

Jams / Stork Margarine Cookery Service.

Publication/Creation

London : Stork Margarine Cookery Service, 1943.

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RED CURRANT JAM

Put fruit and sugar in layers in a basin and leave for 1 hour at least. (To leave overnight does not harm the fruit.) Transfer to a saucepan, bring to boil slowly and simmer until fruit is soft, then boil fast for 15-20 minutes or until jam sets.

RED CURRANT & CHERRY JAM

Put fruit and sugar in layers in a basin and leave for 1 hour at least. (To leave overnight does not harm the fruit.) Simmer slowly until fruit is soft, removing as many of the Cherry stones as possible. Then boil fast for 15-20 minutes or until jam sets.

RED CURRANT & RASPBERRY JAM

Put fruit and sugar in layers in a basin and leave for 1 hour at least. (To leave overnight does not harm the fruit.) Transfer to a saucepan, bring to boil slowly and simmer until fruit is soft, then boil fast for 15-20 minutes or until jam sets.

RHUBARB & GOOSEBERRY JAM

We do not recommend that precious sugar is used on making jam with rhubarb alone. It is a very poor keeping jam, but if you have a lot of rhubarb and gooseberries they can be mixed and the gooseberries help the rhubarb to set. Even so, if you want the jam to keep for more than 3 months, it is safer to sterilise it, using the boiling method (see Cookery Notes No. 28 or 28A).

Cut the rhubarb in small pieces, put in a pan with the gooseberries and a teacupful of water, and simmer gently until fruit is soft. Add sugar, bring to boil and boil fast for 15-20 minutes or until jam sets.

STRAWBERRY & GOOSEBERRY or RED CURRANT JAM

It is better not to risk making Strawberry Jam alone in wartime. Strawberries by themselves are very poor setters without the addition of extra pectin and acid. Here are two recipes, and your choice will no doubt depend upon which of these fruits you can obtain at the same time as strawberries.

With Gooseberries: Use 2 lbs. Strawberries to 2 lbs. Gooseberries, 4 lbs. sugar and 1 pint water. Simmer the fruit slowly in the water until it is soft. If the Gooseberries are very hard, cook them in the water first alone for 15 minutes, then add the Strawberries: this will help to keep the shape of some of the Strawberries. Add sugar, bring to boil and boil fast for 15-20 minutes or until jam sets.

With Red Currants: Use 2 lbs. Strawberries, 1½ lbs. Red Currants and about 3 lbs. sugar. (No water.) In this recipe, only the juice of the Red Currants is needed. First press the Red Currants (uncooked) through a sieve to extract all the juice. Measure the juice for adding the correct amount of sugar: 1 pint juice will need 1 lb. sugar, 1 pint will need 1½ lbs. sugar; in addition you must add 2 lbs. sugar to go with the 2 lbs. Strawberries, making a total of approximately 3½ lbs. Put the Strawberries in a pan, pour over Red Currant juice, simmer slowly till Strawberries are soft. Add sugar, bring to the boil, boil fast for 15-20 minutes or until jam sets.



COOKERY NOTES are published by the MARGARINE COOKERY SERVICE, Unilever House, London, E.C.4, to help solve your war-time cookery problems.

COOKERY SERVICE NOTES No. 42

Recipes approved by the Ministry of Food

MAY, 1943



HOME FRONT
COOKERY ADVICE

JAMS

This season's jam-making target is to make the best possible use of the additional sugar being allowed for the purpose by the Food Minister, and also of any sugar saved from the winter's ration.

The first rule is, however, not to economise in sugar, but to use the correct amount needed by the fruit. Let it be your general rule to sacrifice quantity in order to get quality jam which, with reasonable safeguards, should last through the winter months.

Use a reduced sugar-content only for such jams as you want for immediate use. These are useful especially when you find yourself with only a small quantity of fruit. On these occasions, you can use 1 lb. sugar less to each pound of fruit than shown in the table which follows, but be sure to use the jam up quickly.

No recipes are given here for jellies, as they are an extravagant way of using sugar in wartime, but if you grow black currants bottle them and use the strained juice to provide the children with vitamin C during the winter.

If you grow your own fruit, start the season by drawing up a fruit plan. The basis of it will have to be the amount of sugar you have available, and after that decide how much of each kind of jam you should make. Bottle the rest of the fruit, following the instructions given in Cookery Notes No. 28A, which is an up-to-date version of last year's instructions.

The table shows at a quick glance suggestions for various jams with the correct proportion of sugar and water to fruit, and later you will find the instructions for each recipe.

Read these notes carefully:

Kind of Fruit to Use: Use firm, not over-ripe fruit. Pectin, the substance in fruit which helps the jam to set, is not found in all fruits, and there is less pectin in over-ripe fruit. Go over the fruit carefully, and put aside for pies and tarts soft or over-ripe fruit. Also, never include bruised parts, or mildewed soft fruit.

Preparing Fruit: Remove stalks and leaves, cut out any bruised parts, wash and drain well. Peel and core apples or pears. Weigh fruit after all these things have been done.

Preparing Sugar: See the sugar is perfectly dry and warmed before use.

To Cook: Rub the bottom of the preserving pan with a greasy paper to prevent the fruit sticking. Cook the fruit slowly and thoroughly, stirring it with a wooden spoon meantime. Keep the heat low and stir continuously while the sugar is melting, as the jam is most liable to stick and burn at these two stages. As soon as the sugar has dissolved, increase the heat and boil as fast as possible, watching only that it does not stick or boil over. Preserving pans and saucepans may be showing signs of wear, so this is particularly important nowadays.

Boiling Time: The average boiling times are given in the recipes, but these may vary according to the condition of the fruit used. Make your first setting test immediately the jam is turning syrupy; that is as soon as it ceases to drop from the spoon in a thin, water-like consistency. While you are waiting for the first test to cool, remove the jam away from the heat a little, so that it keeps hot, but does not boil fast. If the first test is not successful, boil fast and try another test in 5 minutes, repeating the same process.

To Test for Setting: Place a little of the jam on a cold plate and leave for a few minutes. If the jam wrinkles when the plate is tilted, it is ready for potting. If there is not a clear wrinkle, boil fast for 5 minutes more and test again. The main cause of home-made jam going mouldy is that the setting point has not really been reached.

To Pot: Use perfectly clean jars, which should be thoroughly warmed. Let the jam cool until the bubbles die down—about 15 minutes—and then remove the scum. Now fill up the jars and cover with wax papers at once. Either tie down the jam immediately or else wait until it is perfectly cold before doing so. Store in a dry place.

Here is the quick guide to the different types of jam, for which the full making directions are given later. Quantities of fruit have been kept low, but if you vary them, follow these proportions of fruit, sugar and water (when used).

PROPORTIONS				
JAM	FRUIT	WATER	SUGAR	
Blackberry	1 lb.	None	1 lb.	
Blackberry & Apple ..	4 lbs. Blackberries, 2 lbs. Cooking Apples (apples weighed after peeling, etc.)	1 pint	4½ lbs.	
Black Currant	4 lbs.	2 pints	5 lbs.	
Damson	3 lbs.	1 pint	2½ lbs.	
Damson & Marrow ..	3 lbs. Damsons, 2 lbs. Marrow (weighed after peel and seed removed)	1 pint	1½ to each 1 lb. of pulp	
Gooseberry	3 lbs.	1 pint	3 lbs.	
Gooseberry & Red Currant ..	3 lbs. Gooseberries, 1 lb. Currants	1 pint	3 lbs.	
Greengage	3 lbs.	1 pint	4 lbs.	
Loganberry	3 lbs.	None	3 lbs.	
Loganberry (seedless) ..	6 lbs.	1 pint	4 lbs.	
Marrow & Damson (see above)	—	—	—	
Marrow & Apple ..	see recipe	—	—	
Pear & Apple	2 lbs. Pears, 2 lbs. Apples (weighed after peeling and coring)	1 pint	3 lbs.	
Plum	3 lbs.	1 pint	3 lbs.	
Plum & Apple	3 lbs. Plums, 3 lbs. Cooking Apples (apples weighed after peeling)	2 pints	5 lbs.	
Quince	2 lbs. (weighed after peeling)	2 pints	2 lbs.	
Quince & Apple ..	1 lb. Quince, 1 lb. Apple (both weighed after peeling)	1½ pints	2 lbs.	
Raspberry	3 lbs.	None	3 lbs.	
Red Currant	1 lb.	None	1½ lb.	
Red Currant & Cherry ..	1 lb. Cherries, 1 lb. Currants	None	2 lbs.	
Red Currant & Raspberry ..	1 lb. Currants, 1 lb. Raspberries	None	2 lbs.	
Rhubarb & Gooseberry ..	2 lbs. Rhubarb, 2 lbs. Gooseberries	1 teacupful	3 lbs.	
Strawberry & Raspberry ..	2 lbs. Strawberries, 2 lbs. Raspberries	1 pint	4 lbs.	
Strawberry & Gooseberry ..	2 lbs. Strawberries, 2 lbs. Gooseberries	None	about 3 lbs.	
Strawberry & Red Currant ..	2 lbs. Strawberries, 1 lb. Red Currants	None	—	

BLACKBERRY JAM

Put fruit and sugar in layers in a basin and leave for 1 hour at least. (To leave overnight does not harm the fruit, if you are rushed, but be sure the pan is covered over with a clean cloth or board.) Cook slowly, and simmer until fruit is soft; then boil fast for 15-20 minutes, or until jam sets.

BLACKBERRY & APPLE JAM

Put the blackberries, and peeled, cored and sliced apples with the water in a pan, also the apple peelings and corings tied in a muslin bag to cook with the fruit, as they contain pectin which helps the jam to set. Bring slowly to the boil and simmer until fruit is soft. Remove muslin bag. Add sugar, and boil fast for 15-20 minutes or until jam sets.

BLACKCURRANT JAM

Black Currants are a valuable source of Vitamin C, which is best preserved if the fruit is bottled, but if you want to make jam, here is the recipe: Simmer the fruit in the water, until fruit is soft—30-45 minutes. Add sugar, and boil fast for 15-20 minutes or until jam sets.

DAMSON JAM

Simmer fruit in the water until fruit is soft. Rub through a coarse sieve to remove the stones; unless any skins are really tough, they can all go back into the mixture. Put the sieved fruit and juice back in the pan, add the sugar, bring to the boil and boil fast for 15-20 minutes or until jam sets.

DAMSON & MARROW JAM

This makes a good mixture. The Damsons provide the acid and pectin which are lacking in marrow, and also a definite flavour which marrow needs. In these days of no lemons, it is waste of time and sugar to try to make marrow jam alone. Peel and remove seeds from marrow, and then weigh to get 3 lbs. Cut in squares, add 1 pint water, and cook gently until marrow is soft and can be squashed with a wooden spoon to form a smooth pulp. Cook the damsons in 1 pint water, until they are tender. Rub them through a coarse sieve to remove stones only, as the skins can go into the jam. Add the cooked marrow to the sieved damsons and weigh; then add equal weight of sugar, bring to boil and boil fast for 15-20 minutes or until jam sets.

GOOSEBERRY JAM

Cook the gooseberries slowly in the water, until the skins are soft. Add sugar, bring to the boil and boil fast for 15 minutes or until jam sets.

GOOSEBERRY & RED CURRANT JAM

Put currants and water in a pan over a low heat; smash them with a wooden spoon to bring out the juice. When there is sufficient juice, add the gooseberries and simmer until the skins are soft. Add sugar, bring to the boil and boil fast for 15-20 minutes or until jam sets.

GREENGAGE JAM

Cook the fruit in the water slowly until it is soft. Add the sugar, bring to the boil and boil fast for 15-20 minutes or until jam sets. Remove as many stones as possible as they rise to the surface.

Another way of making greengage or plum jam is to cut the fruit in half, and remove all stones. Weigh the fruit, and use an equal weight of sugar. Place fruit and sugar in layers in a basin, cover with a cloth and leave overnight. Then add the water, simmer slowly until fruit is soft, bring to boil and boil fast for 15-20 minutes or until jam sets.

LOGANBERRY JAM

Choose only whole, not too ripe fruit. Throw out any with mildew or signs of maggots. Put fruit in a pan, and smash with a wooden spoon to extract some juice, simmer until fruit is soft. Add sugar, bring to the boil, and boil fast for 8-10 minutes only, when it should set.

LOGANBERRY JAM (Seedless)

Use good, not over-ripe fruit. Cook in the water until the fruit is soft. Rub through a sieve fine enough to keep back the pips only. Add sugar to the strained fruit, bring to the boil, and boil fast for 8-10 minutes or until jam sets.

MARROW & APPLE JAM

2 lbs. marrow, weighed after removing peel and seeds
1½ lbs. sugar 1 pint apple extract
1 oz. root ginger or 1 teaspoonful ground ginger

Apple Extract: 3 lbs. cooking apples, weighed after peeling and coring. Tie peelings and corings in a muslin bag, and cook with apples. Slice apples, and cook in 1 pint of water until soft. Remove muslin bag. Mash apple well with the end of a rolling pin, and strain through a jelly bag, previously scalded with boiling water. Let the fruit drip until the pulp is dry. If there is not a pint of juice, put the remaining pulp back in a pan with sufficient cold water to make it sloppy, and simmer slowly for 1 hour. Let this also drip through a jelly bag.

Chop marrow into small pieces. Add sugar, ginger and apple extract. Bring to the boil and boil gently for about 1½ hours or until jam sets.

PEAR & APPLE JAM

Peel and core apples and pears, and cut out any bruised parts, then weigh fruit. Cut in slices. Put peelings, pips and cores in a muslin bag to cook with the fruit, as these contain pectin which helps the jam to set. Simmer fruit in the 1 pint water, and cook gently until fruit is soft. Remove muslin bag. Add sugar, bring to the boil and boil fast for 15 minutes or until jam sets.

PLUM JAM

Can be cooked the same two ways as greengage jam.

PLUM & APPLE JAM

Peel, core and slice apples, tying peel, cores and pips in a muslin bag to cook with the fruit. Put sliced apples and plums in a pan with the water, and cook until fruit is soft. Remove muslin bag. Add sugar, bring to the boil and boil fast for 15-20 minutes or until jam sets. Remove as many stones as possible while jam is cooking.

QUINCE JAM

Peel the quinces, then grate on a coarse grater down to the core, or they can be cored and chopped finely. Simmer in the water until soft, add sugar, bring to the boil and boil fast for 20-30 minutes or until jam sets.

QUINCE & APPLE JAM

Peel, core and quarter the apples, then proceed as for Quince Jam, cooking the apple peelings, etc., tied in a muslin bag with the fruit. This jam should set more quickly than Quince Jam, so make your first setting test after 15 minutes' fast boiling.

RASPBERRY JAM

Choose only whole, not too ripe fruit. Throw out any with mildew or signs of maggots. Put fruit in a pan, and smash with a wooden spoon to extract some juice, simmer until fruit is soft. Add sugar, bring to the boil and boil fast for 8-10 minutes only, when it should set.