

Plums / Janet Bond.

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Canned Foods Advisory Bureau.

Publication/Creation

London : Canned Foods Advisory Bureau, [between 1950 and 1959?]

Persistent URL

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CANNED FOODS BULLETIN

FROM JANET BOND, CANNED FOODS ADVISORY BUREAU LTD., 243 REGENT ST., LONDON, W.1

PLUMS

This is the time of the year when the fruiterers' shops yield little variety and we are often at a loss in choosing fruit for cooking. We are weary of apples, which are practically the only cooking fruit available during the winter, and rhubarb, the one variation, is not by any means a universal favourite.

So I have been searching for some really helpful suggestions to make to you, and I have discovered that there are plenty of good ENGLISH CANNED PLUMS to be bought at very reasonable prices.

A WONDERFUL SEASON. The season produced a wonderful harvest and masses of delicious red, golden, purple and Victoria plums were available for preserving. We are lucky indeed when a bumper season provides a supply of plums all through winter and spring.

We should take full advantage of it, especially as I hear that a shortage next season is not unlikely. It would perhaps be hoping too much to expect another harvest as good as this, safely preserved in cans.

"PLUMP, POMPOUS AND PRETENTIOUS." I have heard plums described as being "plump, pompous and pretentious." This is a fairly apt description, though there is no pretence about that golden, juicy flesh that is almost bursting through the smooth, bloom-covered skin. There's nothing flabby about English plums; they are as firm and unspoiled as they are buxom-looking, and that is why they are so successful in cans.



BRING HIM VICTORIAS. The Victoria is the largest and most handsome of all plums, and peculiarly English. It is egg-shaped, usually a glowing red, and its delicious sweet flavour makes it primarily a dessert plum. For this reason canned Victorias are probably the best variety to use when the fruit is to be served alone.

Red, golden and purple plums are also popular. They yield an excellent product of high quality when canned and are slightly less expensive than Victorias.



CAN SIZES. There are two popular family sized cans for plums holding approximately 1½ lbs. and 2 lbs. These are all packed in syrup, although a small quantity is packed without sugar for the convenience of those people who need special diets.



SOME RECIPES. Having found out about this bumper crop of plums, I began wondering how to take advantage of it. I set to work to find out how the fruit could be used in ways a little different from the tarts, flans and puddings we all know so well. The result is a few simple and quickly prepared recipes which I am including in this leaflet.

As well as providing the base for prepared recipes, the colour and tart, fresh flavour of plums make them favourites for breakfast, fruit salads and compôtes. A simple and attractive way to serve them is in combination with sliced bananas: Plum and Banana Compôte—chill the fruit if possible and add a dash of sherry or rum if you want a really stunning flavour. Cut the banana immediately before serving to avoid discolouration.

yours domestically
Janet Bond



In these recipes the small can referred to is the 1½ lb. size and the large can the 2 lb. size. The cup measurement given is that of a medium size breakfastcup, or 8 fluid ozs.

PLUM ROLL. 1 small can red plums ; 1 oz. brown sugar ; 1 teaspoonful lemon juice ; ½ teaspoonful cinnamon ; rich short pastry, sweetened.

Drain and stone the plums and cut into quarters. Roll the pastry into an oblong shape and cover with plums, sugar, cinnamon and lemon juice. Roll up and bake in a hot oven for 30 minutes. Dredge with castor sugar before serving.

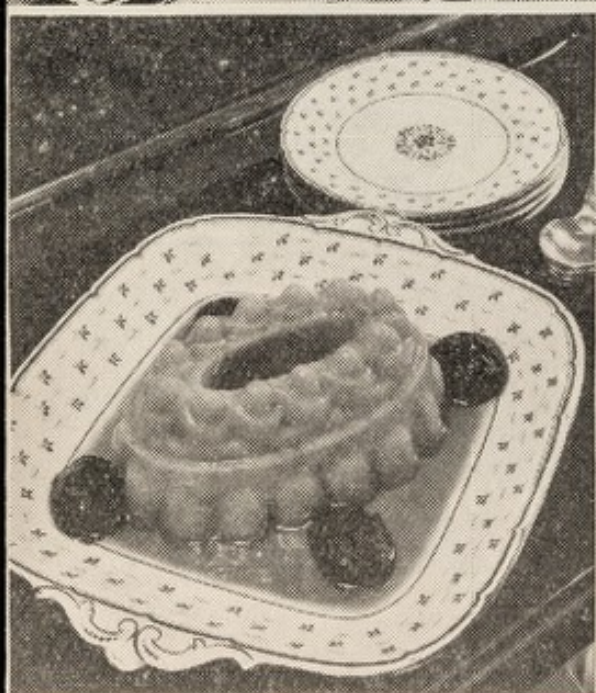
Approximate number of servings—5.



PLUM CHARLOTTE. 1 large can golden plums ; 4 ozs. breadcrumbs ; 2 tablespoonfuls golden syrup ; 1 oz. butter.

Butter a pie dish and dredge with crumbs. Drain the plums and remove the stones. Arrange plums and breadcrumbs in layers in the pie dish, finishing with a layer of crumbs. Mix the syrup with a gill of plum juice and pour over the pudding. Put knobs of butter on top and bake in a hot oven for 20 minutes.

Approximate number of servings—4-5.



PLUM CREAM. 1 small can Victoria plums ; 1 oz. sugar ; ½ oz. gelatine ; ½ cup of canned evaporated milk ; 2 tablespoonfuls warm water.

Drain and stone the plums and make the pulp up to ½ pint with juice. Heat this with the sugar. Dissolve gelatine in water and add to the fruit, mixing well. Stir in the whipped milk and colour slightly with carmine. Pour into a mould to set.

To whip evaporated milk, heat it slightly in the unopened can, and chill thoroughly before whipping. Cream may be substituted for canned milk in this recipe if desired.

Approximate number of servings—5.

SQUARE FACE FLAN. 8 ozs. puff or flaky pastry; 1 large can red or golden plums; 1 teaspoonful corn-flour; colouring if desired.

Roll the pastry into a square $\frac{1}{4}$ in. thick. Cut away the edges and cut out the centre leaving a border $\frac{1}{4}$ in. wide. Roll out the centre to same size as the border and place it on a baking sheet. Brush with egg, place border on top and egg-wash the edges. Prick the centre and bake in a hot oven. When cold, fill with well drained plums and glaze with syrup thickened with cornflour and coloured if necessary.

Approximate number of servings—8.

PLUM GATEAU. 1 small can Victoria plums; 1 7 in. sponge cake; 1 gill cream; sugar to flavour; colouring.

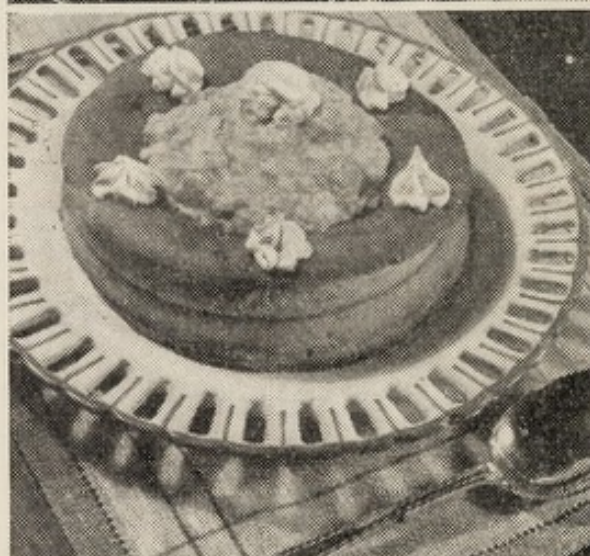
Drain the plums thoroughly and remove the stones. Cut a large circle from the centre of the sponge cake, stand the ring on a glass or fancy plate and pour the plum juice over it. Crumble the sponge centre and mix with whipped cream, plum pulp and sugar. Pile this mixture into the centre of the ring and decorate the edge with whipped cream.

Approximate number of servings—6.

PLUM COUPE. 2 ozs. seed tapioca; 1 small can red plums; 2 ozs. sugar; cream.

Drain the plums, remove the stones and cut into quarters. Add to the syrup sufficient water to make 1 pint. Bring to the boil, sprinkle in the tapioca and sugar mixed together and stir until the tapioca clears (about 10 minutes). Add the plums, cool slightly and pour into individual glasses. Decorate with whipped cream.

Approximate number of servings—4.



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