

## **Tomato bottling & cookery / Stork Margarine Cookery Service.**

### **Contributors**

Stork Margarine Cookery Service.

### **Publication/Creation**

London : Stork Margarine Cookery Service, 1943.

### **Persistent URL**

<https://wellcomecollection.org/works/ngd5ap8y>

### **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>

#### TOMATO MACARONI CHEESE:

1 lb. macaroni  
3 ozs. cheese, grated  
1 lb. tomatoes (fresh or bottled)  
Chopped parsley  
Salt and pepper

Cook the macaroni in boiling salted water until tender (about 20 minutes), drain on a sieve or colander and run cold water over it. Return to a saucepan, and add the grated cheese, sliced tomatoes, and seasoning. Put over a very low heat. Cook for about 20 minutes until the cheese has melted and the tomatoes are soft, shaking the pan from time to time to prevent sticking. Serve on a hot dish sprinkled with chopped parsley. Serves 6 persons.

#### BAKED TOMATO SCRAMBLE:

3 large tomatoes  
3 reconstituted dried eggs  
2 tablespoonsful liquid household milk  
2 rashers of fat bacon  
Chopped parsley  
Little margarine  
Salt and pepper

Halve the tomatoes and place on a baking tin. Chop the bacon and place a little on each tomato, sprinkle with salt and pepper, and cook in a moderately hot oven (Regulo Mark 6) for 20 minutes. If you do not want to use the oven, cook until soft in a frying pan with sufficient fat or dripping to prevent sticking. A saucepan lid placed over them will make them cook more quickly. Mix the eggs with the milk. Melt a little margarine in a pan, add the eggs, season, and cook slowly until set, stirring all the time. Put the tomatoes on to a hot dish and pile a little egg on top of each one. Sprinkle with chopped parsley and serve hot. Serves 3 persons.

#### TOMATO SOUFFLE:

1 pint tomato sauce or puree  
2 level tablespoonsful dried egg  
1 oz. grated cheese  
1 oz. margarine  
1 pint household milk  
2 tablespoonsful dry household milk powder  
1 oz. flour  
5 tablespoonsful lukewarm water  
1 tablespoonsful vinegar  
Pepper and salt to taste

Make a sauce first. You melt the margarine, add the flour, and cook until the mixture bubbles. Add the liquid household milk, and cook for three minutes, stirring all the time. Then add the dry egg powder, previously mixed with the tomato puree, and also the cheese, vinegar, and seasoning. Stir well. Now make the soufflé. Place the lukewarm water in a bowl. Sprinkle the milk powder on top, and beat or whisk until the mixture is thick like white of egg. Fold into the sauce, put into a greased pie dish, and bake in a moderate oven (Regulo Mark 4) for 35-40 minutes. Serves 3-4 persons.

#### TOMATO AND EGG SAVOURY:

1 lb. fresh or bottled tomatoes  
2 ozs. stale breadcrumbs  
1 small chopped onion or leek  
2 good sized carrots, finely grated  
3 reconstituted dried eggs  
1 oz. melted margarine  
Salt and pepper

Peel and chop the tomatoes and mix them with the onion, crumbs, seasoning, melted margarine, egg and grated carrot. Pour into a well greased dish, and bake for 20 minutes in a moderate oven. (Regulo Mark 4.) Serves 3 to 4 persons.

#### STUFFED TOMATOES

6 good sized tomatoes

**FILLING:** 6 dessertspoonsful diced cooked potato,  
3 large American sardines or 2 pilchards,  
3 level teaspoonful each of finely chopped onion and parsley,  
3 dessertspoonsful home made salad dressing. (See Cookery Notes No. 37.)  
Seasoning.

Cut a slice from the top of each tomato. Remove the inside pulp and mix with the above ingredients. Refill the tomatoes and replace the top. Serve on a bed of lettuce or watercress, with potato salad. To eat hot, place on a baking sheet and bake in a moderate oven for 20 minutes. (Regulo Mark 4.) Serve in a ring of mashed potatoes, with hot tomato sauce. (See Rice and Tomato Ring recipe.)

**VARIATIONS:** The following fillings should all be mixed with the inside pulp from the tomatoes, 3 dessertspoonsful salad dressing and seasoning:—

**Beetroot and Carrot (Serve cold):**  
3 dessertspoonsful each of grated raw beetroot and carrot,  
3 level teaspoonful finely chopped onion.

#### Cooked Vegetable Filling (Serve cold):

3 dessertspoonsful each of cooked chopped swede and carrot,  
1 dessertspoonful cooked chopped potato,  
3 teaspoonful finely chopped parsley.

#### Fish Paste (Serve hot):

4 tablespoonsful mashed potato,  
1 tablespoonful fish paste,  
4 teaspoonful chopped parsley.

#### Cold Meat (Serve hot or cold):

2 tablespoonsful diced cold beef, lamb, rabbit, sausage, etc.,  
1 tablespoonful diced cooked beetroot, finely chopped  
spring onion, and chopped parsley.

FOLD HERE

FOLD HERE

#### CREAM CHEESE AND APPLE (Serve cold):

3 ozs. grated cheese,  
1 teaspoonful made mustard,  
1 dessertspoonful finely chopped parsley, watercress, celery,  
chives, or grated horse-radish or 1 dessertspoonful chutney,  
Pinch of cayenne pepper,  
1 dessertspoonful chopped apple (when obtainable),  
Pinch of salt,  
Insides of tomato.

Mix all ingredients together on a plate and fill the tomatoes.  
**NOTE:** If filling is too thick, work in a little margarine.



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



## STORK MARGARINE COOKERY SERVICE

### COOKERY NOTES No. 44

JULY, 1943

(Reprinted August, 1946)

## TOMATO BOTTLING & COOKERY

Practically everyone with a garden or allotment grows tomatoes these days. As they ripen, you will, of course, eat some of them fresh, but will want to know how to preserve the rest for the winter months. This leaflet gives you full instructions for bottling in various ways, for making sauces, chutneys, and pickles, and also a few cooked dishes. You will find the sauces and chutneys very useful for serving with cold meals, or as a flavouring with cheese, dried egg, macaroni, rice or potato dishes.

**PREPARING TOMATOES:** It is most important that only perfectly sound tomatoes are used for preserving, i.e. those with no blemishes or cracks on the skin. Cut away all cracked or marked portions, and if your crop is generally affected in this way, use Method 3—Stewed Tomatoes.

**KEEPING PROPERTIES OF PRESERVED TOMATOES:** A general guide on using preserved tomatoes is to use up within a few days after opening the jar, tomatoes which have been sterilised. Sauces, chutneys and pickles which contain vinegar and have been boiled before bottling, will keep a reasonable time after the bottles have been opened.

**GREEN TOMATOES:** A few recipes are given for using green tomatoes, but if you want to ripen them indoors and have too many to lay along window sills, here is the best way. Do not remove the stalk and green growth which curls back from the tomato. Make sure they are perfectly dry. Lay them flat on an old cloth, preferably in a warm or sunny room, and cover with a cloth or sheet of paper. You will find they will ripen fairly quickly, and will be able to look at them daily and use them as they do ripen. The old method is to wrap them up individually in soft paper, and put them in a box or drawer. Unless you have a lot of time to undo all the papers at frequent intervals, often you will find one has gone soft and affected many others.

### BOTTLING TOMATOES WITH SCREW-BAND OR CLIP-TOP JARS

All jars and lids should be thoroughly washed. Dip rubber bands in hot water before using. Prepare tomatoes in any of the four following ways:

- (1) **UNSKINNED WHOLE:** Wash tomatoes, and pack into jars. Cover with cold water, to which has been added 1 teaspoonful salt and 1 teaspoonful sugar for each 2 lb. jar, and sterilise. This is the best method if later on you want to cook or serve the tomatoes whole, but its disadvantage is that even a 2 lb. jar will not hold many tomatoes.
- (2) **TOMATOES IN TOMATO JUICE:** If you have a good crop, this is the better way of bottling whole tomatoes, because the flavour will be much better.

Pour boiling water over tomatoes. Leave a minute and pour off water. Peel skins from tomatoes, and pack in warmed jars. Then cook separately some more tomatoes, which have been peeled and cut in quarters. Simmer them gently until soft, without water, but adding 1 teaspoonful salt and 1 teaspoonful sugar to each 2 lbs. tomatoes. Put through a sieve, and fill up the warmed jars with the juice, and sterilise.

(3) **STEWED TOMATOES:** This method is useful as the tomatoes are cooked before bottling, only require heating when used, and more will go into a jar. Peel and quarter, add 1 teaspoonful salt and 1 teaspoonful sugar to every 2 lbs. and cook gently without added water for about 20 minutes. Fill warmed jars and sterilise.

(4) **QUARTERED TOMATOES:** This is a good method for bottling tomatoes for using as a flavouring in all types of cooking, such as soups, stews, casseroles, pies and puddings. Peel and quarter fairly ripe tomatoes and fill jars, sprinkling a teaspoonful salt to each 2 lb. jar. Add the salt a little at a time in between layers of the tomatoes. Press well down, and you will find sufficient juice will rise as you squash the tomatoes down to cover them. Sterilise according to directions. Now the tomatoes have to be sterilised:—

#### METHOD A. STERILISING UNDER WATER.

Fill the jars to the brim. For screw top jars, put on the rubber band, the glass top and the metal top. Screw tightly, then give the screw a half back turn so that air or steam may escape. For jam jars, fix the rubber band to the metal top snap-closure, place top on the jar and fix the clip. Pack the jars into a large saucepan or pot. The bottom should be covered with old rags so that the jars do not come directly in contact with it. Pack rags also between the jars so that they do not touch. Fill the pan with cold water, covering the jars, and put on the lid if available. Bring the water gradually to a slow simmering point (this should take about 1½ hours) and keep at this temperature for 30 minutes. If you have a Kitchen Thermometer, the temperature of the water for bottling tomatoes should reach 190° F., and should then be kept at this heat for 30 minutes. Remove the pan from 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.

#### METHOD B. OVEN BOTTLING.

Jam jars with snap closures are not recommended by the makers for oven bottling. Fill up with tomatoes. Put on the glass lid, but not the rubber band. Rest jars on an asbestos mat and place in a very moderate oven (Regulo Mark 4-1) (250° F.) for 1½ hours. Fill to overflowing with boiling sieved tomato juice or boiling water, put on rubber band, glass top and screw down tightly the metal screw top. Leave overnight to become cold. Test for sealing by removing metal top as described above. If any lids come off, re-sterilise for an hour at the same oven heat.

**TOMATO JUICE:** Wash ripe tomatoes, cut in pieces, and simmer without water until soft enough to put through a sieve. Pour sieved juice into jars and sterilise by Method A or B. If juice is not to be used for children, it may be flavoured by adding celery tops, a bay leaf, and one or two cloves while simmering.

#### TOMATO PUREE:

4 lbs. tomatoes 1 onion, chopped 1 bay leaf  
2 or 3 whole sprigs of parsley, with stalks sprig of thyme  
2 teaspoonful salt ½ teaspoonful pepper

Wash the tomatoes, cut them up and stew them gently with all the other ingredients, without water. Put through a sieve, removing parsley and bay leaf and thyme. Put the puree back into the rinsed saucepan, and cook quickly until it is thick. Pour back into clean hot jars, and sterilise by either Method A or B. This is useful for soups and stews in winter, but unless your family is large, use small jars as the puree is very concentrated, and will not keep for long after opening a jar.

#### TOMATO SAUCE:

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

Cover the tomatoes with boiling water, leave two 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 two 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 two 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. This sauce does keep for quite a reasonable time after the bottle has been opened.

#### TOMATO KETCHUP:

6 lbs. ripe tomatoes 1 dessertspoonful mace  
1 oz. salt 1 dessertspoonful celery seed  
4 ozs. sugar 1 teaspoonful ground cinnamon  
1 teaspoonful cayenne Quart of vinegar

Cut the tomatoes in pieces, add the salt, sugar, cayenne, celery seed, spices and vinegar, and cook slowly for about two hours. Strain, bring to the boil again. Pour into bottles and tie down tightly. Keep for at least a month before using.

#### TOMATO CHUTNEY:

12 lbs. tomatoes 1½ ozs. salt ½ oz. cinnamon bark  
1 lb. onions Pinch of cayenne ½ oz. whole allspice  
½ lb. sugar 1 pint vinegar ½ oz. cloves  
½ oz. mace

Add all the spices to the vinegar. Bring it to the boil, and leave for two hours with the lid on the pan. Then strain. In the meantime, remove the stalks from the tomatoes, pour boiling water over them, and leave them for one minute. Then remove the skins, cut up and simmer with the onions, finely chopped, until the mixture is soft and thick. Then add the sugar, salt and cayenne and the strained vinegar. Cook again until the mixture is like thick cream, then pour into bottles and tie down very tightly. This chutney should be kept for at least a month before it is used.

#### GREEN TOMATO CHUTNEY:

4 lbs. green tomatoes 1 dessertspoonful ground ginger  
1 lb. apples chopped 1 oz. salt  
1½ lbs. onion chopped 1 teaspoonful cayenne pepper  
½ lb. raisins or sultanas 1 pint vinegar  
½ lb. brown sugar or granulated sugar

Peel and cut the tomatoes in quarters. Gently boil all the ingredients except the vinegar and sugar (without adding any water) for 1½ hours. Add the sugar and vinegar, and boil for another ½ hour. Pour into hot jars, and tie down very tightly.

#### GREEN TOMATO PICKLE:

3 lbs. green tomatoes 1 teaspoonful mustard seed  
1 onion 6 cloves  
½ oz. salt 2 sticks cinnamon } Tied in a piece  
6 ozs. sugar, brown if possible 12 peppercorns } of muslin  
1 tablespoonful celery seed Vinegar

Cut the tomatoes and the onion in thin slices, and cover them with a sprinkling of salt. Leave to stand overnight. Drain off the salt and water, put into a preserving pan with the sugar, celery seed, mustard seed and spices. Add enough vinegar to cover, bring to the boil, and simmer for two hours. Pot and tie down while still hot.

### COOKERY RECIPES

#### CREAM OF TOMATO SOUP:

2 lb. bottle of whole tomatoes or puree  
½ cup water 2 cloves  
2 teaspoonful sugar ½ teaspoonful salt  
1 tablespoonful chopped onion or celery  
2 ozs. margarine 1½ pints household milk and water  
2 ozs. flour Salt and pepper to taste

Put tomatoes, water, sugar and cloves, salt and onion or celery into a saucepan and simmer gently for 20 minutes. Meanwhile, melt margarine in another pan, stir in flour and cook until mixture bubbles; draw off heat and pour in boiling milk and water. Stir with wooden spoon or small whisk until mixture boils. Strain tomato mixture, and mix with margarine, etc., bring to boil, simmer three minutes, season with salt

and pepper to taste, and serve very hot, in cups. Thin down, if necessary, with boiling water. Serves 6-8 persons.

#### TOMATO AND CHEESE PIE:

8 ozs. green or ripe tomatoes 4 ozs. grated cheese  
8 ozs. uncooked potatoes 2 tablespoonsful water or stock  
8 ozs. raw carrot Salt and pepper

Potato Pastry (see Cookery Notes No. 39)  
Slice tomatoes. (If green tomatoes are used, simmer them in a saucepan for ten minutes.) Slice potatoes thinly, or grate them, and place in the bottom of a greased pie-dish. Pour over two tablespoonsful water. Season. Spread sliced tomatoes on top and season. Next add the grated carrot. Finish with the grated cheese. Cover with potato pastry, and make a hole in the centre of the pastry. Bake in a fairly hot oven (Regulo Mark 6) for 1 hour, then for a further 15 minutes in a moderate oven (Regulo Mark 4). Serves six persons.

#### TOMATO AND ONION SAVOURY:

½ lb. tomatoes or ½ pint puree 2 reconstituted dried eggs  
3 onions or ½ lb. spring onions 2 ozs. semolina  
½ pint liquid household milk Margarine  
Salt and pepper

Chop the onions and cook gently in the margarine in a covered pan for ten minutes. Blend the semolina with a little of the milk. Add the remainder of the milk to the onions and bring to the boil. Stir in the semolina and allow to thicken. Then add the tomatoes, sliced, eggs, and seasoning. Bake in a moderately hot oven (Regulo Mark 6) for 1 hour. Serves 3-4 persons.

#### TOMATO OMELETTE:

2 bottled tomatoes, or 2 tablespoonsful sauce or puree  
2 medium sized chopped cooked potatoes  
2 tablespoonsful liquid household milk 1 reconstituted dried egg  
½ oz. margarine or cooking fat Seasoning

Make the fat hot in the pan, add the potatoes, tomatoes, seasoning, and reconstituted egg mixed with the household milk. Cook gently on a low heat until the omelette is set. Ease gently away from the bottom of the pan with a knife, and fold over in half. Serve immediately.

If uncooked potatoes and fresh tomatoes are used, cut in slices, fry in the fat until both sides are browned, then pour off some of the hot fat. Now pour over the mixed egg, milk and seasoning, and fry until egg is set and browned on both sides. Serves one person.

#### HARICOT CHEESE AND TOMATO SAVOURY:

4 ozs. grated cheese 4 ozs. cooked haricot beans  
1 teaspoonful dry mustard 1 oz. flour  
1 oz. margarine Salt and pepper Parsley

3 tablespoonsful home-made tomato sauce or puree  
½ pint household milk, or half milk and half water in which beans were cooked.

Melt the margarine in a pan. Mix the dry mustard with the flour, and cook until the mixture bubbles. Gradually stir in the milk, or milk and water, and bring to the boil. Add the beans, tomato sauce or puree, and the cheese, mix well, season and return to the heat until the cheese melts. Serve very hot, sprinkled with finely chopped parsley. Serves 3 persons.

#### RICE AND TOMATO RING:

10 ozs. rice 1 reconstituted dried egg A little margarine  
Sauce: 1 lb. tomatoes (fresh or bottled) 1 oz. margarine  
Sprigs of parsley 1 oz. flour  
1 bay leaf 1 tablespoonful water  
2 small onions Salt and pepper

Wash the rice in cold water. Put in boiling salted water, and boil until tender.

Sauce: Peel and cut the tomatoes in pieces, chop the onions finely, put in a saucepan, and cook slowly with the bay leaf, parsley, seasoning and a tablespoonful of water for 1 hour. Press through a sieve.

Add to the cooked rice a little margarine and the egg. Season with pepper and salt and stir well. Make a border of the rice round a dish, and keep hot. Finish the sauce by melting 1 oz. margarine, then stir in the flour, mix well, add the tomato puree, and bring to the boil. Pour into the middle of the rice and serve hot. Serves 4-6 persons.