

# THE FLAVOURSOME QUINCE

**Q**UINCES have a distinctive pungent flavour—pleasant after the plenty of peaches and plums and nectarines we have been enjoying. They are a rather dry fruit, so combine well with moister ones, such as apples, passion fruit, blackberries, pie-melon, and even tomatoes. If you have any new ideas, please send them in; and in the meantime, here are some proven recipes.

## Casserole of Mixed Fruit

Try a casserole of quinces, blackberries and apples—in any proportion you like. You may have a handful or so of blackberries, brought in by the children on their way home from school; and a couple of quinces, and probably part of a case of the new season's apples. Three parts fill your casserole, sprinkle with plenty of sugar, barely cover with water, and bake with the lid on, in a slow oven—or at the bottom of the oven when you are baking something else. Fruit cooked like this always has a specially rich flavour, and a slight sprinkling of sago put in with the fruit gives a little thickening. Of course, you can cook the mixed fruits in a saucepan, too, very nicely, if you don't want to use the oven; but do them very slowly always.

## Quince Jam

Wipe quinces. Peel, core and cut into quarters. Put peel and cores in pot, just

cover with water, bring to boil. Boil gently till pale pink. Cut fruit into small pieces, weigh, allow an equal quantity of sugar. Sprinkle over sugar, leave overnight. Put all in pan with the water the peels and cores were boiled in, no more sugar and no more water. Boil hard about an hour, then gently till nice red, and will set.

## Quince Conserve (Wanganui)

Two pounds quinces (weighed after peeling and coring), 2 pints water, 2 lb. sugar. Boil sugar and water till it makes a shiny transparent syrup. Then put in quinces, cut into pieces about the size of a sugar lump, a few at a time, so that syrup does not stop boiling. Simmer gently till quinces are soft, but not mushy. The juice of a lemon adds to the flavour of any jam. This conserve is de-



licious served with boiled rice or sago, or in tartlets.

## Quince and Pineapple Honey

Boil for 10 minutes 1 pint water and 6 lb. sugar. Peel and mince 5 large quinces and 1 large pineapple, and add to syrup. Boil ½ hour, or till will set—a golden colour. Do not overboil. Remove hard core of pineapple.

## Quince Honey

Peel, core and mince 6 large quinces. Boil peels and cores, strain, and make up to 1 pint with hot water. Make syrup with the pint of liquid and 4 lb. sugar, add minced quinces, boil for about 2 hours, or till it will set when tested. Add the juice of a lemon, and half a cup of boiling water before taking up. Should be a fine red colour.

## Quince and Tomato Jam

Peel and core 2 lb. quinces, and put through mincer, catching every drop of the rather scanty juice. Skin 3 lb. ripe tomatoes. Cut up roughly, and put into preserving pan with quinces. When hot add 5 lb. sugar, stir till dissolved, then boil until jam is cooked and will set when tested on a cold plate. Tastes like rich raspberry jam.

## Quince Jelly

Cut quinces fairly small, including cores and skins. Just barely cover with water; bring slowly to the boil, and

simmer till all is thick soft pulp. Strain through a cloth bag all night, or even for 24 hours. Then measure juice and allow cup for cup of sugar and juice. Bring juice to the boil and stir in sugar gradually. It is best to have the sugar warmed, as it dissolves more quickly. It can be warmed on meat-dish in oven. Stir continually, over moderate heat till sugar is dissolved. Then bring all to the boil again, and boil very fast—a rolling boil—till it will set when tested on a cold plate.

## Another Quince Conserve

Six pounds quinces, 6 lb. sugar. Peel and quarter the quinces, place in pan and barely cover with cold water. Cook till soft. Lift fruit out into basin, and cover with 1½ lb. sugar. Set aside for 12 hours. Boil peelings and cores (with the liquid from the quinces that were cooked) for 1 hour. Strain and add the 4½ lb. sugar. Bring to the boil again; add quinces, and boil till the syrup jellies—about half an hour.

## Quince and Pie Melon Jam

Ten pounds pie melon, 6 lb. quinces, 12 lb. sugar. Peel pie melon, remove seeds and cut into dice. Sprinkle with half the sugar, and allow to stand all night. Next morning, put on to boil for 1 hour or till soft. Peel, core and cut up quinces, boil them for about an hour, with a few cups of juice from the boiling melon. Then put the two together, add rest of sugar, stir till dissolved and boil

3.6



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## TRY THESE POPULAR ROCK CAKES

### RECIPE

4 oz. Butter or Lard  
1 breakfastcup Flour  
2 raised dessertspoons Sugar  
2 oz. Currants

½ oz. or 1 round Candied Peel  
2 raised teaspoons EDMONDS  
ACTO CAKE POWDER  
Milk to mix

Rub butter or lard into flour; add the other dry ingredients, then sufficient milk to make a stiff dough. Place on cold greased oven shelf in rocky shapes. Bake at 400°F., 10 to 12 minutes.

Other good recipes for Edmonds ACTO Cake Powder can be found on pages 8 to 12 of Edmonds New De Luxe Cookery Book. Do not use Baking Powder with Cake Powder as Baking Powder is already incorporated in the Cake Powder.

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