

Summer fruits & vegetables for Winter use / Stork Margarine Cookery Service.

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Stork Margarine Cookery Service.

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TIME FOR DRYING varies a great deal. Apples and pears should be dried until they are like wash-leather in texture, but not hard. This may take from 4 to 8 hours.

Fruits and greengages often take several days to dry completely. Turn them over from time to time, and leave them until they are shrunken and withered-looking, but soft to the touch. Remember to leave the refrigerator door open.

If dried fruit should be soaked for 12 hours before use. Keep in a dry place, packed in paper bags and stored in a jar or tin.

VEGETABLES

The Ministry of Agriculture considers it dangerous to bottle vegetables, with the exception of tomatoes, unless you have a pressure cooker. They say that by ordinary bottling methods it is impossible to tell if the vegetable is sterile, and, if not, serious poisoning might result. Don't take risks. Dry peas, beans and marrows, store roots, and eat green vegetables while they are fresh.

DRYING VEGETABLES. Peas and broad beans or scarlet runners can be dried in two ways:

1. Leave the pods on the plant until the seeds are ripe and dry off in the sun, in the airing cupboard or before the fire, then shell the pods and store the peas or beans in a jar or tin. Keep them in a cool place, and soak them 24 hours before use. These peas and beans have the same food value as pulses, and should be used in the same way, i.e., as dried peas or haricots, for soups, etc.

2. **PEAS AND BROAD BEANS.** Shell. Put into boiling salted water for 5 minutes. Drain, wash in cold water and remove skins.

YOUNG RUNNER BEANS. String and slice thinly. Put into boiling salted water for 5 minutes. Drain, wash in cold water, drain.

Dry in a very cool oven (Regulo Mark 4) with the oven door left slightly open, until crisp. Runner beans should break between the fingers.

Soak all these vegetables 24 hours before using. They cook like fresh vegetables.

VEGETABLE MARROWS. Leave about 2 inches of stalk on the marrow, seal the end with a blob of sealing wax. Leave to dry on a shelf, hanging up with a string tied round the stalk. The marrows will keep a few months, but should be inspected from time to time to make sure they are not going soft.

DRYING BEANS. Use a darkened glass jar, or a stoneware crock. Soak young, small beans and leave them whole. Allow 1 lb. salt to 3 lbs. beans. Pack in alternate layers of salt and beans, cover the jar with a thick layer of salt, and store on a wooden shelf. Cover the jar with a lid or tie a piece of paper over it.

Soak well in fresh water before using, put into a saucepan, cook with 1 water and bring to the boil. Pour off the water, wash the beans again, then cook *without salt* until tender.



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Recipes approved by the Ministry of Food

MAY, 1943

SUMMER FRUITS & VEGETABLES FOR WINTER USE

FRUITS

BOTTLING
DRYING

VEGETABLES

BOTTLING TOMATOES
DRYING AND SALTING OTHER KINDS

**HOME FRONT
COOKERY ADVICE**

Every fruit and every pound of vegetables you grow in your garden or allotment this year is precious. You will, of course, eat them fresh first of all, but you will want to know, well in advance, how to store all that you don't eat, to add freshness and flavour to your meals later in the year, when fresh fruit and vegetables become scarce. Let us begin with fruits:

BOTTLING is the best way to keep fruits, and if you can spare any sugar, try to bottle as many as you can in syrup. Fruits can be bottled in water, but they need more sugar for sweetening later on. If you want to bottle in water, choose only hard fruits, as this method destroys the flavour of sweet fruits such as pears, raspberries and blackberries.

TO MAKE SYRUP. Dissolve 8 oz. sugar in one pint water. When the sugar is quite dissolved, bring the syrup to the boil. Boil 3 minutes, then strain through muslin before using.

Very juicy fruits, like red currants, raspberries and yellow plums, produce a good deal of juice when they are bottled in the oven. (See Method B.) It is a good plan to strain off this juice and use it instead of water to make your syrup. If, as often happens, fruit sinks, fill up from a separate jar which has been in the oven with those which want a little extra fruit to fill them.

CHOICE AND PREPARATION OF FRUIT

All fruits should be firm and not over-ripe. If necessary, wash in cold water in a colander, and prepare as for cooking.

Apples and Pears—peel thinly. Cut in quarters, core and slice. Prior to packing in bottles, soak for a short time in salted water to keep colour (1½ oz. salt to a gallon of water). Stewing pears should be gently simmered until soft before bottling.

Blackberries and Raspberries—take off green tops.

Cherries, Plums, Greengages, Damsons—wash and remove stalks, and, if possible, stone.

Currants—remove from stalks.

Gooseberries—top and tail: prick skins to prevent shrivelling.

Rhubarb—wipe, cut in even lengths and peel off only any tough skin.

PREPARATION OF BOTTLES AND COVERS

Jars with rubber rings and screw-bands or clip-tops are good. So are jam jars that will take a snap-closure, but make sure the top fits evenly into the top of the jam jar.

SCREW-BAND AND CLIP-TOP JARS should be thoroughly washed and well drained before use. Lids should be well washed also.

RUBBER BANDS should be tested before use. Pull them out and see if they spring back into shape. Fold each ring double and press hard. A sound ring will not crack. Examine carefully for holes and weak places, and do not use if perished. Dip in hot water before using and put flat on to jar before fixing the top.

ORDINARY GLASS JAM JARS should be well washed in soap-suds, rinsed in clean warm water and well drained before use.

BOTTLING WITH SCREW-BAND OR CLIP-TOP JARS

METHOD A. STERILISING UNDER WATER

Pack fruit carefully into jars, fill them as full as possible and try to avoid crushing or bruising the fruit. Fill to the top with cold water or syrup. Put on the tested rubber ring and glass top and the screw, or the metal top and clip. Screw tightly, then give the screw a half turn back, so that air or steam may escape. Pack the bottles carefully into a large saucepan, a fish kettle, a small tin bath or a pail. The bottom of this vessel should be covered with straw, hay, or old rags or linen, so that the jars do not come directly in contact with it. Pack straw, etc., between the jars, so that they do not touch. Fill the pan, etc., with water so that the bottles are covered, and put on the lid if a cooking vessel is used. Bring the water gradually to slow simmering point (this should take about 1½ hours) and keep at this temperature for 15-20 minutes. (See Table below if you have a Kitchen Thermometer.) Then remove the pan from the heat (or turn off the heat) and bale off some of the water with a cup or basin. When the jars can be reached, lift them out one by one and stand them on a wooden table or shelf until the next day. Then test the seal, by removing the screw-band or the clip-top and lifting the jar by the top. If the glass or metal top holds fast the jar is sterilised. If it comes off, the jar must be sterilised again, or it will not keep.

	Temperature in degrees F. to which water should be raised in 1½ hours.	Maintain for: minutes.
Apples	165	10
Apricots		
Blackberries		
Damsons		
Gooseberries		
Greengages		
Loganberries		
Plums		
Raspberries		
Rhubarb		
Strawberries	180	15
Currants (black or red)		
Cherries		
Pears		
Quinces		
Tomatoes	190	20
	190	30

METHOD B. OVEN BOTTLING

Pack the fruit into bottles, put on the lid, but not the rubber band, screw-band or clip-top. Heat the fruit in a very moderate oven (Regulo Mark 4-1, or No. 2 if your oven numbering starts at No. 1) (250° F.) without liquid, for 1 hour, or until it looks shrunk and partly cooked at the end of this time. Tomatoes need longer, about 1½ hours. Fill the jar immediately with fast boiling water or syrup and put on the rubber band, screw-band or clip-top. Test screw-band or clip-top jars when cold, as previously described. If any lids are loose, re-sterilise for an hour at the same heat.

Either method A or B can be used for all fruits and tomatoes listed under method A, and for any fruit that has been pulped.

METHOD C. PULPING

This is the best home-bottling method for all fruits unless you want to keep the fruit whole for some special purpose (e.g., tomatoes for use in salads). It is merely the bottling of stewed fruit, and with the shortage of bottles it is more useful than ever this year as the fruit takes up much less room. The oven method is an adaptation of it.

To pulp fruit, stew gently and thoroughly until it is soft, in just enough water to prevent it sticking. If possible, add a little sugar, which will make it ready for use as soon as the bottle is opened.

Have your jars and lids very hot, pour the still bubbling fruit into the jars, put on the rubber bands, lids or snap fasteners immediately and when cold test in the usual way for sealing. Usually this achieves a perfect seal. If not, then sterilise by either method A or B.

Black Currants should be pulped in this way, or else bottled by oven method. In the winter they provide children with very valuable supplies of Vitamin C which is difficult to obtain at that time. If the juice alone is wanted for this purpose, it can be strained off.

CHEMICAL PRESERVATION

Dissolve Campden Preserving Tablets in cold water, using one to 1 lb. of fruit as a rule (see directions on packet). Pack fruit into jars, pour in the solution and screw down top of jar or snap clip-top. Before using, cook for 15-20 minutes in an open saucepan in water in which the fruit was preserved. Do not use Campden preservative with hard-skinned fruit such as blackberries, green gooseberries, pears or tomatoes. Gooseberries, black currants, and red currants need simmering for at least ½ an hour in an open saucepan before using.

DRYING

DRYING FRUITS. Apples cut in rings, pears cut in quarters, plums, apricots, greengages halved, can be dried and kept for winter use. Choose firm, ripe but not over-ripe fruit, without bruises or blemishes.

Wipe apples and pears with a clean dry cloth, remove apple cores and slice in ¼-inch rings. (They can be thinly peeled first if the skin is thick.) Put the rings at once into salt and water, to preserve the colour (1½ oz. salt to 1 gallon water). Soak for 5 minutes, then dry and thread the rings on curtain rods. If possible, dry in the airing cupboard, on top of the hot water tank, or in the heat left in the oven after baking. Otherwise use a cool oven (Regulo Mark 4, 150° F.) with the door left slightly open. Cool for 12 hours in an ordinary room temperature before storing.

Peel pears and cut in quarters. Soak 5 minutes in brine (1½ oz. salt to each gallon of water) and spread on trays. Dry in very cool oven like apples.

Cut plums, apricots and greengages in halves and remove stones. Spread on trays and dry as above.

TRAYS FOR DRYING. Wire racks, usually employed for cooling cakes or biscuits, are very suitable for drying. Extra trays are quite easy to make at home. Nail together thin wooden laths into an oblong shape that will fit into your oven and stretch a length of muslin or canvas over the bottom, tacking it down.

RODS should be measured to fit inside the oven, the ends resting on the grooves where the oven shelves fit in.