

RECIPES **ASK** Aunt Daisy **ANSWERS**

MINDING OUR P's AND Q's Pears, Passion Fruit, Quinces

SO many requests are coming in all at once for the methods of using and preserving these three fruits, that I must make the Recipe Session a kind of mixed salad for the next two or three weeks. First of all, let me give you a queer sounding, but fine tasting, Quince Jam Recipe which was sent me last season. It has an onion in it!

Quince Jam

Peel and core quinces. Cover with water, and boil till soft. Pour off and measure the water, and cut up the quinces small. Put the skins and cores, a whole lemon sliced, and a small onion whole with the skin on, on to boil with water to cover. Boil till soft then strain off through the colander. Measure all the liquid. Allow 1 cup of sugar to each cup of juice, and $\frac{3}{4}$ lb. of sugar to each pound of pulp. Put all on to boil and boil till a little jells. Watch carefully that it gets quite thick and jelled, but not gone too far and syrupy. Pot and cover when cold.

Quince Jelly

This is a nice jelly recipe which was given to me by an Australian housewife—very easy to make, for it does not even need straining, and the quinces themselves are afterwards used as a delicious sweet. You will need 8 large quinces, 6 lbs. of sugar, and 6 pints of water. Wash the quinces and leave them quite whole. Do not even cut them in halves. Boil all together for 3 hours. Lift out the quinces carefully and put them aside till next day. Bottle and seal the jelly at once. Next day use the quinces as dessert with cream. One needs to taste them to know how delicious they are with a coating of the red jelly around them. The jelly is perfectly clear and does not even need straining. This is an old Australian recipe. A saltspoon of cayenne may be added.

Quince and Tomato Jam

Peel and core 2 lbs. of quinces and put them through the mincer. Pour boiling water over 3 lbs. of ripe tomatoes, and remove the skins. Put the tomatoes and quinces in the preserving pan with 5 lbs. of sugar and the juice of 1 lemon. Boil $2\frac{1}{2}$ to 3 hours. This has a delicious flavour and tastes like rich raspberry jam.

Preserving Passion Fruit

Passion fruit is so delicious in fruit salad or in cake fillings that it really is important to preserve some while they are plentiful and fairly cheap. Some people do not cook it at all—simply mix together equal quantities of the passion fruit pulp and sugar. Leave in the cupboard till next day, stirring often. See that all the sugar is dissolved, then bottle in not too large bottles. This is said to keep for a year, and being uncooked, the fresh flavour is preserved. Other people prefer to boil it, in the proportion of $\frac{3}{4}$ of a cup of sugar to one cup of pulp. Boil for 20 minutes then bottle and seal carefully.

Passion Fruit Jam

This recipe uses skins and all—very thrifty!

Take any quantity of ripe passion fruit, wash well, cut in halves and scoop out the pulp, then put the skins on to boil in water for about half an hour, or until tender. Next scoop out the soft part, leaving the skins like thin paper, which is no good now and may be thrown away. The once white part comes off like a thick red jelly; add that to the seed pulp. To each cupful of this add three-quarters of a cupful of sugar. It may then be added to melon jam, or boiled alone as passion fruit jam for one and a-half hours, or less if it sets. Very nice.

Passion Fruit Cheese

This really is much nicer than lemon cheese if you like passion fruit at all. about eight or ten passion fruit, one egg,

SPECIAL!

SWEET PICKLED ONIONS

Ten pounds onions, 2 lb. brown sugar, 2 lb. tin golden syrup, $\frac{1}{2}$ lb. salt, 3 pints vinegar, 1 oz. black peppercorns, 1 oz. cloves, a few small chillies. Peel onions dry, sprinkle with salt, leave all night. Next day boil the vinegar, sugar, spices and syrup; let cool. Wipe onions and fill bottle, cover with the boiled and cooled liquid. Cork up. Ready in about a week

PICKLED ONIONS

Peel onions and place in jars; add to each jar 1 teaspoon sugar and 3 peppercorns. Fill jar with cold vinegar and cork. Ready in two weeks

PICKLED ONIONS

Put in milk and let come to the boil. Take out and wipe each one dry with a cloth. Boil up vinegar with a little salt, peppercorns and cloves, and pour over onions in bottle. Cork when cold

one cupful of sugar, one tablespoon of butter. Mash the pulp of the fruit through a wire strainer. Add the beaten egg, sugar and butter, and cook until the mixture looks like honey. Do not let it boil. When it is cool put into jars and cover. If you like you may add a little colouring and make it rose-pink. Use it as you would lemon cheese.

Pear Marmalade

This was described as very "more-ish" by the lady who sent it to me. Use 4 lbs. of nearly ripe pears, 3 lbs. of preserving sugar, two lemons, a piece of whole ginger, and one pint of water. Peel, core and cut the pears in pieces. Put them in a stew-pan with the strained juice and grated rind of the lemons, and the water, and simmer until quite soft. Then add the sugar and the ginger (well bruised and tied in a muslin bag). Boil, stirring well, until it is a thick pulp; remove the ginger. Bottle while hot, and seal.

Passion Fruit Skin Jam

This is very economical, for you can use the skins. To make about a pint of jam allow the skins of 12 passion fruit. Put the skins in an enamel saucepan and cover with cold water. If you have a few grapes, not too ripe, add these. Boil until the inside of the skins is spongy enough to be removed with a spoon. Drain the water carefully from the fruit, add the lining pulp and sugar in equal quantities, and boil rapidly till the jam jells when tested. If no grapes are available lemon juice makes a good flavouring and helps the jam to jell.

Passion Fruit Shape

Boil together a pint of milk, 2 dessertspoons of sugar, and when at boiling point add $2\frac{1}{2}$ tablespoons of cornflour, previously mixed with a little of the milk. Boil for three minutes, then add the beaten yolk of an egg, and boil for another minute. Fold in the beaten egg white and then the pulp of about four passion fruit. Put to set in individual moulds.

Pear Jam

Peel and cut 6 lbs. of ripe pears into about eight pieces each and cover with one and a-half pounds of sugar. Stand all night. Next day boil until the pears are really soft, add another $1\frac{1}{2}$ lbs. of sugar and boil until it sets.

Pear Ginger with Vinegar

Six pounds of pears, 4 lbs. of sugar, 2 cups of water, 1 cup of vinegar, and 1 lb. of preserved ginger. Boil the sugar, water and vinegar together for twenty minutes then add the pears and ginger, and boil till it jells. Do not boil too hard, as this recipe is better if simmered once you have added the pears and ginger.

Pear Sundae

With the juice of a tin of pears make up a packet of lemon jelly crystals. You may need a little water to make up the required pint. When it is beginning to "jell" whip it until it is spongy. Put the pears in individual dishes, fill the cavities with jelly, and make them look pretty. Then serve with whipped cream or custard.

FROM THE MAIL BAG

Dear Aunt Daisy,

Could you give me through *The Listener* recipes for Fig Jam and Cape Gooseberry Jam? I feel sure other listeners would be glad of them, as both these fruits are almost ready. I am not always able to listen to you, and may miss you over the air.—"Fig and Gooseberry" (Taupaki)

Not only "Fig and Gooseberry" (Taupaki), but also several other "Listener" readers have asked for some tried methods of preserving—and conserving—these two delicious fruits, now in full season.

To Dry Figs

For drying, the figs should be perfect—that is, ripened on the tree, and gathered carefully, not bruised. Drop them into vigorously boiling lye solution, made by dissolving two tablespoons of caustic soda in two quarts of water, and leave them in this for one minute. Then lift them out carefully and wash them in three changes of water. Do not put your hands in the solution, of course. Drain the figs well, and dry off all the surface moisture before spreading them, in single layers, on the trays of the oven. Begin the drying in a cool oven about 115 degrees, until the fruit has lost enough moisture to appear shrivelled. Then gradually increase the heat to about 135 degrees F., and then towards the end, to a little more—about 145 degrees. See that the figs do not stick to the trays—move them frequently. To see if they are done, tear one across. They should be leathery, and not moist in the centre.

They are really much nicer if they are boiled in syrup after their soda-bath and subsequent rinsings. Just drop them into hot syrup (made by boiling together equal parts of sugar and water), and allow them to boil rapidly until they are clear-looking. Then drain them and dry in the cool oven, as described above.

Crystallised Figs

Take 6 lb. of figs, 6 cups of sugar, 3 cups of water, 3 tablespoons of vinegar. Bring the water, sugar and vinegar to the boil, and drop in the figs, which have been pricked with a fork, and the end removed. Boil gently for three hours. Remove from the syrup and place on a wire tray for 24 hours. Then roll them in castor sugar and put on a tray again for three or four days, turning them every day. They should then be dry. Roll them again in castor sugar, and pack them tightly in boxes lined with wax paper. Very nice for dessert.

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