

## **Pickles, chutneys and sauces / Stork Margarine Cookery Service.**

### **Contributors**

Stork Margarine Cookery Service.

### **Publication/Creation**

London : Stork Margarine Cookery Service, 1943.

### **Persistent URL**

<https://wellcomecollection.org/works/m5bnjp2r>

### **License and attribution**

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

onion, and cook gently until the celery is soft—about 1½ hours. Press through a sieve, re-heat the strained puree and fill warmed jars or bottles. This sauce is very good for flavouring soups, stews, etc.

#### MUSHROOM KETCHUP

3 lbs. mushrooms	½ oz. peppercorns
3 tablespoons salt	½ oz. mace (if available)
½ oz. cloves	½ oz. all-spice

Wipe the mushrooms carefully in a clean cloth and cut the ends of their stalks. Break them up in small pieces with the fingers and put them in a large earthenware dish, sprinkling the salt between them, and leave to stand for five or six days, stirring every day. Then tie a sheet of greaseproof paper over, or cover with a lid, and stand in a moderate oven for half-an-hour. Pour the contents of the pan on a hair sieve, and press the juice through, or squeeze through a cloth. Put the juice with the spices into a jar. Place the jar in a saucepan of boiling water, and simmer gently for 3 hours. Strain through muslin, and, when quite cold, bottle and tie down securely. Keep for several months before using.

#### MINT SAUCE

Choose young mint. Wash well and dip in hot water. Chop finely and pack into a jar until it is two-thirds full. Cover and fill jar with vinegar—Tarragon vinegar, if possible. Screw down top or seal to make airtight. Add sugar to taste as the mint is used.

#### SPICED PLUM SAUCE

1 lb. plums	½ pint vinegar
6 oz. sugar	1 teaspoonful salt
1 onion or leek	6 peppercorns
1 pod chillies or a pinch of cayenne	3 cloves
	½ teaspoonful mixed spice

Skin and stone the plums, put them into a pan with sugar, vinegar, chopped onion or white part of leek, salt and chillies, peppercorns, spice and cloves tied together in muslin. Cover and bring slowly to the boil. Simmer for ½ hour. Put pan aside until next day, then bring to the boil and boil for 5 minutes. Take out spices, bottle while still hot and tie down. Keep for 6 months before using.

#### TOMATO SAUCE

4 lbs. tomatoes	½ lb. sugar
½ lb. onion or leek	1 tablespoonful salt
½ pint vinegar	1 dessertspoonful pepper
2 large apples	3 cloves

Cover the tomatoes with boiling water, leave 2 minutes, then drain off water. Skin and slice and lay on a large meat dish. Scatter salt over and stand for an hour. In the meantime, peel and core 2 large cooking apples and chop roughly. Chop ½ lb. onion or leek. Put apple and onion or leek into a pan with the vinegar, the pepper and cloves. Cook all together and, when boiling, add the tomatoes and sugar. Simmer gently, on stove or in oven, for 2 hours. Put through a sieve, re-heat, and while still very hot pour in hot jars or bottles, tie down, and make completely airtight. Keep 3-4 months before using.



COOKERY NOTES are published by the  
STORK MARGARINE COOKERY SERVICE,  
Unilever House, London, E.C.4,  
to help solve your present-day cooking problems.

FOLD HERE

FOLD HERE



## COOKERY NOTES No. 43

Recipes approved by the Ministry of Food

JUNE, 1943

### STORK MARGARINE

### COOKERY SERVICE

#### PICKLES, CHUTNEYS AND SAUCES

If you have any surplus crops of vegetables or fruits, turn some of them into pickles, chutneys or sauces. The pickles and chutneys will liven up many a meal during the winter months, and the sauces will be useful in all sorts of ways. Note specially the Tomato Sauce and Spiced Plum Sauce recipes. These are delicious, and will be so useful for flavouring dishes made from cheese, or dried egg, or even vegetables and soups when onions are scarce again. Many of our wartime menus are improved with some sharper contrasting flavour, and these two sauces are ideal for the purpose.

Remember all pickles and chutneys improve with keeping, but the jars must be airtight. Do not let metal covers touch the contents of the jars, but insert a layer of cork in between. If corks are used, cover with greaseproof paper, so that they fit tightly, and then stick a gummed label over the whole cork, and well down the bottle neck.

NOTE: Never use copper pans or metal spoons for cooking pickles. Use enamel-lined or aluminium pans and wooden spoons. Wash all vegetables, and remove all damaged or bruised parts.

#### VEGETABLE PICKLE

2 lbs. small green tomatoes	2 oz. mustard seed or dry mustard
6 small outdoor cucumbers	1 oz. turmeric
1 small marrow, or ½ larger marrow	½ oz. whole all-spice
1 cauliflower	½ oz. peppercorns
1 head of celery, or 2 roots celeriac	½ oz. cloves
2 lbs. runner beans	4 tablespoonsful salt
24 small onions or shallots	2 quarts vinegar
	½ lb. sugar

Put up the tomatoes. Peel the marrow and cucumber and cut in dice, removing seeds from marrow. Take the flower only from the cauliflower and break into small pieces. Take off leaves from celery, cut sticks in thin slices and chop root, or peel celeriac and cut in dice. String beans and cut across in slices. Peel onions and cut in thin slices. Mix

all the vegetables together, spread them out on large meat dishes and strew with rough salt. Leave 24 hours. Drain and wash. Put the vinegar into a large saucepan. Tie all the spices and the mustard and turmeric in a muslin bag and add to the vinegar. Bring the vinegar to the boil, add sugar and 4 tablespoonful salt, put in all the vegetables and simmer gently for 1½ hours. Add extra vinegar during cooking if the mixture gets too dry. Put into jars and tie down while still hot. Keep for 6 months before using.

#### DUTCH MUSTARD PICKLE

2 lbs. green or unripe tomatoes 1 lb. runner beans  
2 lbs. small outdoor cucumbers 1 lb. sugar  
1 lb. small onions 1 lb. flour  
1 small white cabbage 2 ozs. mustard  
2 cauliflowers ¼ tablespoonful salt  
1 small marrow 2½ tablespoonful curry powder  
2 quarts vinegar

Slice the tomatoes thinly. Spread out in layers on a large dish and sprinkle with salt. Leave 12 hours, drain and wash and chop. Chop cucumber, unpeeled. Peel onions and cut in thin slices. Shred and chop cabbage. Separate flower of cauliflower into flowerets. Peel and chop marrow, remove seeds. String beans and cut in slices across. Put all the vegetables into a large saucepan, cover with boiling water and add 3 tablespoonful salt. Bring to the boil and simmer until all the vegetables are tender. Drain, and cover with the following mixture: Mix sugar, flour, mustard, 1½ tablespoonful salt and curry powder together. Blend with a little cold vinegar. Bring rest of vinegar to the boil and pour gradually on this mixture, stirring well. Bring to the boil and cook for 5 minutes, stirring well. Pour over the drained vegetables and simmer for 5 minutes. Pot and tie down while hot. Keep 6 months or a year.

#### PICCALILLI PICKLE

2 cauliflowers 1 oz. whole all-spice  
2 cucumbers ¼ lb. sugar  
2 lb. shallots ¼ oz. ground ginger  
1 medium-sized marrow 1 oz. mustard powder  
1 quart vinegar ¼ oz. turmeric powder  
1 tablespoonful flour

Wash all the vegetables thoroughly. Peel the marrow and cucumbers, remove the seeds and cut into small cubes. Take the flower only from the cauliflower and break into small pieces. Peel shallots. Mix all together, then spread them out on a large meat dish, and strew with rough salt. Leave 24 hours. Drain and wash. Boil the whole spice with most of the vinegar in a covered saucepan for a few minutes, then put through a strainer. Mix the sugar and the remaining spices and flour with the rest of the vinegar to a smooth paste. Add the strained vinegar and the vegetables and boil all together for 15 minutes. A little extra vinegar may be needed, according to the size of the vegetables. Pour in clean, hot jars and screw down tops or seal to make airtight.

#### VEGETABLES PICKLED IN SPICED VINEGAR

Except in the case of beetroot, this is a method of preserving vegetables not previously cooked. First the spiced vinegar has to be prepared:—

##### SPICED VINEGAR

1 quart vinegar ¼ oz. whole all-spice  
¼ oz. cinnamon (if available) ¼ oz. mace (if available)  
¼ oz. cloves 6 peppercorns

Put the spices and the vinegar in a covered saucepan and bring to the boil. Turn off the heat and leave the vinegar to stand for 2 hours. Then put through a strainer, and when the spiced vinegar is quite cold it is ready to use for your pickling. When filling up jars, some of the spice berries can be put on top of the vegetables and removed when the jar is opened. Remember to cover the vegetables completely with the vinegar.

#### PICKLED BEETROOT

Wash the beetroot carefully in the usual way, taking care not to break skin, otherwise it will "bleed." Put the beetroot into boiling, salted water and cook for 1½ hours. When cool, peel and cut into ¼ in. slices. Pack into jars, cover with cold spiced vinegar, and screw down tops or seal to make airtight.

#### PICKLED RED CABBAGE

Wash well, and remove the discoloured outer leaves. Cut into fine shreds. Put the shreds in layers in a basin, sprinkling each layer well with salt, and leave for 24 hours. Then drain off the salt and rinse the cabbage in cold water to remove all the salt. Drain thoroughly. Pack into jars, pour over the cold spiced vinegar, and screw down tops or seal to make airtight.

#### PICKLED ONIONS or SHALLOTS

Wash well, and remove the outer skin. Cover with brine made from 1 lb. salt to 1 gallon of water and leave to soak for 48 hours. Pour off the brine, wash the onions thoroughly in cold water, and drain well. Pack the onions into jars, pour over the cold spiced vinegar, screw down the tops, or seal to make airtight.

Another way of pickling onions is to soak them in salt water as above, but then boil them in the spiced vinegar for 5 minutes. The onions should be added to the boiling vinegar. Remove the onions and pack them into jars and pour over the hot, strained, spiced vinegar. Boiling the onions in this way makes them not quite so hard, and some people prefer them that way.

#### CLEAR MIXED PICKLE

Equal weights of cauliflower, cucumber, marrow, onions or shallots. Use only the flowers of the cauliflower and break them into small pieces. Peel cucumber and marrow, remove seeds and cut into small cubes. Soak in brine made from 1 lb. salt to 1 gallon water and leave 24 hours. Peel onions or shallots and soak in brine for 48 hours. Remove the vegetables, throw away brine, and wash thoroughly in cold water. Drain well. Pack into jars and cover with cold spiced vinegar. Screw down tops or seal to make airtight.

#### CHUTNEYS

##### APPLE CHUTNEY (Sweet)

2 lbs. apples weighed after peeling and coring  
¼ lb. to 1 lb. sultanas or prunes ½ teaspoonful cayenne  
1 lb. sugar 1 dessertspoonful salt  
1½ pints vinegar

Peel, core and weigh apples. Cut in small pieces and put on in the vinegar. Bring to the boil and cook them until quite soft. Add sultanas or prunes, chopped or minced, sugar, cayenne and salt, and boil for 20 minutes. Pot and tie down while hot and keep for a month at least.

##### APPLE CHUTNEY (Semi-sweet)

8 lbs. cooking apples 1 oz. salt  
1 lb. sugar 2 ozs. ground ginger  
5 ozs. onion or leek (chopped) 1 oz. mustard seed  
4 ozs. sultanas 1 quart vinegar

Place the peeled, sliced and cored apples in a pan with all the other ingredients and simmer until soft, and the chutney is thick—about an hour. Pot while hot, and make airtight.

##### BEETROOT AND APPLE CHUTNEY

3 lbs. beetroots 1½ pints vinegar  
1½ lbs. apples ½ teaspoonful ginger  
2 onions ½ teaspoonful salt  
1 teaspoonful lemon substitute, mixed with 5 teaspoonful water  
6 ozs. sugar

Put the beetroot into boiling, salted water and boil until tender for about 1½ hours. Leave to get cold, then peel and cut into discs. Peel

and core the apples and chop them up. Peel the onions and chop them roughly. Put the onion and apple into a saucepan with the vinegar and sugar, add the ginger and salt and lemon substitute, and boil for 20 minutes. Then put in the diced beetroot, boil for another ¼ hour, and then put into clean, dry jars and tie down while still hot.

#### DAMSON CHUTNEY

2 lbs. damsons, stoned 1 lb. sugar  
¼ lb. apples, peeled, cored and sliced 1 pint vinegar  
1 onion or leek, chopped ½ oz. ground ginger  
¼ to 1 lb. sultanas or prunes, chopped or put through a mincer  
6 dry chillies in pods, or ¼ teaspoonful cayenne

Stone the damsons, peel, core and slice apples, and put both into a pan with the sugar. Stir over a low heat until the sugar dissolves, then bring to the boil and add the minced sultanas or prunes, the chopped onion (or leek if no onion is available), the chillies or cayenne, ginger and the vinegar. Simmer gently until the fruit is tender, then pot and tie down while still hot. Keep for a month at least before using.

#### MARROW CHUTNEY

4 lbs. marrow 9 chillies  
¼ lb. small onions 1½ ozs. ground ginger  
6 cloves 1½ ozs. mustard  
1½ lbs. sugar 1 quart vinegar  
¼ oz. turmeric Rough salt

Peel the marrow and remove the seeds. Cut in small square pieces and spread these on a large meat dish. Scatter rough salt all over the marrow, cover and leave overnight. Drain off all the brine. Peel the onions, put them with the cloves, sugar, chillies and vinegar into a saucepan. Keep back a little vinegar and with it blend the turmeric, ginger and mustard mixed together to a thin cream. Add this to the saucepan, bring to the boil, and boil for 10 minutes. Then add the marrow and continue to cook for ¼ hour. Pour into jars, and tie down while still hot.

#### PLUM CHUTNEY

2 lbs. plums 1 tablespoonful pepper  
¼ lb. sugar 1 oz. ground ginger  
1 pint vinegar 1 oz. ground all-spice  
1 tablespoonful salt

Stone the plums, put them into a large pan with the sugar, vinegar, salt, pepper and spices. Stir over the heat until sugar is dissolved, then simmer gently until the fruit is tender, stirring now and then. Pot and tie down while still hot and keep for a month or two before use.

#### RHUBARB CHUTNEY

2 lbs. rhubarb 2 or 3 cloves of garlic or 1 medium onion  
1 lb. prunes or dates 1 oz. whole or ground ginger  
¼ lb. sugar 1 pint vinegar  
½ teaspoonful cayenne 1 oz. salt  
2 teaspoonful lemon substitute mixed with water

Soak prunes overnight. Cut the rhubarb in small pieces and scatter the salt over it. Leave spread on a meat dish for an hour or two. Stone and chop the dates or prunes and the cloves of garlic or onion, and, if whole ginger can be obtained, bruise thoroughly with a weight and tie in muslin. Mix the lemon substitute with 3 tablespoonful water. Put all the ingredients, including sugar, vinegar and cayenne, in a large pan, bring slowly to the boil and simmer until thick, stirring from time to time. Put into pots while still hot, tie down, and keep for at least a month before using.

#### SAUCES AND KETCHUPS

##### CELERY SAUCE

4 lbs. finely chopped celery ½ lb. sugar  
¼ lb. finely chopped onion or leek 1 tablespoonful salt  
¼ pints vinegar 1 dessertspoonful pepper  
3 cloves

Scatter the salt over the chopped celery and leave for 1 hour. Then put into a saucepan with the vinegar, sugar, pepper, cloves and chopped