]** ugly but I have to say that when I water

**[00:27:43]** bath meat as opposed to pressure canning

**[00:27:47]** it you get a more beautiful sort of

**[00:27:50]** marble effect that comes out and I don't

**[00:27:55]** know I find that to be very pretty and

**[00:27:57]** I've come to like it a lot more and it

**[00:28:01]** looks more pink I'm not trying to

**[00:28:04]** discourage you from pressure canning or

**[00:28:06]** anything like that I'm just sort of

**[00:28:08]** telling you what my preference is

**[00:28:11]** another thing I wanted to tell you about

**[00:28:13]** the lids is that when you're working

**[00:28:15]** with a system like this you will never

**[00:28:18]** be able to reuse the lids ever it is a

**[00:28:22]** once and once and done

**[00:28:25]** thing because when you go to open it

**[00:28:33]** up you're going to use this

**[00:28:38]** tool is it this way is it this way I

**[00:28:42]** don't know which way it was I think it

**[00:28:45]** was like I don't know I don't remember

**[00:28:48]** how I did it um but you know

**[00:28:52]** obviously this is the end result and

**[00:28:55]** you're not going to be able to re use

**[00:28:57]** the lid again so keep that in mind that

**[00:28:59]** you will have to continually buy lids um

**[00:29:02]** the other thing also was I got two types

**[00:29:05]** of Lids I got these decorative Lids here

**[00:29:08]** and then I also bought these

**[00:29:13]** lids and I will say that when it comes

**[00:29:17]** to crimping these Lids were easier to

**[00:29:21]** crimp as opposed to the decorative ones

**[00:29:24]** because the metal is more thick and this

**[00:29:28]** one than it is in this one this one just

**[00:29:31]** felt more soft to crimp with than this

**[00:29:35]** one um I kind of felt a little foolish

**[00:29:38]** in the first video and in this video

**[00:29:40]** crimping because I just feel like I had

**[00:29:43]** such a hard time with it but I did not

**[00:29:46]** have that much of a hard time when I was

**[00:29:49]** crimping this one so if you're going to

**[00:29:51]** order there I'm just letting you know

**[00:29:54]** with my

**[00:29:56]** experience okay okay well we're going to

**[00:29:59]** try this in a recipe I'm sorry that if

**[00:30:02]** some of my recipes are the same it's

**[00:30:04]** just I you know cook what my family eats

**[00:30:07]** and what they like so if it ends up

**[00:30:08]** being like the same beef stew I'm sorry

**[00:30:12]** but at least you get to see me use the

**[00:30:14]** product all right friends thank you so

**[00:30:16]** much for watching and as always take

**[00:30:18]** care and God bless

# Full Text (without timestamps)

hi friends welcome back to my channel make it make where I always try to encourage you if you can't get it to make then make it make today we are going to continue working with our Slavic system I have our meat thawed and ready to cut up so that way we can put it in our jars the type of meat that I'm going to be working with today is beef chuck roast two of them and are pretty hefty I don't know how many pounds but I'm hoping that I'll be able to fill up 3 l if not then we'll use the rest for something else but the thing that we're going to be doing today that was different from the last time we used the system is we're actually going to be processing this in a water bath so I'm very excited to show you how this processing method is done with um systems that people use all around the world for canning I'm going to clean these jars remember I was talking about it before you want to make sure your jars are nice and clean so I'm going to wash these in really nice hot soapy water dry them and then we'll get started I know I've said it before but I love this tinted green one [Music] did I mention that we are working with one lit jars as opposed to 3 l like last time well my B my hand could barely fit into this okay I was hoping that I could get it back out again okay sorry if I'm oversharing these jars but I like they're gorgeous like sorry but not sorry they're gorgeous look at that and again for the people who are wondering where they can purchase these jars I found mine on Etsy and I will make sure that I will put her link of the of her store in the description so you're going to have look you know in the description for it [Music] I'm really hoping that I can get 3 l full of this meat all right last one okay so we have our meat here it's nice and cold and that's I'm just going to be working with nice cold meat and I'm just gonna start cubing it it's a very nice cut of meat that I have here we try to support our local farmers by buying at least a quarter cow whenever we can it's the best meat it's just beautiful so I have all of my meat now in strips and from here on out I'm just going to cube them there is some fat on it it's not a whole lot that's fine I'm going to keep it on if it were like you know thick I would try to get some of it off but this is fine so I quue dued the first batch of meat and now I'm going to go on to to my next one and go ahead and Cube that up one of the things I wanted to mention if you don't follow me um and you haven't heard me say this is that canning your meat especially through the water bath which just so you know it's a non USDA approved method but it's just something I feel comfortable with comfortable with doing um it so so so tenderizes the meat and I believe through the water bath it tastes better I it's not as dark doesn't look more burnt in the pressure canner now I've pressure canned many meats and will I still pressure can it probably um for convenience purposes only but if I have the time to water bath it anytime I'm going to do that because the taste the flavor everything um even the look of it is more beautiful a lot more pink in the jars than it would be in a pressure caner so anyway if you have a uh a tough type of meat uh definitely can it and it will tenderize it and make it nice and soft so I made a mistake the first cut that I cubed up um was a beef chalk roast this cut right here is a beef sirine hip roast so I am sorry about that so we'll have two types um because it's a different type of cut I have a lot thicker um patches of fat and so I'm just going to pull off the meat okay if not then I'll just cut it and I I won't put this thick of of um fat in there but I'm not worried about the the two different cuts being canned together it's going to turn out quite fine and uh still make a very good product but I'll mix it well so that way we have you know even ratios to do that now it's time to fill up our jar really hoping I can get 3 lers out of this I don't know if I will and I am pushing down the meat it's not something I just want to have Loosely packed oh I know for a fact I'm not going to get three I could tell already I should have packed some onions in here okay it's the first one of course I had to do the green one now we're going to fill the second one at this point in the process you can certainly season your meat and sometimes people find that better my friend from Ukraine uh basically she said that when they went to open up the meat they wanted it ready to eat already seasoned because when they were working in the fields they did not have time to go all the way home to prepare the food and then sit down and eat it they needed it to be all done so you can certainly season it if you like here we have a 12q pot now this would not be considered a traditional water bath caner here especially in the US because a 12q pot would not be able to handle the capacity of jars that most people would use to can but honestly if you're someone who likes to do smaller batches you don't really have to have those types of canners you could take any pot and water bath with it so that's what we're going to do here I do not have anything at the bottom here and just so you know the heat is not on yet most canners come with a rack but we're going to go old school here and we're going to put a rag at the bottom so here I have a rag thank you for jars have like all kinds of funny new uh Rags that they came out with and I am just going to place my jars in the pot at this point I'm going to start adding water you can sort of Tuck this in around the sides if you want want and I'm going to show you how much water to add I'm just going to start adding some water here and the thing is is that I do not want to go up way too far I'm probably only going to fill up fill up to about there the reason why is because this is going to get bubbly and I don't want the water to Bubble into the jars and the meat another way that we can prevent that is remember we have our Lids which by the way aren't these absolutely gorgeous and we're just going to set them on top that will help prevent some of the water if it decides to Splash up now remember this isn't going to be sealed in any way shape or form right now this is just simply laying the lid on top to protect it from the water uh we will show you I will show you how to crimp this later but right now we just keep it like that the jars are not submerged but this is the way they do it in other countries and it just makes me super happy to be able to show you this now I'm going to put the heat on high and wait for a rolling boil it seems so odd to me that it's like this and I don't have to have my jars submerged but I've watched plenty of videos and have talked to friends that have done this and this is just this is just how they do it I'm also going to be water bathing this for 3 hours so let's talk about altitude a little bit I did a video talking about it before and a lot of people either were okay with the answer I gave them or not okay but I'm just telling you what I know when I ask people who have lived in other countries and they can this way or they're in cultures here um where they're still practicing this type of canning the whole thing of altitude is just not something that they it's really thought of it's just something that they've always done and again I'll say they look at me like confused almost when I talk about it it's just not a thing so 3 hours I'm going to do this some people process in other countries for 4 hours I don't know why that is I don't know it's if it's because they've done that and that I understand may not be a um an answer that is suitable for some people it may not be enough but the fact is is that it is done in many different countries and um yeah we'll see our product soon so this is the stage where I would say we're at a good rolling boil here so I'm definitely going to start the timer for 3 hours so I should have known better when it comes to water bath canning that the rolling boil does Splash over as a matter of fact it's doing it now as I talk um and it's was getting all over my stove top so I'm still wiping some down um it's not my first rodeo with water bath canning so I don't know why I didn't think to just put a lid over it and just angle it enough just that the steam is coming out and the water is boiling out over to the stove now I do have my Kettle here right here I have it on high and the reason being is because you know I'm getting evaporation of my water more quickly because I it was spilling over and I'm going to make sure that I top it off again not on top of the uh Lids that we have here but just to where we put the water line last time so just going to leave it like that so we don't have any overs spashing and then as soon as this Kettle goes off I'll make sure that you guys see how it is that I Tu it off okay I tell you what this lid is working out I have a little bit of spillage but not that much I'm going to fill it up because I heated up my Kettle and we're just going to fill it up exactly where we were before and you want to make sure that the water that you're filling it up with is just as hot you know as the water that's already boiling because you don't want to bring the water down in temperature so I'm just adding a little [Music] bit and put the lid on that this is way better than what it was cuz it was like spilling over the water all right we got this by the way for the women who care you know I just want to say I got my name Na's done I'm sorry but just because we are canning up some stuff gardening or doing whatever your home setting thing is doesn't mean that you can't take care of yourself or do something that makes you feel good about yourself you know what I mean now not every day is like that but man when I get my nails done something just happens to me seriously I don't know what it is I'm at the store and I'm like oh you need my card here you go when I say bye to people I'm like [Music] bye there's just something about it for me that even if I don't have any you know hair in or makeup or hair done or anything like that when I have my nails done it makes me feel good about myself so I hope that you ladies are taking the time to do something for yourself as well while you're take while you're working um or you know whatever it is that you're doing that you're doing some self-care as well all right our water bath has been going for just a little over 3 hours like maybe 3 hours and 10 minutes but we are going to take out one of the jars now remember these jars aren't sealed so we have to be careful that when we take them out that we're not tipping them or just seriously cover you know putting the jar holder on them and lifting them up straight because again this lid is not sealed it was only on there for the purposes of covering it up so that the water wouldn't Splash inside of it so I'm just going to lift this up nice in firmly and take it over to the kitchen table all right so I am bringing the next jar over now remember we actually have to crimp this now and this jar is incredibly hot so I'm going to show you a closeup of what I'm doing because it's not like I can use the crimper and then hold the jar at the same time because it's scorching hot so I'm going to show you how to do it the other main thing that you want is to make sure that you have some sort of towel underneath so that way your jar isn't rotating not to say that it's bad if it rotates but it's going to interfere with you trying to crimp it so we do have the lid on remember it's on super loose actually you know what let me give you guys a closeup of what it looks like that's what it looks like just going to pop the lid on and I'm going to continue with the crimping now I twist this until I get some resistance and then I go around oh my gosh it's not as easy as it looks and I have to push this one aside so I could rotate the whole way around that jar was close getting there I'm taking a look at this crimp and I think I need to do a little bit more because it seems sort of wavy around it and that's not what I want it to look like I want it to look a lot more straight so I'm going to go ahead and push down till I feel that resistance go around a little bit more resistance go around again a little bit more around and one more time just tightening up a little bit more going back and forth to sort of seal that much better see how the crimp is just the slightest bit W wavy it doesn't have like big gaps of wave that is what I want all right I'm going to take our second jar hopefully you guys can see this that has the lid on it just sitting on top again and I'm going to use my body weight to push the crimp down as opposed to just using my um arm strength for it and seeing if it just comes out better I know I did this in the first video but I'm still practicing and learning and figuring out what's best and each time I make a full rotation I'm tightening up the crimper each time around until it gets to the point where it's too hard for me to go around and this is hard work we are very blessed as Americans to have the system that we have is so convenient to be able to just slap on a lid and a ring do this one more time okay let me check the crimp dang it with all that huffing and puffing I thought I had it right still more my goodness if you know anything that I'm doing wrong here you let me know because this is hard and you got to be careful because you don't want to crack the glass while you're doing it all right I think we're almost there that was really hard I mean I almost broke out in a sweat for that last one so here's what they look like crimped up and what I'm going to do is I'm going to flip this over upside down and I remember I remember in the last video that we did I told you why we flipped them up upside down but for meat there is a particular reason when when you go to open up a jar of meat you want all the fat to be solidified at the bottom of the jar AS as opposed to the top of the jar because if you're going to go to eat it right away when you want it readily available like I was telling you the story earlier about being you know in the country and the farmlands and having no time to go home to prepare it the last thing you want to do is go ahead and scoop into a big spoonful of fat so the fat is all the way at the bottom let me show you a closeup of what this looks like upside down also again we want to make sure that our seals are not leaking that's another reason why that we put them upside down just to make sure that they do not leak they look pretty tight to me all right friends I'll see you tomorrow morning so we can take a look at the final product so it's the next morning and our jars look like they have sealed how I know that is again checking the towel I'm kind of glad that I picked a white towel because I would be able to see if there was any type of leakage on here and so far so good I don't see anything like that I don't feel anything around it I it it it looks like it's a really good seal now I am going to flip it over and there's like a space I'm wondering if the meat will eventually drop into this space here maybe not I don't know the fat layer is at the bottom as opposed to when I normally can I just put my jars here and the fat layer would be on the top so yeah if you are going to go and dig right into it and eat like that like some families would it is more appetizing to have the fat at the bottom this is this fat layer is thicker than this one and that's fine it's just the way that it turned out I will say this I am starting to really like meat canned in a jar more than well red meat especially not necessarily chicken because you know they always say that meat canned is ugly but I have to say that when I water bath meat as opposed to pressure canning it you get a more beautiful sort of marble effect that comes out and I don't know I find that to be very pretty and I've come to like it a lot more and it looks more pink I'm not trying to discourage you from pressure canning or anything like that I'm just sort of telling you what my preference is another thing I wanted to tell you about the lids is that when you're working with a system like this you will never be able to reuse the lids ever it is a once and once and done thing because when you go to open it up you're going to use this tool is it this way is it this way I don't know which way it was I think it was like I don't know I don't remember how I did it um but you know obviously this is the end result and you're not going to be able to re use the lid again so keep that in mind that you will have to continually buy lids um the other thing also was I got two types of Lids I got these decorative Lids here and then I also bought these lids and I will say that when it comes to crimping these Lids were easier to crimp as opposed to the decorative ones because the metal is more thick and this one than it is in this one this one just felt more soft to crimp with than this one um I kind of felt a little foolish in the first video and in this video crimping because I just feel like I had such a hard time with it but I did not have that much of a hard time when I was crimping this one so if you're going to order there I'm just letting you know with my experience okay okay well we're going to try this in a recipe I'm sorry that if some of my recipes are the same it's just I you know cook what my family eats and what they like so if it ends up being like the same beef stew I'm sorry but at least you get to see me use the product all right friends thank you so much for watching and as always take care and God bless