



Raw Packing Chicken

Makes approx. 4 quarts or 8 pints

Home canned chicken and poultry is the perfect starter for so many quick and healthy recipes. Simply heat and add seasonings to create meals like chicken curry soup, tacos, enchiladas, and Chicken Alfredo. Be sure to take a jar, or two, when camping for easy meals. The protein-packed possibilities are endless!

Type	Prep	Quantity	Pack Type	Amount per PINT	Amount per QUART	Yield in PINTS	Yield in QUARTS	Processing Time for PINTS	Processing Time for QUARTS	PSI Dial Gauge *	PSI Weighted Gauge*
Breast, Boneless	cut into 2-inch pieces	22 to 28	Raw	2 breasts	4 breasts	14	7	75 minutes	90 minutes	11	10
Thigh, Boneless	cut into 2-inch pieces	40 to 55	Raw	4 thighs	8 thighs	14	7	75 minutes	90 minutes	11	10
Breast, Bone-In	whole, excess skin removed	14	Raw	1 breast	2 breasts	14	7	65 minutes	75 minutes	11	10
Thighs, Bone-In	whole, excess skin removed	35 to 42	Raw	3 to 4 thighs	5 to 6 thighs	14	7	65 minutes	75 minutes	11	10
Legs, Bone-In	whole, excess skin removed	42	Raw	3 legs	6 legs	14	7	65 minutes	75 minutes	11	10
Ground	cook, fat drained	14 pounds	Hot	1 pound	2 pounds	14	7	75 minutes	90 minutes	11	10

*The PSI listed is for standard elevation. Elevation above 1,000 feet requires higher PSI. Use the Altitude Chart and Location Link in Module 4 to locate your elevation and determine your required PSI.

1. Using the chart above, prepare and pack the chicken into jars, leaving a generous 1-inch of headspace.
2. If using water, cover the meat with water slowly, and use your air bubble remover tool to move the meat around as you pour. This will remove air pockets as you fill your jar.
3. Remove any trapped air bubbles and add additional water if necessary to maintain the generous 1-inch headspace. Do NOT cover ground chicken with water.
4. Wipe the rim of each jar with a clean washcloth dipped in distilled white vinegar. Place a lid and ring on each jar and hand tighten.
5. Place jars in the pressure canner, lock the pressure canner lid, and bring to a boil on high heat. Let the canner vent for 10 minutes. Close the vent and continue heating to achieve 11 PSI for a dial gauge and 10 PSI for a weighted gauge. Process quart jars for 90 minutes and pint jars for 75 minutes.
6. Once processing is completed, turn off the heat and allow the pressure to naturally drop to zero PSI, which could take upwards of 30 minutes. Remove the canner lid and allow the jars to sit for 10 minutes undisturbed. Remove jars and place them on a cutting board to cool.

**Use the following Tips when
home canning chicken or poultry:**



-  Remove excess fat and skin from breasts and thighs.
-  Keep the bones in legs and thighs, if preferred.
-  Adding cool water when raw packing or hot broth when hot packing is a personal preference.
-  Precook ground poultry and drain any excess liquid or fat. Ground poultry can be canned loose, in patties, or in links. Do NOT add water to the jar when canning ground meat!
-  Always give each jar 1¼ inches (also referenced as “a generous inch” in recipes) of headspace when filling. This allows ample room in the jar to avoid any fat/oil from getting onto the jar rim during processing and cooling.
-  Always wipe the jar rim and rings with a warm wet washcloth dipped in distilled white vinegar. This will cut through grease/oil residue and help ensure a good lid seal.
-  If you raise chickens, be sure to chill dressed poultry for 6 to 12 hours before canning.



Do we add water, or broth, when home canning raw chicken?

- Raw chicken will make its own broth in the jar while it cooks during processing; however, at times, it may not produce enough broth to fully cover all the poultry. It does not make the chicken unsafe if it is not fully covered with liquid, or broth.
- The old instructions that told us, “Not to add water when raw packing chicken”, was for fear the meat would overproduce liquid, which would then cause grease to get onto the jar rim preventing the lid from sealing. Thankfully, by using more headspace when adding liquid, we do not have to fear the lid won’t seal.
- As long as you maintain a 1¼-inch headspace and wipe each jar rim with distilled white vinegar, you have sufficiently eliminated the possibility of the lid not sealing due to grease/fat getting onto the jar rim. While it is still acceptable to skip adding water when raw packing, it truly is a personal preference.
- The personal decision to add, or not add, water has to do with the foods intended use. I will add water to some jars because I want the ability to use more broth in a recipe. There are times, however, I will simply toss a couple large chicken breasts in a jar without any water, because I know I will shred it later. Often I drain the jar of liquid before using in a recipe.