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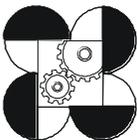
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MEAT PROCESSING



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‘Our Business is Industry...’

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MEAT PROCESSING

INTRODUCTION

Meat products, e.g., ham, *longganisa*, *tocino*, *tapa*, etc. are a favorite among Filipinos who savor such at breakfast, during snacks and sometimes lunch or dinner

In most cases, there is an apparent increase in demand specifically for ham during special occasions, e.g., Christmas, fiestas and the like.

Branded products of this type are rather prohibitive cost-wise. Therefore, approximation of such are resorted to by many with entrepreneurial spirit. They find ways and means to gain knowledge and skills in the processing/production of these products. Training is conducted for knowledge and skills, inclusive of costing and sourcing of all needed ingredients for its production, initially for home consumption and eventually for business.

BACON

Ingredients

pork belly (<i>liempo</i>)	1	kg
salt	2 ¹ / ₃	tbsp
sugar	¾	tbsp
prague powder	¼	tsp
ascorbic acid	½	tablet

Utensils

knife	weighing scale
chopping board	mixing bowl
measuring spoon	tray

Procedure

1. Mix dry ingredients thoroughly.
2. Rub the ingredients on the skin side of the trimmed bacon, and then on the fleshy portion.
3. Pack the slabs skin down on an enameled or non-corrosive container.
4. Cure in the refrigerator for 1 week.
5. After curing, soak the slabs for a few minutes in warm water.
6. Drain the bacon and freeze.
7. Slice thinly.
8. Cook by frying in its own lard.

BONELESS HAM

Ingredients

pork meat (<i>kasim</i> or <i>pigi</i>)	2	kg
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INJECTING SOLUTION

water	1	cup
salt	½	cup

sugar (white)	¼ cup
monosodium glutamate/ <i>vetsin</i> (optional)	250 mg
ham spice	1 tsp
prague powder	3 tsp
ascorbic acid	½ tablet

CURING SOLUTION (COVER PICKLE)

water	8 cup
salt	2 cup
sugar (brown)	½ cup
prague powder	2 tbsp

OR DRY CURING MIXTURE

salt	1 cup
brown sugar	¼ cup
prague powder	2 tbsp

COOKING MIXTURE PER KG OF HAM

beer	¾ cup
cloves	2 pc
bay leaves	2 pc
pineapple juice	1 cup
sugar (brown)	1 cup
water	enough to cover

Utensils

mixing bowl	chopping board
casserole	tray
measuring cup	<i>carajay</i>
measuring spoon	turner/blow torch
syringe	weighing scale
knife	stove

* **Note:** 1 cup ≈ 250 mL (applicable only on liquid)

1 cup ≈ 150 g (salt)

Procedure

A. Meat Curing

1. Dissolve salt and sugar in boiling water for injecting solution.
2. Cool then strain thru clean cloth.
3. Add *vetsin*, hamspice, prague powder and ascorbic acid.
4. Inject all of the injecting solution into different parts of the meat.
5. If curing solution is used, soak in curing solution for 4-5 days in the refrigerator.
6. If dry curing mixture is used, sprinkle and rub $\frac{1}{2}$ part of the dry curing mixture and stand overnight in a curing rack at room temperature. On the 2nd day, rub the remaining $\frac{1}{2}$ part of curing mixture and stand again for another 12-24 hours.

B. Ham Cooking

1. After curing, wash off the excess salt several times and finally soak in warm water. Drain.
2. Boil the ham in enough water for 5 minutes.
3. Discard water.
4. Finally cook the ham in the cooking mixture for about one hour or until tender.
5. Cover the ham with brown sugar and caramelize by placing in an oven or using hot “*sijanse*” or blow torch.

CHICHARON

Ingredients

pork	2 kg
salt	1 tbsp
vinegar	4 tbsp
pepper (optional)	
<i>vetsin</i> (optional)	

Utensils

mixing bowl	casserole
tray	measuring spoons
knife	<i>carajay</i>
chopping board	stove

PROCEDURE

1. Add salt, vinegar and dashes of pepper and *vetsin* to pork skin.
2. Add water just enough to cook it until tender.
3. Cool and scrape off fat.
4. Cut into desired sizes.
5. Dry under the sun until pork skin is hard.
6. Fry at 188°C (370°F).

SKINLESS SAUSAGE (*Longganisa*)

Ingredients

lean pork	$\frac{3}{4}$	kg
fat	$\frac{1}{4}$	kg
salt	2	tbsp
garlic	1½ - 2	tsp
accord powder	1 $\frac{1}{4}$	tsp
ascorbic acid (250 mg)	$\frac{1}{2}$	tablet
brown sugar	5	tbsp
prague powder	$\frac{1}{4}$ - $\frac{1}{2}$	tsp
black pepper	1½ - 2	tsp
<i>anisado</i> wine or gin	1	tbsp
vinegar	1	tbsp
soy sauce	1	tbsp
<i>vetsin</i> (optional)	$\frac{1}{2}$	tsp

Utensils

mixing bowl	measuring spoon
knife	tray
chopping board	weighing scale
meat grinder	

Procedure

1. Mix the above ingredients well with the meat until mixture becomes tacky. Chill.
2. Form into 2-3 inches long sausage.
3. Wrap in paperlane plastic.
4. Allow to cure in the refrigerator for 2-3 days.
5. For *longganisa* in casings, stuff the meat mixture into sausage casings and tie with string to form 2-3 inches sausage links.
6. Hang to dry in a cool, dry place.

TOCINO

Ingredients

pork (<i>kasim</i> or <i>pigi</i>)	1	kg
salt	2	tbsp
sugar	5-8	tbsp
rum or gin	1	tbsp
prague powder	$\frac{1}{4}$ - $\frac{1}{2}$	tsp
<i>vetsin</i> (optional)	$\frac{1}{2}$ - 1	tsp
ascorbic acid (250 mg)	$\frac{1}{2}$	tablet

Utensils

mixing bowl	measuring spoon
knife	weighing scale
chopping board	

Procedure

1. Slice meat to about 0.63 cm ($\frac{1}{4}$ inch) thick.
2. Mix all above ingredients for curing.
3. Rub the mixture on both sides of the slices and re-mix all to allow even distribution of curing mixture.
4. Arrange the pieces in a bowl and cover.
5. Keep at room temperature for 12 hours or in the refrigerator for 3 days to cure (the slices may be dried under the sun after curing to prolong shelf life).

CORNED BEEF

Ingredients

beef (<i>punta y pecho, tadyang, tapadera or paypay</i>)	1	kg
salt	2	tbsp
<i>vetsin</i> (optional)	¼ - ½	tsp
prague powder	¼ - ½	tsp
sugar	1	tsp
ascorbic acid (250 mg)	½	tablet

Utensils

fork	pressure cooker
knife	stove
chopping board	mixing bowl
measuring spoon	

Procedure

1. Wash meat thoroughly.
2. Cut the meat into 2.54 cm (1 inch) cubes.
3. Mix salt, *vetsin*, prague powder, sugar and ascorbic acid.
4. Mix curing ingredients with the cubed meat.
5. Place in covered container and cure in the refrigerator for 3-4 days.
6. Wash the meat, add water ($\frac{1}{3}$ of its volume) and cook for 20 minutes. Remove the foam like formation on the broth.
7. Continue boiling until meat is soft and tender.
8. For faster cooking use a pressure cooker and cook beef for 30 minutes at 10- lb. pressure.
9. Drain and cool.
10. Flake with fork (the flaked meat is ready for consumption).
11. Pack meat into bottles/cans and add 1 tbsp broth, leave 0.63 cm ($\frac{1}{4}$ -inch) head space.
12. Exhaust at 82°C.

13. Seal.
14. Process at 10-lb. pressure for 40 minutes.
15. Cool cans under running water; air cool bottles at room temperature.
16. Label and store in a cool place.

HAMBURGER

Raw Materials	House Measures	Weight in Grams
beef lean, ground	½ kg	500.0 grams
pork lean, ground	½ kg	500.0 grams

Ingredients

salt	1½ tbsp	18.0 grams
sugar, refined	1 tbsp	10.0 grams
phosphate	1 tbsp	3.0 grams
water	¼ cup	61.0 grams
celery, chopped fresh or celery powder	1 tbsp	3.3 grams
onion, chopped	½ cup	128.0 grams
garlic, chopped finely	1 tbsp	11.0 grams
ground black pepper	1 tbsp	5.0 grams
flour	4 tbsp	28.0 grams
fresh egg	2 pc	

Procedure

1. Select good quality raw materials. Trim and weigh.
2. Grind the meat.
3. Add salt and phosphate dissolve in ¼ cup of water with the meat and mix well until tacky (sticky as glue).
4. Add the rest of the ingredients and mix until well blended.
5. Form into patty. Freeze and pack for storage.
6. Fry if to be served with bread.

Yield: 1.3 kg

DRIED MEAT (TAPA)

Ingredients

beef	1	kg
salt	3	tbsp
sugar	3½	tbsp
prague powder	½	tsp
<i>vetsin</i> (optional)	¼	tsp
garlic	1½ - 2	tsp
ground pepper	½ - 1	tsp

Utensils

knife	measuring spoons
chopping board	tray
mixing bowl	

Procedure

1. Slice meat $\frac{1}{8}$ – $\frac{1}{2}$ cm thick.
2. For every kilo of sliced meat, mix salt, sugar and other ingredients.
3. Pierce meat with bamboo sticks and expose under the sun until dry.
4. Place dried meat in clean container.
5. Store at room temperature for 2 days in a clean dry place.

BUTTERBALL CHICKEN

Ingredients

dressed chicken	1	kg
white pepper	½	tsp
water	¼	cup
sugar	2½	tsp
salt	1½	tsp
corn oil	1	tbsp
butter oil	4	tbsp
paprika	$\frac{1}{5}$	tsp
mace	½	tsp

Utensils

syringe	weighing scale
mixing bowl	tray
measuring spoons	cheesecloth
measuring cups	oven

Procedure

1. Combine $\frac{1}{2}$ tsp white pepper and $\frac{1}{2}$ tsp mace. Steep in $\frac{1}{4}$ cup water overnight.
2. Filter thru cheesecloth to obtain about 2 tsp filtrate.
3. Dissolve $2\frac{1}{2}$ tsp sugar and $1\frac{1}{2}$ tsp salt in the filtrate and combine with 1 tbsp corn oil and 4 tbsp butter oil. Homogenize by beating with an egg beater.
4. Using a veterinary syringe, inject the homogenized emulsion into various parts of the chicken (1 kg dressed chicken).
5. Rub 1 g ($\frac{1}{5}$ tsp) paprika and bake in a 177°C (350°F) preheated oven for 1 hour.

CHICKEN HAM

Ingredients

whole chicken

STOCK OF SATURATED SALT SOLUTION (SSSS)

salt	2 cup
water	8 cup
boiled water	5 cup

PUMPING INJECTING SOLUTION

S.S.S.S.	1 cup
boiled water	$\frac{1}{2}$ cup
prague powder	2 tsp
sugar (white)	2 tbsp
ham spice	1 tsp
ascorbic acid (250 mg)	$\frac{1}{2}$ tablet

PICKLING SOLUTION

S.S.S.S.	6	cup
boiled water	4	cup
salt	2	cup
prague powder	2	tsp
sugar (brown)	8	tbsp

COOKING MIXTURE

pineapple juice	1 - 1½	cup
water	1	cup
cloves	1 - 2	pc
beer	¾	cup
sugar	1 - 1½	cup
bay leaves	2	pc

Utensils

mixing bowl	syringe	turner/blow torch
casserole	knife	<i>carajay</i>
measuring cup	chopping board	weighing scale
measuring spoon	tray	stove

Procedure

1. Prepare the injecting solution.
2. Inject the solution into the lean portion of the chicken, and massage slightly.
3. Pour the cover solution consisting of 6 cups saturated salt solution, 4 cups boiled water, 8 tbsp brown sugar, 2 tsp prague powder and 2 cups salt. Submerge the carcass into the mixture.
4. Cure for 2 days at room temperature, or 5 days under refrigeration.
5. Wash off excess salt several times and drain. Parboil (nearly boiling) it in casserole for 2 minutes and discard the cooking water. (Remove the scum of the meat.)
6. Cook in a solution of 1½ cups pineapple juice, 1 cup water, 1 pc clove, 1 cup sugar and 2 pc laurel leaves until tender.
7. Drain and rub with brown sugar, then bake in the oven at 232°C (450°F) until golden brown.

Meat Processing Ingredients SUPPLIERS

<i>Longganisa</i> casing, curing ingredients, etc.	1.	MGM #61 Mariveles St., Mandaluyong City Tel. Nos.: 531-3633; 533-5126
	2.	Spices and Foodmix Nutrition Foundation of the Philippines Ultima Entrepinoy Forum Center 107 E. Rodriguez Sr. Ave., QC Tel. Nos.: 411-1349; 742-0826
Prague powder, accord, etc.	1.	GRAMMIX Food International, Inc. Mirasol Bldg., Apacible St., Taft, Manila (near LandBank, Bechaves Flower Shop, opposite PGH) Tel. Nos.: 525-3080
	2.	Spices and Foodmix Nutrition Foundation of the Philippines Ultima Entrepinoy Forum Center 107 E. Rodriguez Sr. Ave., QC Tel. Nos.: 411-1349; 742-0826
	3.	Edward Keller Phils. Group Tel. Nos.: 810-0201; 864-1600