

thought it a pity to waste the skins. The experiment was so successful, that I am lucky if I can save enough peel for a cake—my husband eats it like lollies! I have enclosed the recipe in case anyone is interested.

Candied Peel: Soak skins in slightly salted water for 3 or 4 days. Drain and boil in clean water until soft. Make a syrup by boiling 2 cups sugar with one cup of water for 5 minutes. Put peel into basin and pour syrup over it. Let stand for 4 or 5 days turning occasionally. Strain off syrup and boil. Put peel into boiling syrup and boil till it is clear, about 20 minutes. Next spread peel on flat dish, sprinkle with sugar and dry slowly. This candied peel will keep indefinitely. "A.W." *Hataitai.*

Bottling Shell Fish

Dear Aunt Daisy,

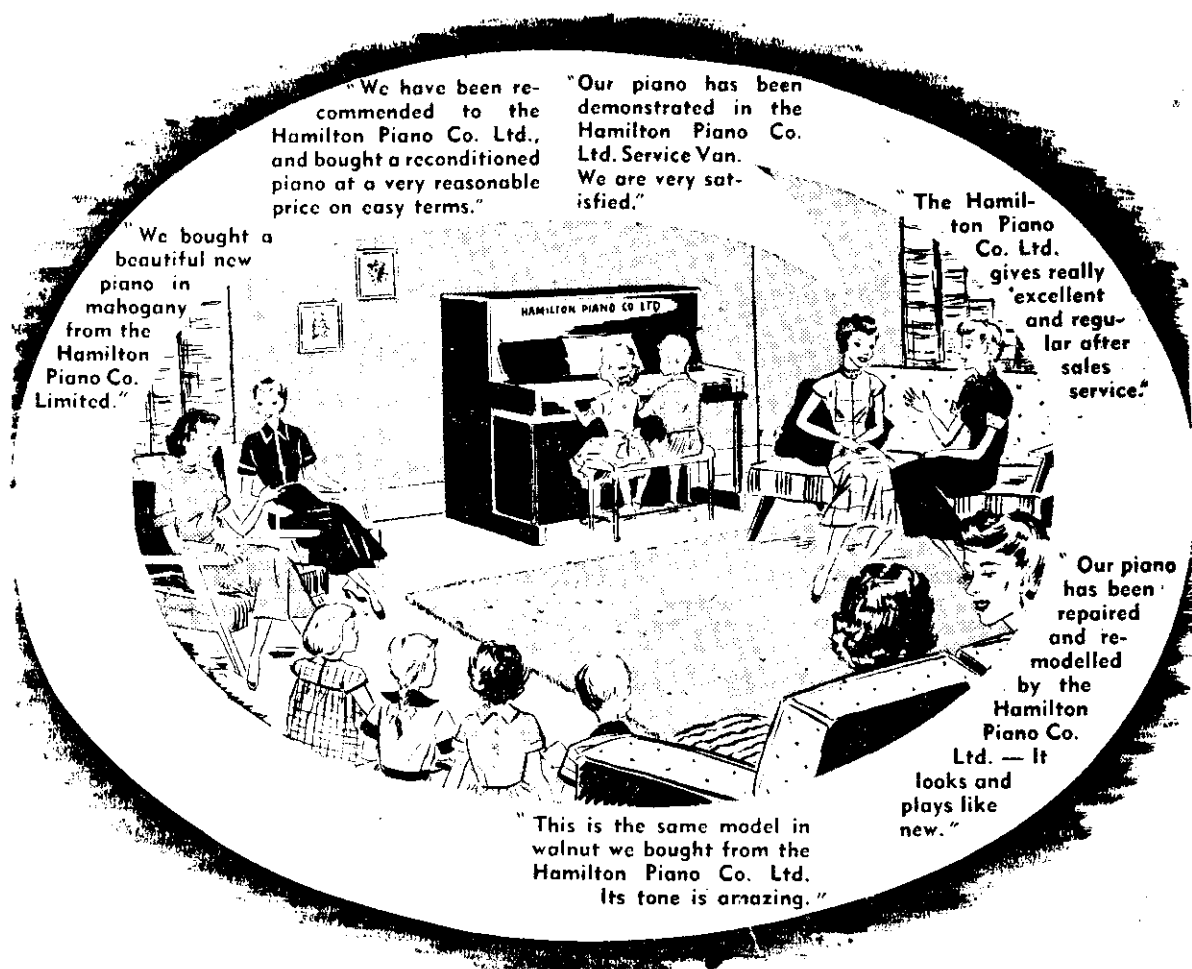
Could you please tell me through *The Listener* how to bottle toheroas or mussels? I tried them with the stew-pan method for fruit but they went bad. There is one method using vinegar but I do not know quantities, etc. I would prefer to do without vinegar if possible. "Arjaye," *Bay of Islands.*

If you bottled the mussels by the water-bath method "as for fruit," as you say, you probably did not give them nearly long enough time. The book published by the home science department of Otago University gives the time for oysters as 4 hours in the water-bath, with the jars completely covered by boiling water. This book does not give mussels, but for oysters it recommends pre-cooking by steaming in a bowl over hot water, just for a short time; then pack into sterilised jars, heat the liquor, strain, and pour over the liquor. It will be only a few tablespoons and not enough to cover. Seal properly and process for 4 hours at boiling point. If using the popular bottling outfit on the market, the time given is much shorter because the mussels are covered with vinegar, having been previously left in a strong brine for about 4 hours. They are then boiled and sealed and processed for 1½ hours at 160 degrees, starting from cold and taking an hour to reach that temperature. For bottling crayfish in this outfit, you may use a brine to pour over the prepared fish in the jars, and process at boiling point for an hour after reaching boiling from cold. Leave for 48 hours and then re-sterilise for an hour. Instead of brine, you may use the vinegar, in which case only one sterilising is necessary. For crayfish it is best to have the water in the water-bath above boiling point, so that the fish in the jars is actually at boiling-point; and this is achieved by adding about a pound of salt to the water. The instruction book with this outfit gives very clear and definite directions and provides a thermometer with its covered steriliser or water-bath. I cannot give trade names here, but you may send me a stamped envelope for the name.

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