



PLUMS AND PEACHES

EVERYONE is busy with jam-making and preserving now, and here are some useful recipes for plums and peaches. What a busy time midsummer is—what with hay-making and harvesting, and all the fruit ripening at once, and, of course, dairying at the height of its season. Yet even the country boys and girls find time somehow for swimming and tennis—at the week-ends, at least; and there are picnics in between milking times! New Zealanders do certainly set themselves to enjoy their leisure and make the most of their chances for sport. We really are a cheerful people.

Choose some jam recipes from the following. Always boil jam very rapidly after the sugar is dissolved; and always have plenty of room in the pan for a fast, rolling boil.

Plum Jam

Allow one pint of water to three pounds of plums, and one and a-quarter pounds of sugar to each pound of fruit. Boil up the fruit first with the water; then add the sugar and boil until it is a rich colour and will set when tested. A good old recipe.

Peach Jam

To three pounds of peaches allow three pints of water and five pounds of sugar, besides a small tablespoon of butter. Cut the peaches up and boil them in the water until soft; then add the sugar and butter and boil hard, stirring very frequently for about forty-five minutes, or until it sets when tested. This jam sets quite firmly, and is a lovely golden colour.

Plum and Loganberry

This makes a lovely rich jam. Allow two pounds of loganberries to six pounds of plums, and a pound of sugar to every pound of fruit. Boil up the plums first in just a little water; then add the loganberries and boil till all the fruit is soft. Add the warmed sugar and cook until it will set when tested.

Plum and Raspberry

Take three pounds of each fruit, and an equal quantity of sugar—six pounds. Halve the plums and remove the stones. Put them into the preserving pan with one-third of the sugar, and stir, over the fire, till the juice flows. Let them boil for fifteen minutes. Then add the

raspberries and the rest of the sugar (heated in the oven), and boil very quickly for another ten or fifteen minutes, or until it will set when tested.

Plum and Banana Jam

This is an original recipe sent in by one of our Daisy Chain. She said it is really lovely, with an absolutely new but beautiful flavour. It will need a big pan to make this quantity. One does get tired of too much ordinary plum jam; yet plums are cheap and plentiful, and must be used. So this banana mixture is a real inspiration. Nine pounds of plums, eight pounds of sugar, two cups of water, two ounces of butter, and one dozen well-mashed bananas. Make the plum jam as usual with the butter in it; but add the mashed bananas twenty minutes before the jam is cooked. Stir the bananas in thoroughly.

Pickled Peaches

I tasted delicious pickled peaches in Chicago, at a luncheon party arranged for me to meet the editresses of some of the big Women's Magazines there. The peaches were in slices, arranged in two rows down a long narrow sandwich dish, each slice resting on the edge of the one behind it (like slices of bread and butter). They looked charming, and tasted even better than they looked. They were served with an entree which seemed to be composed partly of salmon and breadcrumbs. This recipe uses whole peaches: though you could adapt it to use sliced ones—experimenting is always interesting.

Preserved Peaches

To every eight pounds of peaches, green if possible, put four pounds of pale brown sugar, and sufficient vinegar to cover. Use the best vinegar. Stick four cloves into each peach, place them dry in a jar. Make a syrup of the vinegar and sugar, and, when boiling, pour it over the peaches; let stand until cool. Repeat this process three times, and then boil the peaches in the syrup until the skins show signs of breaking. Cover, and use in three months. Put in small jars.

Another Method

Use firm, half-ripe peaches, fresh from the tree. Wash them, rub off the fluff as much as you can; then boil one pint of vinegar, one teaspoon of cinnamon, one and a-half cups of sugar, and a few cloves, for ten minutes. Then add the peaches to the syrup, and boil till tender, but not too soft. Lift the peaches out and fill the jars, then pour over the syrup. Put a few cloves in the jars, which need not be airtight.

Plum Sauce

Six pounds of plums, six teaspoons of salt, three pints of vinegar, one teaspoon

of cayenne, three pounds of brown sugar, one ounce of cloves, and a handful of bruised ginger.

Grease the bottom of the pan, as this greatly lessens the chance of the preserve sticking. Put all the ingredients into the pan together, and boil for two hours, keeping well stirred. Strain through the colander and bottle.

Plum Chutney

This came from a Christchurch Link in the Daisy Chain. She said she made two lots of half a gallon each, and that it was so popular that she was obliged to hide it away at last, so that some, at least, might be saved for the winter. Six pounds of plums, three pounds of apples, three pounds of onions, two pounds of sugar, quarter of a pound of salt, one level teaspoon of pepper, half a pound each of dates, raisins, and preserved ginger, one level teaspoon of

Uncooked Pineapple Cake

This is ideal for a Bridge afternoon: One large tin of crushed pineapple, 1lb of butter, 2½ breakfast cups of sugar, 3 egg whites beaten stiff, 1 cup of chopped walnuts, 2lb of vanilla wine biscuits. Cream the butter and sugar, and add the pineapple and the nuts. Fold in the egg whites, line the tin with a layer of crushed biscuits, then put in a layer of the mixture, and another layer of biscuits, and so on, until all the mixture is used up. Press this down hard, and leave it till next day. Cut it into fingers. Quarter of this makes one plateful.

mustard, one dessertspoon each of whole allspice, and the mixed pickling spices, three cups of vinegar, and a small piece of garlic cut up finely. Peel and core the apples, and then cut them in quarters; cut up the onions finely. Boil the plums in the vinegar first, and then put them through a colander in order to keep back all the stones and skins. Add the apples, onions and other ingredients, stir well, and boil for two hours. Chop the ginger, and tie the allspice and pickling spices in a bag, and then it can be disposed of after the chutney is cooked. The ginger gives a very nice flavour.

Plum and Peach Chutney

Slice and stone two pounds each of peaches and of plums. They must be ripe, but firm. Put the slices in layers into a dish, sprinkling each layer with a little pepper and salt. Leave for twenty-four hours. Then drain off all the water, and put the fruit into a saucepan with four cups of vinegar, half a pound of brown sugar, three ounces of preserved ginger, two ounces of cloves, and half a pound of onions cut up finely. Boil slowly until the peaches are tender. Strain through a sieve into small jars. The jars must be airtight.

FROM THE MAIL BAG

Jam Hint

Dear Aunt Daisy,

I wonder if you know this one: Instead of using pound for pound of sugar to fruit in making jam, use only three-quarters of a pound and one good teaspoonful of pure glycerine. It is much cheaper—no waste. The preserve will keep indefinitely without mould and a clear preserve is the result. Ask your listeners and readers to give it a trial.—*"Thrifty New Zealander."*

Thank you very much. Will the one teaspoon of glycerine be sufficient irrespective of the quantity of jam you are making? Perhaps some other successful jam-makers will tell us more about this.

Jellied Beetroot

Dear Aunt Daisy,

I do my Jellied Beetroot differently from most people, so am sending you the method, as I know you like getting new ideas. Peel and slice up the beetroot before you cook it. Then pop it into enough boiling water to cover properly. Boil till cooked. Then add enough sugar, salt, pepper and vinegar to taste. Be sure of having the water boiling when you put in the raw beetroot, for then it stays a beautiful colour; and by adding to that water the sugar, vinegar, etc., you do not waste any of the nutriment from the beetroot. To each cup of fluid mix one dessertspoon of gelatine in the usual way, and pour all over the cooked beetroot. It is a very economical way, and very nice. To-day I cooked peas and carrots and new potatoes. I saved the water from the carrots and peas; and as there were some carrots, peas, and potatoes left over, I decided to set them in jelly for to-morrow. Into a glass dish I first cut the new potatoes in slices, and arranged them, then the sliced up carrots, and then peas on the top. To the water I added a little mint sauce to flavour, mixed up some gelatine, and added to the water, poured this into the dish over the vegetables. It is now set and looks so nice, and all being already cooked it will be so nice for lunch with cold mutton and lettuce salad. Use the usual proportions for the gelatine (a-quarter of an ounce) or one dessertspoon to half a pint of liquid. I hope you can make this out; I am not very good at

(continued on next page)