

**Fruit : bottling without sugar : four simple methods / Ministry of Food.**

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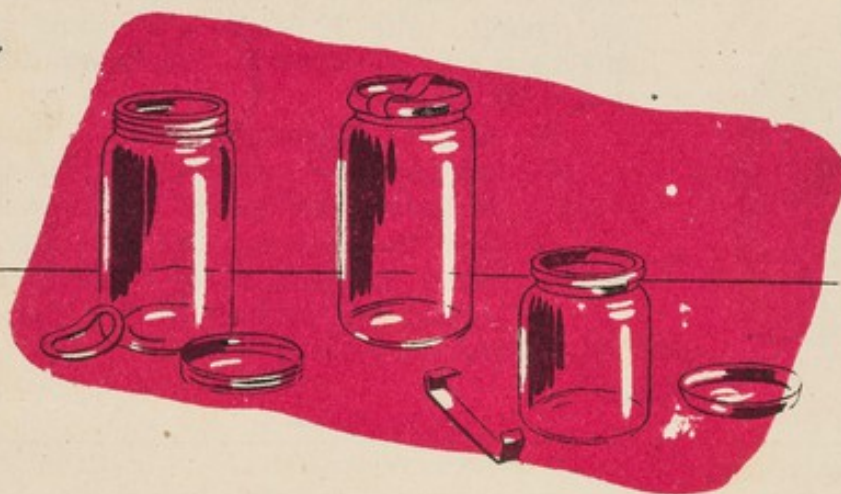
# FRUIT

## BOTTLING WITHOUT SUGAR

### Four simple methods

There is no need for an ounce of our precious home-grown fruit crop to be wasted. Housewives who have been unable to save enough sugar for jam can use one of these simple methods for bottling without sugar. Think how useful a supply of bottled fruit will be next winter, for it is usually possible to save enough sugar for stewing or pie-making. Just a word of advice. The fruit must be in good condition. It is a waste of time and money to bottle over-ripe or bruised fruit.

11-9-10-5  
5-19-11  
1-6-2  
3-9-3  
7-6-7



### KINDS OF JARS

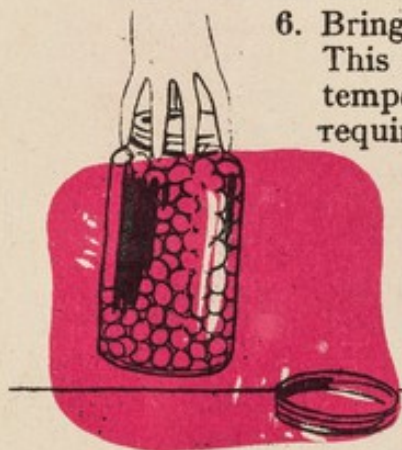
- (a) Screw-band vacuum jar—rubber ring, glass lid, screw-band.
- (b) Spring clip vacuum jar—rubber ring, metal lid, spring clip.
- (c) Snap closure—jam jars—rubber ring, metal lid, spring clip.



## STERILIZING IN A DEEP PAN, BUCKET OR STERILIZER



1. Wash and drain the jars.
2. Pack the jars tightly with the fruit. Shake soft juicy fruits down; for hard fruits the handle of a wooden spoon is useful for arranging the fruit in layers and for packing tightly. Pack the fruit almost to the top of the jar.
3. Cover the fruit with cold water, filling the jars to over-flowing.
4. The rubber rings (previously soaked in cold water) and lids should be fixed in position by the clip or screw-band. Where the screw-band is used it should be given a half-turn back to allow for expansion.
5. Put some straw, newspaper or cloth in the bottom of a deep pan or sterilizer; place the jars in and completely cover with cold water. A large fish kettle, bucket or any container which is deep enough can be used. The jars should not touch each other nor the sides of the container.
6. Bring the water slowly to the simmering point. This should take  $1\frac{1}{2}$  hours. Maintain at this temperature for 15 minutes. Pears and tomatoes require 30 minutes.



7. Remove the bottles one at a time from the sterilizer; place on a wooden table or board, and tighten the screw-bands.
8. Test the next day. Remove the screw-band or clip; if the seal is perfect it should be possible to lift the jar by the lid.

## OVEN METHOD



1. Wash and drain the jars.
2. Pack tightly with fruit, almost to the top of the jar.
3. Place in a very moderate oven (about  $240^{\circ}$  F.) on a piece of cardboard or several thicknesses of paper. The jars should be



covered with the lids (not rubber rings) to prevent the fruit from charring.

4. Leave in the oven until the fruit appears cooked and has shrunk a little ( $\frac{3}{4}$  hour—1 hour). Whole tomatoes take  $1\frac{1}{2}$  hours. This method is not recommended for sliced tomatoes.
5. Remove the jars one at a time, place on a mat or folded newspaper, and cover the fruit with boiling water.
6. Seal *immediately* with the rubber rings, lids and clip or screw-band. The screw-band may need tightening as the jar cools.
7. Test the next day (see para 8 of "Sterilizing").

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**NOTE.**—If you are using either of the preceding two methods and have saved a little sugar, it is worth while making a bottling syrup with it. Make the syrup by dissolving from 2 oz. to 8 oz. of sugar per pint of water. Allow to boil for a few minutes, strain and use exactly as directed for water. The sugar penetrates the fruit during storage.

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## PULPING

This is a simple way of bottling stewed fruit, whether soft or hard. Windfall apples or bruised plums can be bottled by this method if all bruised parts are removed first.



1. Stew the fruit in a little water until thoroughly pulped (only enough water is needed to prevent the pan from burning). About 30 minutes' stewing is needed for soft fruit, longer for hard textured fruits.
2. Pour at once into clean hot jars.
3. Seal immediately with the rubber ring, lid and clip or screw-band. Where the screw-band is used, give it a half-turn back to allow for expansion.
4. Place the jars in a pan of hot water, bring to the boil and boil for 5 minutes. Tomatoes should remain in the boiling water for 15 minutes. The jars should be completely covered with the water.
5. Remove and tighten the screw-band.
6. Test the next day (see para 8 of "Sterilizing")



## CAMPDEN METHOD

This method is suitable for most stone and soft fruits, provided the fruit is sound and not over-ripe.

Fruits not recommended to be preserved by this method are:—Blackberries, Sweet Cherries, Pears, Dessert Apples, Blackcurrants, Gooseberries and Tomatoes.



### HOW TO USE THE TABLETS

1. Dissolve the tablets in *cold* or *tepid* water, allowing 1 tablet to each  $\frac{1}{2}$  pint of water.
2. Pack the fruit in the jars; *do not pack too tightly.*
3. Pour over the solution until the fruit is entirely covered. *At least  $\frac{1}{2}$  pint of solution must be used for each pound of fruit, and sometimes more is necessary.*
4. Seal at once with the rubber rings and clips or screw-bands. If metal covers are used the metal should be protected by two or three layers of paper fitted into the lid, or by smearing the inside of the lid with "vaseline."

### HOW TO USE THE FRUIT PRESERVED BY THE CAMPDEN METHOD

The fruit can be used for stewing, in puddings, pies, or for jam making.

**FOR PUDDINGS, ETC.** The fruit should be poured into an open pan and heated until there is no further smell of sulphur. If difficulty is experienced in getting rid of the sulphur fumes in the case of plums, remove the stones first. Do not discard the liquid, as this contains some of the fruit juices, sugar and protective substances.

**FOR JAM MAKING.** The liquid should be strained off and boiled first in an open pan without the fruit, in order to prevent over-cooking the latter. After reducing the liquid to about half its bulk, the fruit should be added and the whole simmered until the fruit has softened. The sugar should then be added and the jam finished in the usual way.