

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

70
5
HOMEMAKERS' CHAT
FOR BROADCAST USE ONLY

U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

Tuesday, September 19, 1944

QUESTION BOX

How protect frozen meat?
Kitchenette Sauerkraut?
Pickles from Pears?

ANSWERS FROM scientists in the
Bureau of Animal Industry and the Bureau
of Human Nutrition and Home Economics,
U.S. Department of Agriculture.

From letters in today's mail box, we find that you home canners are still very busy putting up food for winter use. You're canning, drying, freezing, pickling and preserving all kinds of good things.

Our first letter is from a woman who has a home freezing cabinet. She writes, "This year, for the first time since we've been freezing our meat, we find we may not be able to get wrapping paper. What can we do? Is wrapping absolutely necessary?"

Scientists of the United States Department of Agriculture say that wrapping prevents the meat from drying. But if you can't get wrapping paper, it's still possible to protect the meat. Use melted lard instead. Here's how you do it. Freeze the steaks, chops, roasts and blocks of stew and ground meat unwrapped. Then dip each frozen piece briefly - for about five seconds - in fresh lard heated to 200 degrees Fahrenheit. Let the thin, lard film set. Put your frozen hard-wrapped meat in the locker and it will not dry out.

I suppose you know that some products don't keep as long as others in storage. For instance, under average conditions, you should not leave sausage and ground meat in storage more than three months. Fresh pork and fish will keep from three to six months. Lamb and veal from six to nine months. And you may keep beef, poultry and liquid eggs in storage for as long as 12 months if you use the proper storage. The wise homemaker follows a policy of putting food in the locker frequently and of

taking food from the locker regularly.

Our next question is from a young woman who recalls the sauerkraut her mother used to make. "Mom packed the kraut in a big stone jar and kept it in the basement with a brick on the lid so that the brine would come over it. I'd like to make a few jars of kraut but in my efficiency apartment, I have no place to keep a stone jar. Will glass jars serve just as well?"

Yes, glass jars are satisfactory for putting up small quantities of sauerkraut and home economists of the United States Department of Agriculture suggest the kitchenette or glass-jar method for city homemakers. You can put up 8 or 10 quarts, using 20 to 25 pounds of cabbage.

Pack the salted shredded cabbage in clean glass jars, pressing down firmly and evenly to the shoulder of the jar. That's about 2 inches from the top. Be sure there's enough juice to cover the cabbage completely. Then cover the cabbage with two or three layers of thin, clean white cloth, and tuck the edges down inside the jar. Two little wooden strips crisscrossed over the cloth will keep the cabbage pressed under brine. Put a lid on the jar but don't seal tightly.

Count on letting a jar of kraut ferment about 10 days by the kitchenette method in room temperature. You'll need to check every few days to see if there's any scum to be removed. Better keep the jars in a pan so that it will catch any of the liquid that runs over. You may need to add a little weak brine to keep the cabbage covered. When the liquid settles, and bubbles no longer rise to the surface the kraut is made.

If you expect to use up the kraut in a few weeks, you won't need to process it in a boiling water bath. Just seal the jars tightly and keep them in a cool place. In case you plan to store the kraut, do process in a boiling water bath before you complete the seals.

One caution to keep in mind when you're making kraut is the proper amount of

salt. Half a pound of salt will make enough brine to salt 20 to 25 pounds of cabbage. Oversalting prevents proper fermentation.

Our final question, today, comes from a home canner who asks, "Do pears make good pickles?"

And the answer is "They certainly do." Home economists of the United States Department of Agriculture suggest that you can make good pickles from the sweet Seckel pears. These are small enough to be pickled whole like crab apples. Kieffer pears, grown in most home orchards, make delicious pickles too. They must be peeled and cut in halves or quarters. To give them that spicy, pungent flavor, let the pears stand overnight in the mixture of spices, sugar, vinegar and water in which they've been boiled for 10 minutes. In the morning remove the spice bag and drain the sirup from the pears. Bring the sirup to boiling and pour it over the pears which you've packed in clean, hot, sterile jars.

You'll find recipes for pickling pears as well as the recipe for kitchenette kraut in a leaflet prepared recently by food specialists in the United States Department of Agriculture. It's title is "Pickle and Relish Recipes" and you may have a copy by writing the United States Department of Agriculture, Washington 25, D. C.

LIBRARY
CURRENT SERIAL RECORD

SEP 14 1944

U. S. DEPARTMENT OF AGRICULTURE