

FROM THE MAILBAG

Mouldy Beans

Dear Aunt Daisy,

With regard to the preserving of beans, I've listened to several recipes given by your Daisy Chain, and hear that some have not been a success because mould has formed. Here is a way to prevent this: After the jar is filled in the usual way, always place on top a heavy weight; an old plate with a heavy clean stone on top, or a clean piece of board with a stone on top. Keep the beans well under the brine, and there will be no mould. Always put back the piece of plate and stone after taking any beans from jar. "A Listener."

Another Suggestion

Dear Aunt Daisy,

You were saying, that a lady found her salted-down beans had gone mouldy. Well, I really think it is because she has not kept stirring the beans and salt, at least once a day, until the brine comes. I do them every year with great success. Hoping this will help.

"Ida, of Dunedin."

Have you tried this method? Instead of using the alternate layers of salt and beans, allow 1lb. salt and 1/2lb. sugar to each 2 1/2lb. of beans. Cut the beans as for the table, put into a bowl, and sprinkle them with the well-mixed sugar and salt. Mix it thoroughly right through the beans. Leave overnight. Next day pack the beans into jars, and cover with the brine which formed. Keep in a cool place. Do not screw airtight. More can be added if a big crock is used, as the beans in the garden get ready. Just prepare overnight as above.

The Fat-Sealing Method

Dear Aunt Daisy,

This is a good cheap hint to pass on to your Daisy Chain, now that preserving time is here. Any sort of bottle can be used and no screw tops.

Put fruit in jars as usual, cover with syrup, or just plain boiled water, and sterilise in either oven or water-bath till done. Have melted on the stove equal parts of clean beef fat and mutton fat. Remove jars one at a time from steriliser, carefully pour in 2 or 3 tablespoons of the melted fat. Paste over 2 or 3 thicknesses of brown paper, taking it well down the side of jars. Put aside to cool. Do not invert. Lift off fat when using fruit. I have done this for the last 4 years and my fruit has always been up to the standard. Something cheap and helpful!

Wishing you all the best for 1949, and thanking you for all your help in the past.

"Papakura."

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