

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

CRYSTALLISED FRUITS

THERE is quite a vogue nowadays for crystallised fruits, and indeed, they are most toothsome morsels. Unfortunately, they are too dear to share round a large family with anything like profusion, or to lavish at parties, so I thought you would be interested in making your own.

Then there are candied rose petals, which are not at all difficult to make, and which may be used in several dainty ways. So I welcomed these recipes, which came to me from South Africa, and am pleased to be able to give them to you.

Any preserved fruits, such as water-melon, figs, pears, pineapple, may be crystallised by this method.

Make a syrup from one pound of sugar and one cup of water; stir until the sugar is dissolved, and just when it begins to boil, stir in quarter of a teaspoon of cream of tartar. Then cease stirring and allow to boil quickly for about three to four minutes; test the syrup by dropping a little into cold water; if it forms a soft ball between the thumb and finger, it has reached the desired stage. Drop the fruit to be crystallised, a few pieces at a time, into this syrup; then lift out gently and drain free from all syrup.

Place the fruit on wire cake-stands or trays and put in the sun to dry. When dry, make a syrup as before, and repeat the whole process, this time sifting coarse, granulated sugar over the fruit when you put it on the wire trays. When dry, put it in boxes in layers between sheets of waxed paper, and keep in a cool, dry place. That seems fairly simple, doesn't it? Do let me know how you get on with it.

Home Candied Peel

Put the orange or lemon peel (which should have been taken off in quarters) into brine-water, and leave for twenty-four hours. Then drain, rinse in clear water, and boil slowly for one hour; the boil two cups of sugar and two cups then drain. Make a syrup by bring to of water; skim off all scum. Put in the peel, and allow to cook for three minutes. Remove the pot from the fire and leave the peel in the syrup for 24 hours. Then drain it; boil up the syrup again for 15 minutes, then add the peel and leave again in the syrup for 24 hours. Repeat this process until the peel is well saturated with the syrup. Then, finally, cook the syrup to the "soft ball" stage (as given above), put the peel in, and stir until the sugar granulates. Then remove and dry in the sun. Pack in boxes between layers of waxed paper.

Candied Rose Petals

This is the professional way to candy rose petals, and violets in season. Of course, you can preserve them by dipping each one in beaten white of egg then thoroughly dusting with castor

sugar, and drying them in the sun till crisp. Carnation petals, too, can be preserved in this way. But the candying is done almost exactly as in candying peel.

Wash the petals and spread them on paper to dry. Make your syrup with two cups of sugar to half a cup of water; stir till it reaches boiling point, then stir in a pinch of cream of tartar, and let it boil rapidly until it reaches the soft ball stage, as explained above. Do not stir. Add the petals to this boiling syrup, press them well under, and let it boil up once. Then pour very gently into a meat dish rinsed with cold water. Leave till next day. Drain the flowers; add another cup of sugar to the syrup and bring again to the "soft ball" stage. Put the petals in, and again leave for 24 hours. Repeat a third time, this time stirring till the syrup turns "grainy." Separate the petals, dust off any superfluous sugar, and when quite dry pack between sheets of waxed paper.

Rose petal sandwiches were sometimes served with Victorian tea parties. Have wafer-thin bread and butter, then garnish the plate with rosebuds.

SEASONABLE JAM RECIPES

Red Currant Jelly

Take six pounds of red currants, 1½ pints of water, and sugar. The fruit should be just ripe. Wash it thoroughly, removing the leaves but not the stalks.

Put into the preserving pan with the water, and place over a very low heat, simmering quietly until the fruit is reduced to pulp. Strain through a jelly bag and allow to drip for several hours. Weigh the juice, put into pan and bring to the boil, then add an equal weight of sugar. Stir until the sugar is dissolved, then cease stirring when boiling point is reached. Boil for five to ten minutes, then test on a cold plate for jellifying. When ready, skim, pour into hot jars, and cover at once.

Strawberry Jam

Four pounds of strawberries, 3½ lbs. of sugar, and the juice of 4 lemons. Stalk the fruit and put it in a preserving pan with the strained juice of the lemons, and let it simmer until the fruit is well cooked—it will probably take about half an hour. Add the sugar, and let it dissolve gently. Then boil the jam steadily until a little sets when cooled on a plate. The colour and flavour are spoiled by over-boiling. Pour the jam into clean, dry jars, and cover when cold.

Five Minute Berry Jam

This is suitable for red or black currants, as well as for raspberries, loganberries, strawberries, and gooseberries. Six pounds of fruit, 6 lbs. of sugar (brewers' crystals may be used) and a pinch of salt. Put the fruit in the pan and sprinkle over it 1 lb. of sugar, with the salt. Boil for exactly five minutes. Now add the rest of the sugar, and bring to the boil again. Then

boil fast for exactly five minutes, working by the clock. Pour into jars, and when cold it will be a beautiful firm jelly. As before, make sure that the sugar is dissolved before the final last five minutes of boiling.

FROM THE MAIL BAG

Orange Cordial

Dear Aunt Daisy,

Someone was inquiring in *The Listener* for an organ cordial, but you said you did not have one. Well, this one was sent to me from Queensland and it is rather good.

Six oranges, 2 lemons, 2½ lbs. sugar. 1 oz. tartaric acid, ½ oz. Epsom salts. ½ oz. citric acid, 1½ pints boiling water. Grate the rind of the oranges and lemons, mix with sugar, fruit juice, also acids and salts. Pour the boiling water over, and stir until the sugar dissolves.

To use, take one tablespoon to a full glass of water. It works out to a gallon of drinks.—*Sanders Avenue, Takapuna.*

I'm very much obliged to you, and am glad to have this recipe.

New Way to Remove Paint

Dear Aunt Daisy,

Here is a recipe I have discovered for taking paint off floors—the ordinary egg-preserver! Just lay it on thickly, for

(Continued on next page)

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