

Flow sheet for preparation of Meat Pickle

Wash, trim and chop the meat into 2-3 cm chunks.

Pre-salt the meat pieces and transfer the meat chunks in a pressure cooker and add 100ml of water

Cook the meat for 5- 10 minutes and cool to room temperature

Store the meat broth and meat chunks separately

Fry the cooked meat chunks in heated mustard oil until they are light golden brown.

Strain out the fried chunks

Fry the green condiments to golden brown colour and add dry spice mix

Add the meat broth to the oil containing fried dry and wet spices

Boil the above contents with continue stirring

Add the fried meat chunks to the cooking broth and spices and boil for 2-5 minutes

Add 10ml of acetic acid and mix it thoroughly

Cool to room temperature and pack in glass bottles

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PREPARATION OF MEAT PICKLE



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Introduction

Meat pickle is typically made with organic acid, primarily acetic acid or vinegar, as well as edible oil, table salt, spices, and condiments. These ingredients give the product a distinct flavour as well as shelf stability.



Meat pickles are ready-to-eat, highly acceptable, convenience meat products of indigenous origin. One of the special characteristics of meat pickle is its long shelf-life at ambient temperature which may range from 3 months to 1 year. Meat pickle can be prepared by using any kind of meat i.e. mutton, beef, buffalo meat, goat meat, chicken or pork either in boneless or bone-in condition as you preferred.

Ingredients used :

Ingredients	Quantity
Meat	1kg
Salt (4%)	40 g
Spice Mix (4%)	40 g
Condiments	100g
Meat Broth	200 ml
Acetic acid (1%)	10 ml
Mustard oil (20%)	200 ml

Method of preparation

1. Wash the meat and trim away any excess connective tissue, fat, ligaments, and tendons.
2. Chop the meat into 2-3 cm chunks.
3. Pre-salt the meat pieces with total salt required in the recipe.
4. Cook the meat chunks for 5- 10 minutes in a pressure cooker with 100ml of water, then cool to room temperature.
5. Separate and store the meat broth and meat chunks separately. As needed, reduce the amount of meat broth to 200ml.
6. Fry the cooked meat chunks in heated mustard oil until they are light golden brown.
7. Strain out the fried chunks.
8. Fry the green condiments to golden brown colour and add dry spice mix and fry in the same oil.
9. Add the meat broth to the oil containing fried dry and wet spices and heat till boiling with constant stirring.
10. Transfer the fried meat chunks to the cooking broth and spices and boil for 2-5 minutes.
11. Stop the flame.
12. Lastly add 10ml of acetic acid and mix it thoroughly.
13. Allow it to cool to room temperature on its own for packaging.

Packaging

Meat pickles are typically packaged in cleaned, pre-washed, and dried glass bottles with appropriate caps. Different polypacks are also used for packaging nowadays. During packaging proportion of meat chunks and liquid solution should be packed in such a way that the chunks are covered by the solution and oil. Allow for maturation of 7-8 days.