

TOMATOES IN PRESERVES AND PICKLES

RAW tomatoes are extremely healthful, and we should make the most of them. Cooking does not destroy their vitamin content, however, and they are easily preserved for use in winter. Excellent chutney, pickles and jam are also made from tomatoes. Here are some suggestions.

Tomato Pulp

This is the easiest possible preserve, and can be used in many ways in the winter. Simply butter the preserving pan, cut up the tomatoes, adding nothing at all, not even seasoning. Cook to a pulp. Press through a sieve to remove skins, then either re-boil, so as to pot the pulp while still boiling hot, or else fill straight into jars, cover loosely, and sterilise in water bath (or oven), for half an hour, at boiling point. Make thoroughly airtight, in one of the ways given in *The Listener* lately.

Bottled Tomatoes

Prick tomatoes with a fork, pack into hot jars. Pour over boiling salted water to within half an inch of the top. Adjust rubber rings and lightly screw caps. Sterilise in oven 40 to 50 minutes till skin cracks, or in waterbath for three-quarters of an hour, till done—the water must be boiling all the time. Seal each jar immediately. If no rubbers, seal as previously given.

Bottled Tomato Juice

Select ripe tomatoes, with a good colour. Wash, cut up roughly, and simmer gently till well cooked. Strain, add salt to taste, and bring to boiling point again. Pour into sterilised jars. Then sterilise in either oven or water-bath—about 40 minutes in the oven, about 10 minutes at boiling point in the water-bath. Seal airtight immediately.

Pure Tomato Puree

Cook tomatoes whole, in a shallow tin, in the oven, till very soft. Prick first, to let juices flow—they should be ripe and juicy. Press through sieve into basin, until only skins and seeds are left. The puree should be quite thick. Bring to the boil again, bottle and seal immediately. If the tomatoes are extra juicy, there may be a little juice on top of the puree after straining. This can be poured off and used as pure tomato juice.

Tomato Cream

Chop finely 12 ripe tomatoes, 12 good apples—the squashy kind, 12 medium onions. **DO NOT PEEL** tomatoes and apples. Boil all until soft, then strain through colander. Let get cold. Put all in buttered pan and add mustard to taste, 2 pints best vinegar, 1 teaspoon pepper, 1lb. brown sugar, and 1 tablespoon salt. Boil till it thickens. Bottle and seal while hot.

Tomato Sauce

Eight pounds sliced tomatoes, 3 large sliced onions, 3 large apples cored and cut up, but not peeled, 3oz. salt, 2lbs. light brown sugar, bare ½oz. cayenne, 3oz. whole spice, ½oz. cloves, ½oz. ground ginger, 1 quart vinegar. Put all spices in a muslin bag. Boil all together

for 3 hours. Then strain and boil again for 30 minutes. The second boiling is absolutely necessary. Cork and seal tightly.

Tomato Chutney

(With honey and lemon juice)

Four pounds tomatoes, 2lbs. sultanas, 1lb. dates, 2 large apples, 1lb. honey, ½ teaspoon ground cloves, 1 tablespoon salt, 1 large onion, juice 2 lemons, ½ cup vinegar. Slice apples and onions, put all together, and boil 2 hours.

HUCKLEBERRIES

(For L.P., Otahuhu)

HUCKLEBERRY and Apple Jelly:—

Put equal quantities of huckleberries and apples in preserving pan and just cover with water. Boil until quite soft, strain well, and add one cup of sugar to each cup of juice, and the juice of one or two lemons. Boil quickly until it jells.

Huckleberry Pie:—Wash the huckleberries, and dredge with flour so that each one is covered. Mix with sugar, and fill a pastry-lined plate. Cover with upper crust, and decorate edge with fork. Bake in hot oven for first 10 minutes, then reduce heat for about half an hour. Serve cold with cream.

Huckleberry Roly Poly:—Two cups sifted flour, 2 teaspoons baking powder ¼ teaspoon salt, 1 tablespoon sugar, 4 tablespoons butter, ½ cup milk, 4 tablespoons sugar, ½ teaspoon orange rind, and some huckleberries. Sift flour once, measure, add baking powder, salt, and sugar (the 1 tablespoon), and sift again. Rub in the butter. Add milk and stir carefully, till soft dough is formed. Turn on to board, knead a few seconds, roll out about a quarter-inch thick. Cover with huckleberries, sprinkle with 4 tablespoons sugar and orange rind. Roll as for a jam roll, wetting the edges to seal. Grease a pan, line with greased paper. Put in roll, bake in hot oven 400 degrees about 30 minutes till done. Serve hot with cream.

FROM THE MAIL BAG

Bottling Fruit

Dear Aunt Daisy,

I wonder if someone would like my very easy way of bottling fruit. I've been doing it for years and never had a failure. Here it is. I have just bottled peaches. Put 1lb. sugar to 2 quarts water, and boil for 20 minutes. Then put into this syrup 5lbs. of peaches, and half cook them. Have jars ready very hot, and ladle out the fruit into the jars and fill up with the syrup. Screw down at once, and make thoroughly airtight.

Renovating Old Carpet

Do you remember a while ago I sent in an idea from an English paper about

sizing and painting the wrong side of a carpet? Well, I did mine, and it is a huge success. I live on a farm, and the kitchen runners get plenty of traffic. I sized the carpet before going to bed one night, and it was dry by the morning. Then I put plenty of paper on the veranda, and spread the runner on it. We had plenty of cream paint, so I added some black pigment, and it turned it a nice shade of grey. I gave it three coats and left it to dry, and it is wearing well. I even scrub it, and it still looks as good as the day it was done. I thought I would let you know in case some folk were a bit dubious about doing it.—K.F., Harewood (Christchurch).

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