

Jam making from dried or tinned fruit / Stork Margarine Cookery Service.

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STORK MARGARINE COOKERY SERVICE



PEACH AND APPLE RING JAM

3 ozs. dried peaches 4 pints water
3 ozs. apple rings 1 level teaspoonful citric acid
Sugar (1 lb. to each pint of pulp)

Prepare and soak the peaches and apple rings and cook as for Peach Jam. Before adding the sugar, mash the pulp with a fork to break up the apple rings. (Yield: 3 lbs.)

PEACH AND RAISIN JAM

1 lb. dried peaches 4 pints water
1 lb. raisins (stoned or stoneless) 1 level teaspoonful citric acid
Sugar (1 lb. to each pint of pulp)

Chop the raisins and soak with the peaches in the cold water for 24 hours. Cook as for Peach Jam. (Yield: 2½ lbs.)

PEACH AND ORANGE JAM

4 ozs. dried peaches 5 pints water
2 small sweet oranges 1 level teaspoonful citric acid
Sugar (1 lb. to each pint of pulp)

Wash the oranges, and squeeze out the juice, saving the pips. Cut up the skins finely and place in a large bowl with the juice, pips (tied in muslin), peaches and water, and soak for 24 hours. Add citric acid and boil gently for about 1½ hours until the rinds are soft. Remove the pips, measure the pulp and add the sugar. Stir over a low heat until the sugar is melted, then boil fairly fast until the jam sets (about 20 minutes). (Yield: 2½ lbs.)

PEACH AND LEMON JAM

4 ozs. dried peaches 4 pints water
1 lemon Sugar (1 lb. to each pint of pulp)
Follow recipe for Peach and Orange Jam, omitting the citric acid. Setting time: 15-20 minutes. (Yield: 2 lbs.)

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MARMALADE FROM BOTTLED ORANGES AND LEMONS

In Cookery Notes No. 61 we gave instructions for bottling whole oranges and lemons for marmalade making when sugar is available. Here are the instructions for marmalade using bottled fruit:

SEVILLE (BITTER) ORANGE MARMALADE

3 good-sized Seville oranges (bottled)
1 lemon (bottled) Sugar (1 lb. to each pint of pulp)
4 pints water from jars, adding extra water to make up the quantity
Cut the oranges and lemon in halves and gently squeeze out the juice, saving the pips. Slice the peels very thinly. Place the shredded peels, juice, pips (tied in muslin) and water in a saucepan and simmer gently for approximately 1 hour until the peel is soft. Remove the pips and measure the pulp. Add 1 lb. sugar to each pint. Stir over a low heat until the sugar melts, then boil fairly fast, stirring at intervals, until the marmalade sets (about 25-30 minutes). Pot and seal while still hot. (Yield: 4 lbs.)

LEMON MARMALADE

2 lemons (bottled) Sugar (1 lb. to each pint of pulp)
2 pints water from jar, adding extra water to make up quantity
Follow instructions for Seville Orange Marmalade. (Yield: 1½ lbs.)



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COOKERY NOTES No. 75

MAY, 1946

JAM MAKING FROM DRIED OR TINNED FRUIT

APRICOT JAM
APPLE RING AND FIG JAM
APPLE RING AND PRUNE JAM
DATE AND SULTANA JAM
DATE, SULTANA AND ORANGE OR LEMON JAM
DATE AND ORANGE JAM
DATE AND LEMON JAM
DATE, FIG, ORANGE AND LEMON JAM
FIG AND ORANGE JAM
FIG AND LEMON JAM

MIXED FRUIT JAM
MIXED FRUIT JAM WITH ORANGE
MIXED FRUIT JAM WITH LEMON
PEACH JAM
PEACH AND APPLE RING JAM
PEACH AND RAISIN JAM
PEACH AND ORANGE JAM
PEACH AND LEMON JAM
TINNED FRUIT PLUM JAM
MARMALADE FROM BOTTLED ORANGES AND LEMONS

Our February 1946 Leaflet, No. 72, giving recipes for making jam from bottled fruit, was so popular that we have been experimenting with more "emergency" jams using dried or tinned fruit. Here are the results and we hope they will help to tide over the times when no fresh fruit is available or the month's ration has gone. You may not be able to get now all the fruits mentioned, but keep the recipes by you for the time when they are obtainable.

POINTS TO REMEMBER

DO NOT STORE: There is practically no natural pectin (the property in fruit which helps a jam to set) in many dried fruits and so the jams are inclined to crystallise if kept for longer than a month. Make small "stop-gap" quantities and use them quickly.

VARIOUS METHODS: Some dried fruits produce best results when cooked at boiling point. This is contrary to the usual practice in jam making, when the cooking of the fruit before adding sugar is generally done at a slow simmer. The cooking methods in these recipes have therefore been varied according to the fruits used.

PREPARING FRUIT: When oranges or lemons have been mixed with dried fruit, cut the rinds thinly and then cut into small lengths—about ¼-inch. This will prevent the peel becoming hard when cooked at a greater heat than is usual for proper marmalade.

JAM FROM TINNED FRUIT: We only give one recipe using Plums, as that is the only test we have been able to make. The result was delicious and the recipe can be used as a guide to other tinned fruits. Larger fruit, such as peaches, should first be cut into pieces.



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NOTES ON STEEPING AND BOILING OF DRIED FRUITS

The tables given below will show why it is necessary to use plenty of water when steeping and boiling all dried fruits. It is better to use even more than is necessary rather than too little. If rather more is used, it can easily be boiled off when cooking the fruit; but if too little is used the fruit is unable to absorb enough to make it swell to its fullest capacity when steeping and it is consequently still tough and shrunken before boiling. In addition, as there is not enough water left in which to boil it fast for the requisite time, the fruit still remains tough and leathery. When plenty of water is used to steep and boil fruits such as dried peaches, apricots and apple rings, it will be found that they swell enormously and are soft, spongy and delicious when cooked; so, whether they are intended for jam-making or for sweets or puddings, this rule should always be observed in order to get best possible results.

Rule Number Two is also equally important: not only use plenty of water for boiling, but boil fast. Dried fruits cooked this way have the appearance almost of fresh fruit and actually swell up to their original size. If they are to be used for sweets or puddings, they are at their best if served immediately after cooking or shortly after. If left over, they do not retain their shape, of course, and their colour is not quite so good; the flavour remains good, however.

	Weight before steeping	Weight after steeping
Apple Rings ...	2 ozs.	8 ozs.
Peaches ...	2 ozs.	6 ozs.
Apricots ...	2 ozs.	6 ozs.
Figs ...	2 ozs.	3 ozs.
Dates ...	2 ozs.	3 ozs.
Sultanas ...	2 ozs.	3 ozs.
Raisins ...	2 ozs.	3 ozs.
Currants ...	2 ozs.	3 ozs.

Measuring pulp (the cooked fruit and liquid) without a measuring jug:
If you do not possess a jug which is marked with liquid measurements, use an ordinary jug or saucepan which you know holds a pint. This can be tested by filling the jug with water from a pint milk bottle, but do not use a milk bottle because the hot cooked pulp might crack it.

JAM FROM TINNED FRUIT - PLUM JAM

2-lb. tin plums in syrup
10 ozs. sugar to each pint of fruit and juice
Measure the fruit and juice together and allow 10 ozs. sugar to each pint. Put fruit, juice and sugar in a saucepan and stir over a moderately low heat until the sugar has melted, then boil fairly fast until the jam sets when tested on a cold plate (7-10 minutes). Pot and tie down while still hot. (Yield: 2 lbs.)

NOTE: Larger fruit, like peaches, should first be cut into pieces. For apricots and peaches add 2 level teaspoonsful citric acid per 2-lb. tin.

JAM FROM DRIED FRUITS - APRICOT JAM

6 ozs. dried apricots 1 level teaspoonful citric acid
8 pints cold water A few almonds, if obtainable
Sugar (1 lb. to each pint of pulp)
Wash the apricots thoroughly, put them into a basin with the cold water and soak for 24 hours. Then put the apricots and the water into a preserving pan or large saucepan, add the citric acid, bring to the boil and boil fast for 45-50 minutes, stirring at intervals. Measure the pulp (these quantities make approximately 1½ pints) and allow 1 lb. sugar to each pint. Return the pulp and the sugar to the preserving pan, adding the blanched almonds if obtainable. Stir over a low heat until the sugar is melted, then boil fairly fast, stirring occasionally, until the jam sets when tested on a cold plate (about 25 minutes). Pour into clean warmed jars, cover and tie the down while still hot.

NOTE: ½ lb. sugar instead of 1 lb. can be added to each pint of pulp, but the jam will not be so sweet, will not yield so much and may not keep so long. (Yield: Approx. 3 lbs.)



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APPLE RING AND FIG JAM

½ lb. apple rings 8 pints cold water
½ lb. figs Sugar (1 lb. to each pint of pulp)
Wash the apple rings and figs and place them in a large bowl with the water. Soak for 24 hours. Place, with the water, in a large saucepan or preserving pan, bring to the boil and boil fast, stirring frequently, for 45-50 minutes, until the water has been reduced to about half a pint. Drain, saving the juice. Chop the cooked apple rings and figs finely, mix with the juice, measure and allow 1 lb. sugar to each pint of pulp. Return to the saucepan with the sugar, stir over a low heat until the sugar is melted, then boil gently, stirring often, until the jam sets when tested on a cold plate (about 25 minutes). Pot and seal while still hot. (Yield: Approx. 5 lbs.)

APPLE RING AND PRUNE JAM

4 ozs. apple rings 1 teaspoonful lemon substitute or
4 ozs. prunes juice of half a lemon
4 pints water Sugar (1 lb. to each pint of pulp)
Prepare, soak and cook as for Apple Ring and Fig Jam, adding the lemon juice or lemon substitute and removing the prune stones after the 45 minutes cooking. (Yield: Approx. 2½ lbs.)

DATE AND SULTANA JAM

1 lb. dates 1 level teaspoonful citric acid
4 ozs. sultanas 5 pints water
Sugar (1 lb. to each pint of pulp)
Wash the fruit, chop fairly finely and soak for 24 hours in the water. Place with the water in a saucepan, add the citric acid and boil fast for 1-1½ hours approximately until the total pulp is reduced to about 2 pints. Measure and allow 1 lb. sugar to each pint. Return to the saucepan, add the sugar, stir over a low heat until the sugar is melted, then boil gently, stirring often until thick (about 45 minutes). Pot and seal while still hot. (This jam becomes thick and syrupy but does not jell.) (Yield: Approx. 3 lbs.)

DATE, SULTANA AND ORANGE OR LEMON JAM

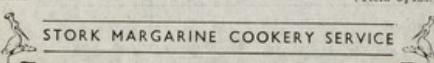
1 lb. dates 1 level teaspoonful citric acid
4 ozs. sultanas 6 pints water
1 sweet orange or lemon Sugar (1 lb. to each pint of pulp)
Wash the dried fruit and chop into pieces. Wash the orange, squeeze out the juice and tie the pips in a muslin bag. Slice the orange into thin small pieces. Soak all the fruit in the water for 24 hours, adding the orange juice. Transfer to a saucepan, add the citric acid and boil fast for 1-1½ hours or until the total pulp measures 2½ pints. Remove bag of pips. Measure pulp and add sugar as above, and when sugar is melted boil gently until thick (about 45 minutes). (Yield: 4½ lbs.)
Adding Lemon: Omit orange and citric acid and add the juice and cut-up lemon.

DATE AND ORANGE JAM

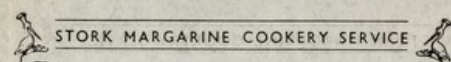
1 lb. dates 4 pints water
2 sweet oranges 1 level teaspoonful citric acid
Sugar (1 lb. to each pint of pulp)
Wash the oranges, squeeze out the juice, saving the pips. Shred the peel very finely and chop the dates. Place all the chopped fruit in a basin with the water, the orange juice and the pips (tied in muslin) and soak for 24 hours. Add the citric acid, bring all to the boil and simmer for approximately 1½ hours and the rinds are soft. Remove the pips, measure the pulp and add 1 lb. sugar to each pint. Stir over a low heat until the sugar has melted, then boil until set (about 25 minutes). (Yield: 3½ lbs.)

DATE AND LEMON JAM

1 lb. dates 5 pints water
1 lemon Sugar (1 lb. to each pint of pulp)
Follow the instructions for Date and Orange Jam but omit the citric acid. (Yield: 3½ lbs.)



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DATE, FIG, ORANGE AND LEMON JAM

½ lb. dates 1 lemon
½ ozs. figs 5 pints water
½ sweet orange Sugar (1 lb. to each pint of pulp)
Wash the dates and figs and chop into pieces. Wash the orange and lemon and squeeze out the juice, saving the pips. Cut up the peel finely and soak all the fruit in the water and juice for 24 hours, with the pips tied in muslin. Pour the fruit and water into a saucepan and boil all together gently until the rinds are soft (about 1½ hours). Remove the pips, measure the pulp and add 1 lb. sugar to each pint. When the sugar has dissolved, boil until the jam sets (about 45 minutes). (Yield: 4½ lbs.)

FIG AND ORANGE JAM

½ lb. figs 4 pints water
2 sweet oranges 1 level teaspoonful citric acid
Sugar (1 lb. to each pint of pulp)
Follow instructions for Date and Orange Jam. (Yield: 4 lbs.)

FIG AND LEMON JAM

½ lb. figs 3 pints water
1 lemon Sugar (1 lb. to each pint of pulp)
Follow instructions for Date and Lemon Jam. (Yield: 3 lbs.)

MIXED FRUIT JAM

½ lb. dates 1 lb. raisins
½ lb. figs 6 pints water
½ lb. sultanas 2 level teaspoonsful citric acid
Sugar (1 lb. to each pint of pulp)
Wash the fruit, chop it into pieces and steep in the water for 24 hours. Add the citric acid and boil all together fast for approximately 1½ hours or until the total pulp is reduced to 3 pints. Allow 1 lb. sugar to each pint. Stir over a low heat until the sugar is melted, then boil gently, stirring frequently until the contents are thick and syrupy (about 45 minutes). (This "jam" will not jell in the ordinary way, but becomes thick, like thick honey.) Pot and seal while still hot. (Yield: 4½ lbs.)

MIXED FRUIT JAM WITH ORANGE

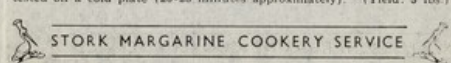
Use an additional pint of water and add juice and finely cut peel of 1 orange when soaking, together with pips tied in muslin. Cook as for Mixed Fruit Jam. (Yield: 5½ lbs.)

MIXED FRUIT JAM WITH LEMON

½ lb. dates 1 lb. raisins
½ lb. figs 1 lemon
½ lb. sultanas 7 pints water
Sugar (1 lb. to each pint of pulp)
Make as for Mixed Fruit Jam, adding the cut-up lemon, the juice and pips tied in muslin to the other fruit when soaking, and omit the citric acid. Remove the pips before adding the sugar. (Yield: 5½ lbs.)
NOTE: 1 sweet orange can also be added to the above, cut up as for lemon. If this is included, add an extra pint of water. (Yield: 6 lbs.)

PEACH JAM

6 ozs. dried peaches 1 level teaspoonful citric acid
8 pints cold water Sugar (1 lb. to each pint of pulp)
Wash the peaches and soak them in the water for 24 hours. Add the citric acid, bring the mixture to the boil and boil fast for 45-50 minutes, stirring at intervals. Measure the total pulp, which should be about 1½ pints, and allow 1 lb. sugar to each pint. Return the pulp and sugar to the preserving pan, stir over a low heat until the sugar is melted, then boil fairly fast, stirring occasionally, until the jam sets when tested on a cold plate (20-25 minutes approximately). (Yield: 3 lbs.)



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