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ASK Aunt Daisy

PERSIMMONS, FEIJOAS, GOOSEBERRIES

PERSIMMONS, feijoas and Chinese gooseberries are all plentiful this year, and help to give a delightful "party-touch" to fruit salads as well as being delicious eaten alone. Fresh, raw fruit served as dessert instead of a pudding is a good idea, especially if the main dish has been a substantial one. Feijoas are getting more popular every year and many requests are coming in for ways of using them, and also for persimmon and gooseberry recipes.

Feijoa and Guava Jelly

Cut up roughly, 3lb. "feijoas, 1lb. ordinary red guavas, 2lb. cooking apples—skins as well. Boil in just enough water to cover until all is well-pulped. When you are sure that all the juice is extracted—at least an hour—strain through double-muslin slowly. Measure the juice, bring it to the boil, add warmed sugar, allowing cup for cup, and stir well till thoroughly dissolved and the whole is boiling again. Then boil fast till it will set when tested—may take only 10 minutes. Watch it well and test often. If no guavas are available, add an extra pound of feijoas and the juice of 1 or 2 lemons.

Feijoa and Melon Jam

Four pounds feijoas cut up with skin on; 4lb. pie-melon peeled and cut up small; 2 breakfast cups of water; 6lb. sugar. Cut up fruit and simmer with the water until the melon is tender. Then add sugar, stir till dissolved, and boil until it will set.

Feijoa Conserve

Make first a syrup by boiling together for 10 minutes water and sugar in the proportion of 2 cups sugar to 1 cup water. Thinly peel feijoas, cut into quarters, and drop into hot syrup. Prepare 2 or 3 lemons—cut into tiny but whole sections, free from pith and skin. Have half as much lemon as feijoa, or even a little less. Drop these pieces in with the feijoas and simmer rather quickly until it is all cooked and will set when tested. This is a lovely conserve with whole pieces set in a jelly. Bottle when half-cooked in small jars.

Persimmon Jam

Cut out the stalk-part of the persimmons and then slice up the fruit. Allow ½lb. sugar to each pound of fruit. Sprinkle half the sugar over and leave all night. Next day bring to the boil, with a little whole ginger (bruised and in a muslin bag). Stir in the rest of the sugar, warmed, stirring constantly till boiling again and frequently afterwards, and adding the juice of 1 or 2 lemons, to flavour and to help in setting. Test frequently; boil till it will set when tested.

Chinese Gooseberry Jam

Cut any quantity of Chinese gooseberries in half and scoop out the pulp. First cover the bottom of the preserving pan with water about ½-inch. Add

the pulp, and boil gently till cooked. Then add ¾lb. sugar and the juice of a lemon to every pound of the pulp, and half the grated rind. Orange juice makes a nice change. Boil as usual, stirring, till it will set when tested.

Gooseberry Chutney

Twelve Chinese gooseberries peeled and cut up, 3 medium-sized onions grated, 1 large banana cut up, 2 lemons peeled and cut into chunks, 1 small cup sultanas or raisins, 1 teaspoon

FRESH FIG JAM

Six pounds fresh figs; 6lb. sugar; 1 teacup each of vinegar and water; ½ to ¾lb. preserved ginger; 2oz. root ginger (bruised and tied in muslin). Wipe and slice the figs, cover with half the sugar, and stand overnight. Next day add rest of sugar and the ginger, and bring to boil with the vinegar and water slowly, stirring continually. Then boil till it will set when tested (perhaps 2 hours). Remove the bag of ginger before bottling. This jam burns easily, so butter the pan first and stir carefully. An asbestos mat is a good idea.

FIG CONSERVE

Eight pounds fresh figs weighed after peeling; 5¾lb. sugar; juice of 4 or 5 large lemons. 1lb. preserved ginger. Cut figs into halves or quarters and put into buttered pan with the sugar and cut-up ginger; pour the lemon-juice over, and leave to stand for 2 or 3 hours. Then put over low heat and stir till sugar is dissolved, keeping stirred to prevent burning. Then boil fairly fast till it is cooked and will set—approximately 1½ hours. Use big spoon to keep the jam gently lifted through and through during boiling, to prevent sticking and so as not to break up the figs.

ground ginger, ¼lb. preserved ginger, 1 large cup sugar (brown), 1 dessert-spoon salt (or a little less), ½ teaspoon pepper, 1 large cup vinegar. Put all into saucepan, just cover with vinegar, and simmer about 1½ hours. Mash with potato masher—do not strain through colander. When cool, bottle and cork well.

Gooseberry and Tree Tomato Jam

Ten tree tomatoes; 12 Chinese gooseberries; 6 cups of sugar; 2 large cups of water. Skin tomatoes, cut up into the pan. Scoop out pulp from Chinese gooseberries, add to tomatoes with the water, and cook about ½ hour. When the jam comes to the boil, add warmed sugar, and cook until it will set when tested on a saucer.

Gooseberry and Orange Jam

Four and a-half pounds of Chinese gooseberry pulp; 4½lb. sugar; juice and grated rind of 8 sweet oranges; the same of 2 lemons. Boil all together until it will set when tested.