

## **Fruit bottling : illustrated / Stork Margarine Cookery Service.**

### **Contributors**

Stork Margarine Cookery Service.

### **Publication/Creation**

London : Stork Margarine Cookery Service, 1947.

### **Persistent URL**

<https://wellcomecollection.org/works/jkfd33fp>

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
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3. **Mould Development.** Mould is a growth from spores which float in the air. If mould develops it is generally because the bottled fruit has not been "sealed" quickly enough after sterilising, and air has entered the jar. Therefore screw tops must be tightened immediately jars are taken out of the water, and tops placed on jars quickly after oven bottling. If air can enter whilst a jar is cooling, or even after the jar is cold, the heat of the jar liquid will not be sufficiently hot to kill any of these unseen spores which result in mould.

**Harmful Fault in Fruit Bottling**

The only usual harmful fault is if fermentation sets in. Fermentation may be dangerous and means that some form of bacteria is still present which has not been killed during sterilisation. The signs, which usually appear within a week of bottling, are discolouration, small bubbles all over the fruit and a pronounced taste like vinegar. Liquid will probably ooze from the top of the jar, because the fermentation is "active" and expands and must "get out." In an advanced state, the fermentation will blow off the top of the jar, and might even explode the jar itself. It is recommended that fruit affected by fermentation should be thrown away. Look over your store cupboard from time to time, and especially a week or two after bottling.

**POINTS TO WATCH**

**Method A—Bottling Under Water**

1. Fill jars with water or syrup to the brim and overflowing.
2. Cover the jars completely with water whilst they are being sterilised. Whilst successful bottling is sometimes obtained if the jars are not covered, it is better not to take risks but let the water cover them all over. Use a bucket if a deep enough saucepan is not available.

**Method B—Oven Bottling**

1. Follow the instruction carefully, and do not risk any "short cut" method, such as filling the jars with water and fixing on tops and clips *before* oven bottling. If the oven gets too hot, the jar is likely to crack because the top is fixed firm, and the results may be dangerous.
2. Fill jars, after cooking for the time required, with really fast boiling liquid and fill to overflowing and fix on rubber bands and tops quickly.

**BOTTLING IN SYRUP**

As already described, bottling in "syrup" means the use of sweetened water instead of just water. If sugar can be spared at the time, this method is definitely recommended particularly for soft fruit, as the sugar seems to preserve the full flavour of the fruit.

Fruit bottled in syrup has a tendency to rise in the jars, which is due to the presence of sugar and is not a fault in any way.

**VEGETABLES**

Vegetables should not be bottled unless a Pressure Cooker is available, when the instructions should be followed as supplied by the makers.



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STORK MARGARINE COOKERY SERVICE,  
Unilever House, London, E.C.4,  
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COOKERY NOTES No. 87

JULY, 1947

**FRUIT BOTTLING**

ILLUSTRATED

Fruit can be bottled (or sterilised, which is the correct name for this process) in water, or in sweetened water, which is generally described as "bottling in syrup." Hard fruits are best bottled in water and soft fruits in syrup.

The syrup is made by dissolving  $\frac{1}{2}$  to  $\frac{1}{4}$  lb. sugar in 1 pint of water, and then boiling it for 3 minutes. For Bottling Under Water, Method A (described later), the syrup must be left to get cold before pouring over the fruit. Tinned syrup can be used instead of sugar, but you must use more syrup to get the same degree of sweetness, i.e., 6 ozs. to 1 pint water. Then dissolve and boil for 3 minutes as described for the sugar sweetened liquid.

**CHOICE AND PREPARATION OF FRUIT**

All fruit should be sound and not over-ripe. Over-ripe and unsound fruit is liable to cause fermentation and your bottling will then be a failure; so choose the fruit carefully.

Wash the fruit, and remove stalks and green tops.

**Apples and Pears.** Peel thinly, remove the cores, cut in quarters and slice. In order to keep this fruit a good colour, have ready a bowl of salted water—1 rounded dessertspoonful to 1 pint—and as the fruit is sliced, let it drop into the salted water. Hard stewing pears should be gently simmered for about 10 minutes to soften them before bottling.

**CHOICE OF JARS, RUBBER BANDS AND COVERS**

The final result from bottling or sterilising fruit is that the jars must be made airtight. This will not happen if there are any faults or blemishes in the containers used, so feel the tops of jars to make sure they are smooth and even, with no cracks or chips. Then make sure the rubber bands are in good condition by pulling them and see if they spring back to their usual shape. Wash all jars and tops and soak rubber bands in hot water before use.

**STORING BOTTLED FRUIT**

There is no need to replace metal screw tops or clips for storing. If screw tops are left on jars, they should be loosened to prevent adhering too tightly to jars.



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**TYPES OF JARS**

There are three types in general use:

1. Screw top jar with a rubber band, glass top and screw metal top.
2. Metal top jar, with a rubber band fitted into a groove in the metal top, and then a clip.
3. Jam jars, with a rubber band fitted on the outside of the turned up rim of the metal top snap closure and then a clip.

**METHOD A—BOTTLING UNDER WATER**

Pack fruit carefully into jars, pushing it down with the handle of a wooden spoon. Fill the jars as full as possible, but try to avoid bruising the fruit, then fill to the brim with cold water or syrup.

For screw top jars, put on the rubber band, the glass top and the metal top. Screw tightly, then give the screw a half turn back so that air and steam may escape.

For metal top jars, fit the rubber band into the groove inside the metal top, place top on the jar, and fix on the clip.

For jam jars, fix the rubber band to the outside of the rim of the metal top snap closure, place on top of the jar and affix the clip.

The clips used for both the last two types of jar can expand under heat, and so allow air and steam to escape.

Fill a pan or bucket with cold water; the pan should be deep enough so that the water can cover the tops of the jars. Lay pieces of wood or rags on the bottom of the pan, add the jars and pack more rags around the jars so that they do not touch.

Bring the water gradually to the required temperature and maintain at that heat for the time stated (see table below). If a thermometer is not available, remember the water must never boil. Bring it to a slow simmer and continue for the time stated. Boiling point is 212° F., so it can be seen that the heat is always well below that point.

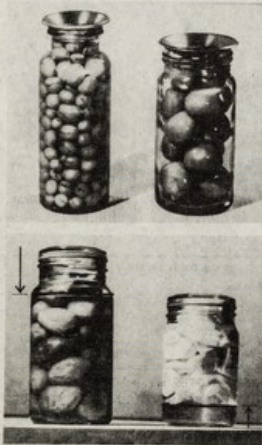
Bale out some of the water and then lift out the jars, tightening the screw top jars immediately. Leave to get quite cold, but continue tightening screw top jars at intervals as they cool.

It is advisable not to test jars for sealing until the next day. Remove the screw or clip tops, and lift up each jar by the glass or metal lid. If this holds, the jar is sterilised. If it comes off, the jar must be re-sterilised, or the fruit used at once.

	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	180	15
Plums		
Raspberries		
Rhubarb		
Strawberries		
Cherries		
Pears		
Quinces		
Tomatoes		
	190	20
	190	30



Jars ready for Method A—Bottling Under Water



Jars ready for Method B—Oven Bottling, with cake patty tins resting on top of jars

Common Errors:  
Left: Liquid down at the top  
Right: Fruit up from the bottom

**METHOD B—OVEN BOTTLING**

For oven bottling only two types of jar are recommended:

1. Screw top jar, with rubber band, glass top and screw metal top.
2. Metal top jar with a rubber band fitted into a groove in the metal top and then a clip.

Set the oven at a slow heat (Regulo Mark 1-1, or at 2 if the numbering commences at 1) or 250° F.

Fill up the jars tightly with fruit right up to the top, but do not add any water. Cover the jars with small cake patty pans to stop the fruit discolouring.

Use the lower half of the oven—either the second or third shelf from the bottom.

Place an asbestos mat on the shelf, as the jars must not touch the hot bars, put jars on the mat and cook for about 1 hour (tomatoes need 1½ hours) until the fruit is soft and shrunken.

Have ready the rubber bands, glass and metal tops, which should be heated in hot water.

Take the jars out one at a time, and if the fruit has shrunken considerably fill up from another jar of cooked fruit. Pour over fast-boiling water or syrup and fill to overflowing, and quickly add the rubber band, glass and screw top, or the metal top with its fitted rubber band and clip.

Tighten the screw tops at intervals while the jars cool, and leave till the next day for testing the seal. Remove the screw top or clip, lift the jar by the glass or metal top. If this holds, the jar is sealed. If it comes off, the jar must be re-sterilised, or the fruit used at once.

**WHAT GOES WRONG**

Errors in fruit bottling come under two headings—i.e., those which are harmful and those which are not. The latter will be dealt with first.

**Common—but Unharmful Errors**

1. The most general fault is shown in the bottom photograph when the fruit has risen in the jar. The reason is that fresh, uncooked fruit contains air. When fruit has risen it means that this air is still in the fruit and it floats. This is because the fruit has not been sterilised for the correct length of time or at the correct temperature.

Correct long slow simmering of the pan-water gives time for the air in the fruit to escape.

Incorrect hurrying of the bottling and quickly getting the pan-water to boiling point does not give time for the air to escape, and the fruit will rise in the jar.

2. The second common fault is that the water sinks at the top of the jar and leaves some fruit uncovered with liquid (see bottom photograph). This is caused by fast boiling of the pan-water in the later stages of bottling, or the bottling time being too long. Water expands with heat, and if the expansion goes on for too long, or the expansion is too quick, the liquid in the jar gets too hot and rises and steam or liquid will escape. The exposed fruit will discolour, but, if the jar has sealed properly, should not be harmful.