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

TOMATOES

THE PRESERVATION OF

The wise housewife will preserve tomatoes for winter use when the supply of protective foods is generally more difficult.

Tomatoes possess not only an attractive colour and a palatable flavour but also good nutritional value. They contain protective substances which increase resistance to infection, produce a clear and healthy skin, and give buoyant good health and vitality. Some of the protective value of tomatoes is lost if they are cooked after they have been removed from the bottling jars, so whenever possible eat them 'straight from the jar.'

KINDS OF JARS

- Screw-band Vacuum jar—rubber ring, glass lid, screw-band.
- Spring-clip, Vacuum jar—rubber ring, metal lid, spring clip.
- Snap closure—jam jar, rubber ring, metal lid, spring clip.



PRESERVING TOMATOES, USING THE OVEN METHOD

- Wash and drain the jars.
- Wash the tomatoes, and pack the whole tomatoes into the jars, filling almost to the top.

- Place in a very moderate oven (about 240°F) and cover the jars with lids or saucers to prevent the tomatoes from charring. The jars should be placed on an asbestos mat or piece of cardboard to prevent the jars from touching the metal oven shelf.

- The tomatoes should be heated until they appear cooked and have shrunk a little (they must be heated for at least 1½ hours).

- Remove the jars one at a time from the oven and fill them to the brim with boiling brine (½ oz. salt dissolved in 1 quart water). A little sugar (¼ oz.) may be added to brine if desired.

- Seal immediately with rubber rings (previously soaked in cold water), lid, and clip or screw-band.

(Screw-bands should be tightened as the jars cool.)

- **TESTING THE JARS.** Test next day. Remove the screw-band or clip; if the seal is perfect it should be possible to lift the jar by the lid, showing a vacuum has formed. If the seal is not perfect the tomatoes must be re-sterilised.

Screw-bands should be dried and only put on loosely during storage. A smear of 'vaseline' on the inside of the band helps to prevent rust. Clips should not be left on the bottles.

Store in a cool, dark place as strong light fades the colour of the fruit.

NOTE. The success of this method depends on carrying out the process quickly and getting the covers on as soon as possible after taking the jars from the oven.



PRESERVING TOMATOES IN BRINE, USING A DEEP PAN OR STERILIZER

- **PREPARATION OF JARS.** Wash and drain the jars.

- **PREPARATION OF TOMATOES.** Wash the tomatoes thoroughly

- **PACKING THE JARS.** Pack the tomatoes tightly into the jar; the tomatoes should be packed almost to the top of the jar.

- **FILLING WITH BRINE.**

(i) Make the brine solution by dissolving ½ oz. salt in 1 quart water.

(ii) Fill the jars to overflowing with the cold brine solution.

- **SEALING.** The rubber rings (previously soaked in cold water) and lids should be fixed in position by the clips or screw-bands. Where the screw-band is used it should be loosened slightly to allow for expansion.

- **STERILISATION.** Sterilisation, removal of jars and testing are carried out as before.



PRESERVING TOMATOES IN THEIR OWN JUICE, USING A DEEP PAN, ZINC BATH BUCKET OR STERILIZER

- **PREPARATION OF JARS.** Wash and drain jars.
- **PREPARATION OF TOMATOES.**
 - (i) Blanch the tomatoes by placing in boiling water for $\frac{1}{2}$ minute.
 - (ii) After blanching, place immediately in cold water.
 - (iii) Remove the skin.
 - (iv) Cut medium or large tomatoes into halves or quarters ; small tomatoes may be left whole.
- **PACKING THE JARS.**
 - (i) Pack the tomatoes tightly into the jars, putting a layer of salt between each layer of tomatoes (about $\frac{1}{4}$ oz. salt to each 2 lbs. tomatoes). The addition of 1 teaspoon sugar to 2 lbs. tomatoes improves the flavour.
 - (ii) The tomatoes should be well pressed down in the jars, but no liquid should be added.
- **SEALING.** The rubber rings (previously soaked in cold water) and lids should be fixed in position by the clips or screw bands. Where the screw-band is used it should be loosened slightly to allow for expansion.
- **STERILISING.** (i) Place the jars in a deep pan or steriliser and cover completely with cold water.

A large fish kettle or any container, even a zinc bath or bucket, which is deep enough can be used. It should be fitted with a false bottom so that the bottles do not touch the bottom of the container. A false bottom can be made by nailing together strips of wood in trellis fashion ; alternatively straw, newspaper, or cloth can be used. The jars should not touch each other or the sides of the container.

(ii) Bring slowly to 190°F (this should take 1½ hours) and maintain at this temperature for 30 minutes. If a thermometer is not available bring the water slowly up to the simmering point (this should take 1½ hours) and simmer for 30 minutes.

- **REMOVING THE JARS.** Remove the jars one at a time from the steriliser. Place on a wooden table or board and tighten the screw-bands.

After cooling, test as before.

PULPING



- Wash and cut up the tomatoes and heat in a covered saucepan with just enough water to prevent the pan from burning (very little water is required.)
- When the tomatoes are thoroughly cooked and pulped, add salt (¼ teaspoon to 2 lbs. tomatoes).
- Pour at once into clean hot jars.
- Seal immediately with rubber ring, lid, and clip or screw-band. Where the screw-band is used it should be given a slight turn back to allow for expansion.
- Place the jars in a pan of boiling water for 10 minutes. (The jars should be completely covered with the boiling water.)
- Remove the jars and tighten the screw-band.