



BLACKBERRY AND APPLE

WHAT a real joy blackberries are—a heaven-sent joy, too, for they grow wild, and one can help oneself if one lives near them. I often wonder that we don't cultivate them, for though they are counted a "noxious weed," a way could be found to keep them in check, I suppose. People who object to the seeds can strain them through a sieve or butter-muslin; and how delicious they are, too, when cooked with apples. A big blackberry and apple pie, made in a very deep dish, with a good crust of biscuit pastry, or the old friend "digestive short pastry," eaten cold, with plenty of cream, is a truly delightful thing! Perhaps I had better give you these two pastries first:

Pastry for Blackberry Pie

Biscuit Pastry: Quarter of a pound of butter, 2oz. sugar, 1 egg yolk, 1 tablespoon of water, 1lb. flour, $\frac{1}{4}$ teaspoon of baking powder, 1 teaspoon of lemon juice, and a pinch of salt. Soften together the butter and sugar, adding the egg yolk and water, followed by sifted flour, etc.

Digestive Short Pastry

Four ounces of flour, 4oz. butter or lard, 2oz. ground rice, 1 teaspoon of baking powder, 1 egg, a pinch of salt, and a little water. Rub the fat into the dry ingredients, handling as lightly as possible. Whisk the egg, and add enough water to make the dough the proper consistency. Then roll out and bake as usual.

Short Pie Crust

Half a pound of flour, $\frac{1}{4}$ lb. of dripping, $\frac{1}{2}$ teaspoon of soda, 1 teaspoon of cream of tartar, and a small half cup of water.

Cream the dripping, rub or mix into the flour and cream of tartar. Dissolve the soda in the water, and add. Then roll out the pastry. It can be used for either meat or fruit pies, and is very nice made into tarts.

Blackberry Jelly and Preserve

When making blackberry jelly, pick the berries when they are just ripe, but not soft. Do not make too much at once. Half a dozen small pots at a time is better than a large quantity, as it sets quicker.

To preserve the berries, put a few in the bottom of the jars and sprinkle with sugar and put more berries and sugar until the jars are filled up. Place the jars in the oven, and leave until the sugar is all turned to syrup. Tighten the lids and treat as other preserves.

Blackberry and Apple Jam (Seedless)

Take 1 gallon of blackberries, some red ones among them, and three pounds of apples. Simmer the berries to a pulp with 1 pint of water. Strain through a muslin bag without squeezing. Cut up

the unpeeled and uncured apples, and boil to a pulp, and strain through a colander. Mix these two strained pulps, and to every pint add three-quarters of a pound of sugar. Boil until it will set when tested.

Blackberry and Apple Jelly

This recipe calls for 6lbs. of blackberries, 2lbs. of apples, and a cup of sugar to each cup of juice.

Chop the apples finely, including the skins and cores, place in the preserving pan with the blackberries and water, to cover. Cook until soft. Strain through a jelly bag. Measure the juice, bring to the boil, and stir in the sugar gradually. Boil about half to three-quarters of an hour, when a little tested on a saucer should jell.

Blackberry Syrup

Two pounds of blackberries, $1\frac{3}{4}$ lbs. of sugar, 1oz. of citric acid, and $1\frac{1}{2}$ breakfast cups of warm water. Put the berries in a bowl with the acid and water. Let all stand for twenty-four hours. Then strain. Stir in the sugar, melt it and just bring to the boil. Bottle warm, but cork when cold. Use it just like any cordial, a little in the bottom of the glass, and fill with cold water.

Blackberry Cordial

Put half as much vinegar as blackberries. Let stand thirty-six hours. Boil for five minutes with $\frac{3}{4}$ lb. of sugar to every 1lb. of berries. Strain and boil again for five minutes. Bottle and cork tight.

Blackberry Surprise

Stew enough berries almost to fill a pie dish. If they are the small, seedy kind, it is nicer to pass them through a sieve, after they are cooked. Cream together 2oz. of butter and 2oz. of sugar. Add 4oz. of flour and $\frac{1}{2}$ teaspoon of baking powder. Mix well together and sprinkle evenly over the top of the hot fruit, and bake to a nice light brown. Serve with thin cream or custard.

Blackberry Wine

This is a well proved recipe, sent from Patuamahoe, near Auckland. Put any

quantity of blackberries in a wooden or stone vessel, crush them and cover well with either boiling or cold water. Stir often for a few hours, then cover with a light cloth and leave for three or four days. Strain off the liquid, and add $3\frac{1}{2}$ lbs. of sugar to every gallon. Put this into a keg or stone jar, but do not have it quite full. Also keep some of the liquid in a jug for adding after every skimming, to keep the quantity the same. It will work for two or three weeks. Skim it daily, adding a little more of the liquid each time. Keep a piece of muslin over the keg. When it has finished working, cork or bung it lightly, and gradually tighten up daily.

Blackberry Mincemeat

This is a good way to preserve blackberries, and makes lovely mince pies for the winter.

Put 4 lbs. of blackberries in a saucepan with the strained juice of two lemons and a teacupful of cold water. Simmer the fruit till it is tender, then pass through a sieve. Peel, core and chop eight large cooking apples, add a little grated lemon rind, 4 ounces each of raisins, currants, sultanas, candied peel, and sweet almonds. Also add half an ounce of ground ginger, half a teaspoonful each of ground cinnamon and ground cloves, and 1 pound of sugar. Stir well into the blackberry pulp, put into jars and seal.

Do not move the keg at all. Bottle the wine in six months; but it is better if you can leave it for twelve months.

Blackberry Trifle

Put some sponge cake in a glass dish and spread it with whipped cream, but no jam. Stew some blackberries, mashing them well, then strain, and add soaked gelatine to set it. Remember that a dessertspoonful of gelatine sets a breakfast cup of liquid. Let the blackberry jelly cool, and just before it sets, pour it over the sponge cake. Leave to set, and serve with plain or whipped cream.

Blackberry and Plum Jam

Ten pounds of blackberries, 4 lbs. of plums (any kind with a good sharp flavour); 1 quart of water; and ten pounds of sugar.

Stew the plums in the water for a few minutes; add the blackberries, and boil together for about fifteen minutes, taking care it does not burn. Heat the sugar in a baking dish, stir into the jam, and boil for $1\frac{1}{4}$ hours. A teaspoonful of tartaric or citric acid put in ten minutes before the jam is done is an improvement. Sour apples may be used instead of plums.

FROM THE MAIL BAG

Cream for Cooking

Dear Aunt Daisy,—Here is a hint for people in the country or in suburban districts, who find that, though they like to keep a cow, there is often too much cream in the height of the season. They often would like to make cakes with some of the cream, and so save the time and bother of churning it all. Besides, they sometimes need to make cakes before the churning day, and find that they cannot spare the butter. Also, it is quicker to beat up a cake if using cream. So here are the rules which I have always followed:

Any recipe which requires milk or water, in addition to butter, can be used, by simply adding the quantities together, and using that quantity of cream. For instance, as in a sponge, one tablespoon of butter and one tablespoon of water equals two tablespoons of cream; or one cup of butter and half a cup of milk equals $1\frac{1}{2}$ cups of cream. I use this for all sorts of cakes.

Apple Jelly with "Variations": Last year I had quantities of windfall apples, and made so much jelly that I had to put on a "thinking cap" to try to vary it, or we should have been tired of it. So I thought of using ordinary flavouring essences, such as we use for cakes; and in this way I made pineapple, raspberry, and banana jellies, adding the respective flavourings just as I dished it up. Of course, some kinds of apples make darker jelly than others, so use the kind of flavouring most suitable. The average boiling needs about half a bottle of essence.—"Nora," (Aramoho).

That is a very interesting and useful letter. You are a strong link in the Daisy Chain, Nora.

Instead of Sugar

Dear Aunt Daisy,—I should be very much obliged if you could tell me whether honey could be used in jam making, instead of sugar. If so, what quantities should be used, and would the keeping qualities be maintained? I appreciate your pages in *The Listener*, and find the hints very useful.—"Gisborne-ite."

Yes, I have directions for using honey instead of sugar in the making of jam and jelly—issued by an Association of Bee-keepers. Although I have never made jam in this way myself, I certainly should think it would be quite safe to follow these directions. No microbes can survive in honey, I understand, and of course it keeps indefinitely when put up in suitable containers. As a matter of fact, honey has been used as an emergency dressing for

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