



MORE PICKLES AND RELISHES

HOW popular this form of preserving is! I think I have more good recipes for pickles and chutneys sent in to me than for jams and jellies; and I am sure that the requests for these are more numerous than those for cakes! Another very big demand, always, is that for biscuits. They are quickly made and most useful, and handy to keep in tins. I must give you a "Biscuit Page" soon. In the meantime, here are some more Relishes.

Pickled Apples

First of all, I must give you this original and delightful pickle. The lady who sent it is a very expert cook indeed, and she says in her letter, "I have always used small apples about 1 3/4 to 2 inches in diameter. Leave the stalks on the apples, and when cooked, place all in an earthenware jar and tie down. The jar need not be kept airtight. These are ready for immediate use, but improve if kept a little while. Serve with their stalks on—they look quite unique, and are lovely with cold meat." Use seven pounds of apples; 3lb. of sugar; one quart of vinegar. Put in a muslin bag one ounce of allspice; one ounce of cloves; and one ounce of whole ginger. Make a syrup of the sugar, vinegar and spices, and when boiling, drop in the apples, and allow them to boil until fairly soft, without breaking the skin.

Beetroot Chutney

This is a good old Yorkshire recipe. It takes three pounds of beetroot; one and a-half pounds of apples; two onions; one pint of vinegar; half a teaspoonful of ginger; about one teaspoonful of salt; the juice of a lemon, and three-quarters of a pound of sugar. Boil up the beetroot till it is tender, and when it is cold, cut it into little cubes. Cut the onions and apples up small, and boil them for twenty minutes with the vinegar, sugar, spices, etc. Add the beetroot, and boil for another quarter of an hour.

Plum and Apple Chutney

From Yorkshire also, comes this one:

You need about 4lb. of plums, and 4lb. of peeled apples; one pound of red tomatoes; 2lb. seedless raisins; 1lb. onions; 3lb. Demerara sugar; four ounces of preserved ginger; 3 ounces of salt, or a little less; half an ounce of garlic; half an ounce of chillies; four dessertspoons of mixed spice; and two pints of vinegar.

Wash and stone the plums, and wash and slice the tomatoes. Put them in a pan with the vinegar. Cook these till tender; then add the apples, which have been cored and cut into quarters; the onions, which have been peeled and chopped; the raisins, garlic, ginger, chillies, all chopped small; and the sugar, salt and spice. Cook very slowly, stirring constantly, for about two hours. Add more vinegar if required. Then put into jars and cover.

Pickled Eggs

This is a very old English recipe, although I don't think it has been used very much in New Zealand. Pickled eggs are very nice indeed with cold meat, or with cheese. They are ready for use about a fortnight after putting down. The recipe calls for eight hard-boiled eggs; one pint of vinegar; and about quarter of an ounce each of black peppercorns, allspice, and whole ginger. Remove the eggshells and put the eggs in wide-necked jars. Boil the peppercorns, spice and ginger in the vinegar for about ten minutes, and pour it while boiling hot, over the eggs. When cold, cover closely and store in a cool, dry place. The ginger may be omitted, according to taste.

Cucumber Relish

Here is a good New Zealand recipe: Only the apples are cooked. To two medium sized cucumbers, allow one pound of onions and one pound of apples; also about a pint of vinegar or sufficient to mix the whole to a right consistency; half a pound of sugar; about a teaspoon of cayenne pepper, and 1 1/2 ounces of salt. Peel, core and slice the apples, and boil them in the vinegar until they are soft, and then leave to cool. Mince the cucumber and onions, and strain off the juice. Mix all well together when cold. Keep in airtight jars.

Pickled Fish

This is very handy to know. "Bill of Mohaka," who sent the recipe, says that he has been able to keep fish preserved by this method for twelve months: Clean the fish, and place in a casserole with one teaspoon of cloves; half a teaspoon of peppercorns, half a teaspoon of mixed spice and a little salt. Cover the fish with vinegar and cook in a slow oven for one and a-half hours. Take out of the oven, and keep the lid on the casserole until the fish is cold. Then remove carefully, put the fish into airtight preserving jars, and cover with the spiced vinegar in which the fish has been cooked. Screw down the lids tightly.

Another method is to sterilise the fish in the jars straight away. Scale and clean the fish, cut it into fillets, and pack into mason jars—not too tightly. Cover with vinegar, a spoonful of salt and a little pepper. Screw down the top lightly, and stand in boiling water for 2 or 3 hours on the stove. Lift out and fill to the top with boiling vinegar and

screw down until airtight. Oysters may be done the same way, only sterilise for one hour. If using crayfish, cook it first, and take the flesh out of the shell; put it in jars and cover with vinegar, and sterilise one hour.

Preserving Trout

This is a very useful recipe. The trout preserved like this, tastes very like salmon. Skin and fillet the trout; cut into suitably sized pieces and sprinkle with salt and a little sugar. Pack it into jars with a generous lump of butter to each jar. No moisture is needed; the butter makes a covering for the fish when cooked. Stand the jars in a vessel of water and sterilise as for fruit. Screw lids on tightly as soon as cooked, and leave to cool in the vessel. Next day, sterilise again without loosening the lids,

HONEY IN JAM MAKING

When making jam, crush the fruit slightly, using three-quarters of a cupful of honey to one cupful of fruit. Add half of the honey to the fruit. Stir it well and allow it to stand for one hour. Heat rather slowly, stirring constantly; boil for ten minutes, then add the remainder of the honey, and cook to 212° Fahrenheit. Jam retains its colour and flavour far better when cooked as rapidly as can be done without danger of burning.

and again cool in the vessel. Tighten the lids as much as possible. Always use new rubbers.

Plum Sauce

This is a tried and trusted recipe from Tikurangi, near Waitara, in Taranaki. Six pounds of plums; 3lb. sugar; 6 teaspoons of salt; 1 teaspoon of cayenne pepper; 3 pints of vinegar; 1 ounce of cloves; 1 tablespoon of ground ginger; also some peppercorns and chillies. Boil all together for about three hours, then strain and bottle.

Indian Chutney

From New Plymouth comes this excellent way to make a delicious chutney from apples, peaches, plums, pears, gooseberries, and tomatoes. Don't have them all very ripe—just a good mixture. Have four pounds of these mixed fruit and chop them into small pieces. Chop up also 2lb. of onions; 2 ounces of garlic, and 1lb. of candied peel. Add 2lb. of brown sugar; 2lb. of raisins; 1/2lb. of salt; 1/2lb. ground ginger; 2 tablespoons of curry powder; 2 teaspoons of cayenne; and 2 teaspoons of cloves. Boil all these up in 2 quarts of vinegar for about an hour and a-quarter. Stir constantly to prevent burning. Some people prefer less candied peel; and some omit it altogether.

FROM THE MAIL BAG

Sweeter Shallots—And Other Things

Dear Aunt Daisy,

I have been picking shallots, but my husband says the bought ones are sweeter to taste than the home done ones. I am using a recipe out of one of your books, with no sweetening in. Is there any way I can make them sweeter?

Do the Y.M.C.A. put New Zealand newspapers and weeklies in their Overseas Huts? I have been buying over one shilling's worth every week for each of three boys, but if they can get the same in the Y.M.C.A. Hutments, I know there are many other ways in which I can spend the same money on them. It is very hard to know what to do for the best for the "boys."—"Shallots"

Well, let us take the last subject first. I got into touch with the Y.M.C.A. and Salvation Army, and found out that although the New Zealand weeklies are put in the Huts, yet there are never enough to go round the thousands of men who so eagerly pounce upon them in order to glean every little bit of news from home; moreover, the papers soon get worn out! So that they feel there can never be too many of these, and that you could not do better than continue to send the papers as you have been doing.

Here are some recipes for Sweet Shallots, one using golden syrup, and the other sugar:

No. 1. Peel the shallots, rinse them, and wipe thoroughly dry. Put them in a stone jar, and sprinkle with salt, allowing one pound of salt to two gallons of onions, or shallots. Leave for 3 days, then drain very thoroughly. Boil one gallon of vinegar, 1lb. of sugar, 3oz. of allspice, and half a 2lb. tin of golden syrup. Boil well till all the ingredients have had time thoroughly to work into the vinegar. Allow to cool, and pour over the shallots. Do not screw down airtight, as the oniony smell becomes unpleasantly strong, but cover with double thickness of cloth, and a rubber ring. They may be used in one month, but improve by being left longer.

No. 2. Peel the shallots and put them into a big basin. When finished, sprinkle all over with salt. Let stand overnight, and next morning, take them out and lay them on a large piece of cloth, and go over them. There will always be another skin to come off. When finished, place some in the jars to quarter fill the jars; then add about six cloves and six wholespice on each layer. Repeat this until full, then put in your vinegar.

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