

# WH6FQE

## Canning Recipes

CATEGORY: Meat

### Corned Beef Hash

*Each 2 pounds of meat fills approximately 2 pint jars, so check how many pounds of Corned Beef you want to can to give you an idea of how many jars you will need. In this measurement, we only count the weight of the corned beef, not adding in the weight of the potatoes and optional onions. Since the Corned Beef Hash will be Raw-Packed, do not pre-heat the water in the canner or your jars before filling them.*

Canning often seems to intensify spices, so many people will soak their corned beef in water in the refrigerator for a couple of days before canning to lessen the saltiness in the meat slightly which tends to become intense in the canning process. Do not add the optional spice packet if your corned beef came with one, the spices will be way too strong.

- **Corned Beef Diced into Bite-Sized Pieces**
- **Diced Potatoes** *(at least equal to or slightly more than the amount of corned beef).*
- **Diced Onions** *(optional to taste)*

Cube up the corned beef into bite-sized pieces, removing any large chunks of fat. Dice the potatoes and onion into small squares allowing the potatoes to soak in cold water with a little lemon juice until you are ready to mix everything together. Depending on how much corned beef you have diced up, you will need at least the same amount of diced potatoes, although many people prefer more potatoes than corned beef, including myself.

Once you have everything diced up, simply mix all the ingredients thoroughly in a large bowl.

Fill thoroughly cleaned jars by packing the mixture in and using a de-bubbler to make sure there are no trapped air pockets. Leave a 1" headspace in the jar. During processing the meat will shrink down a little and the jar will fill itself with the juices from the corned beef so we do not add liquid to the jars.

Wipe rim of jar with a clean napkin or paper towel dipped in distilled white vinegar or hot water with vinegar. Place lid onto jar making sure that it is centered on top of jar. Place a ring on the jar and finger tighten. Process pints 1 hour and 15 minutes at 10 pounds of pressure following the directions for your pressure canner. *(Adjust pressure depending on your elevation).*

Allow jars to rest and cool undisturbed for 12 to 24 hours then remove rings and check the seals. Label with contents and date and store in a cool dry, dark location as any other canned foods.