

## SUGGESTIONS FOR CHUTNEYS

**N**OT only jams and jellies, but also chutneys and pickles are good, useful things to make, for use in the "fruitless months." Chutneys are especially nice, and are needed with curry, as well as with cold meat. Also, have you noticed how nice chutney is spread on sandwiches? Just a thin spread of chutney (or apple and tomato sauce), will absolutely transform a sandwich lunch, especially if eaten with a tomato and some lettuce.

### Sweet Chutney

Three pounds apples, 2lbs. tomatoes, 2lbs. peaches or apricots, 4lbs. brown sugar, 2lbs. onions, 1lb. sultanas, 2 tablespoons salt, 1 tablespoon ground ginger,  $\frac{1}{4}$ oz. cayenne pepper,  $\frac{1}{4}$ oz. ground mace,  $\frac{1}{2}$  gallon vinegar. Slice finely, and cover with the sugar and vinegar. Leave overnight. Next day, boil for three hours, adding the juice of 2 lemons about 1 hour before ready.

### Peach Chutney (with Tomatoes)

This is not a hot chutney, but more cayenne may be added if you like. Four lbs. peaches, 1 tablespoon salt, 2lbs. tomatoes,  $\frac{1}{2}$  teaspoon cayenne pepper, 2lbs. apples, 2 tablespoons peppercorns, 2lbs. onions, 1 teaspoon cloves, 2lbs. brown sugar, 1 large bottle vinegar. Tie peppercorns and cloves in small bag. Peel fruit and cut up small. Boil all together about 2 hours, or till well pulped.

### Peach Chutney (without Tomatoes)

Cut up 6lbs. peaches and nearly cover with vinegar. Then add 3lbs. brown sugar, 6ozs. salt, 1 small teaspoon cayenne, 2ozs. garlic,  $\frac{1}{4}$ oz. whole ginger bruised and put in a muslin bag, and 2lbs. sultanas. Boil all to pulp.

### Peach and Plum Chutney

Slice and stone 2lbs. peaches and 2lbs. plums. Have ripe, but firm fruit. Put in layers in dish, sprinkle each layer with a little pepper and salt, leave 24 hours. Drain, put fruit in pan with 4 cups vinegar,  $\frac{1}{2}$ lb. brown sugar, 3ozs. preserved ginger, 2ozs. cloves, and  $\frac{1}{2}$ lb. onions cut finely. Boil slowly till the peaches are tender. Strain through sieve, fill small jars and make airtight. Substitute ginger essence or bruised ginger for preserved.

### Pear Chutney

Four lbs. soft cooking pears, 2lbs. soft cooking apples, 2lbs. tomatoes, 1lb. preserved ginger, 5 cups brown sugar, 1lb. figs,  $\frac{1}{2}$ lb. sultanas, 1 tablespoon salt,  $\frac{1}{4}$ oz. mustard or to taste, pinch cayenne, 6 large onions, vinegar. Cut all fruit fine, cover with sugar and stand all night. Then nearly cover with vinegar, boil all together till soft — about  $1\frac{1}{2}$  hours. Substitute ginger essence or bruised ginger for preserved.

### Plum Chutney

You may not be able to get preserved ginger or dates, so must just leave them out. You could try flavouring with ginger essence, but taste carefully before adding too much. Six lbs. plums, 3lbs. apples, 3lbs. onions, 2lbs. sugar,  $\frac{1}{4}$ lb. salt, 1 level teaspoon pepper, 1 level

teaspoon mustard, 3 cups vinegar, 1 small piece garlic cut finely, 1 dessertspoon each whole allspice and pickling spices,  $\frac{1}{2}$ lb. each of dates, raisins and preserved ginger. Peel, core and quarter apples, cut onions fine. Boil plums in vinegar, put through sieve. Add apples, onions and other ingredients, stir well, and boil 2 hours. Have ginger chopped, and spices in a muslin bag. Remove before bottling.

### Rhubarb Chutney

Five lbs. rhubarb, 1 dessertspoonful each of mustard, ginger, chillies, curry powder, 5lbs. onions, 1lb. sultanas, 3lbs. sugar, 2 bottles of vinegar, 2 tablespoons salt. Cut up finely. Boil  $1\frac{1}{2}$  hours.

### Apricot Chutney

Six lbs. apricots,  $2\frac{1}{2}$ lbs. onions,  $1\frac{3}{4}$ lbs. sugar, 1 dessertspoon salt, 1 teaspoon cloves, 1 teaspoon peppercorns, 1 teaspoon ground mace, 1 teaspoon curry powder,  $\frac{1}{2}$  teaspoon cayenne,  $\frac{1}{2}$  bottle vinegar. Cut up the apricots and onions, and put in pan with rest of the ingredients. Boil for 1 hour. It is nice in sandwiches for supper.

## FROM THE MAIL BAG

### Good Home-made Butter

Dear Aunt Daisy,

Here is a hint I would like to pass on to you, for those who make their own butter. The difficulty is to get rid of the water after washing the butter, and I found that the best way is to roll it on the pastry board with the rolling pin (wooden, of course). Always put the salt in when beating the cream, this ensures it being properly mixed, although a little more is needed. Before rolling the butter, scald the board and rolling pin with not quite boiling water, and then cool with cold water. Have one end of the board in the sink, so that the water runs off into the sink, and the board also holds firm while rolling. Keep on rolling the butter till it is a firm, even texture, and then make into pats in the usual way. Butter pats also should be scalded and then cooled\*before using. The butter starts lifting to the rolling pin when it is done.

I make two or three pounds of butter at a time. This is just about as much as can be handled conveniently on the board at one time. In the summertime it is necessary to leave the butter to firm up overnight sometimes, if it is too soft to roll. Of course, if one is fortunate enough to have a refrigerator it could be put in that for a while. Down south here, it is only occasionally too hot for butter making, as the nights are usually cool, and if the butter is made first thing in the morning, it is usually firm enough to roll. This makes beautiful butter. I never liked home-made butter until I tried this way of making it.

Hoping these hints will help someone else to make better butter.—W.T.T., Mosgiel.



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