



## There's health and beauty in every apple

In every apple there are essential vitamins, phosphorous, calcium, iron, pectin—a whole array of Nature's health and beauty treatments! That's why an apple is so much *more* than "something just nice to eat"—apples are good for you in lots of ways. Get wise to the wonder of apples—for yourself and your family. Eat apples, serve apple dishes, every day.

### A PRETTIER COMPLEXION AND SPARKLING EYES

Apples help to clear impurities from the system, making your complexion clearer, your eyes brighter.

### A STRONG CONSTITUTION

The calcium, phosphorous and iron in apples play a vital part in building a strong constitution, in creating firm bones and healthy blood. Vitamin A helps ward off colds and infection, Vitamin B is a nerve tonic, Vitamin C helps to keep teeth sound, Vitamin G promotes digestion. They're all in apples.

### BRIGHTEN YOUR SMILE

Every time you eat an apple you clean your teeth, brighten your smile. Apples are very important for dental care.

### SLIMMING? EAT APPLES

If you are watching your diet apples are a great help. An apple makes a satisfying, easily digested snack that does not fatten. Apples give you energy, too.

**N.Z. APPLE & PEAR MARKETING BOARD**

## ASK AUNT DAISY

# Making Fruity Pickles



**D**ON'T forget that summer fruits supply the lovely sauces and chutneys which cheer up our meat and curries and grills and casserole dishes, as well as making the usual jams and jellies. Thousands of people actually make more sauces than they do jam, because jams can be bought in plenty, while many sauces cannot; and people who don't eat much jam generally like tasty savouries which include a little good and unusual sauce. Even on plain biscuits, eaten with a favourite cheese, a good sauce or chutney is delicious.

### Peach and Plum Chutney

Slice and stone 2 lb. peaches and 2 lb. plums. Have ripe but firm fruit. Put in layers in a dish, sprinkle each layer with a little pepper and salt, leave 24 hours. Drain, put fruit in pan with 4 cups vinegar, ½ lb. brown sugar, 3 oz. preserved ginger, 2 oz. cloves and ½ lb. onions cut finely. Boil slowly till the peaches are tender. Strain through sieve, fill small jars and make airtight.

### Fruit Chutney

Three pounds apples, 2 lb. peaches or apricots, 2 lb. each onions and tomatoes, 4 lb. brown sugar, 1 lb. sultanas, 2 tablespoons salt, 1 tablespoon ground ginger, cayenne pepper to taste, ¼ oz. ground mace, ½ gallon vinegar. Slice finely and cover with sugar and vinegar. Leave overnight. Next day boil 3 hours, add juice of 2 lemons about 1 hour before ready.

### Apricot Chutney

Six pounds of apricots, 2½ lb. onions, 1¾ lb. sugar, 1 dessertspoon salt, 1 teaspoon cloves, 1 teaspoon peppercorns, 1 teaspoon ground mace, 1 teaspoon curry powder, ½ teaspoon cayenne, ½ bottle vinegar. Cut up the apricots and onions and put in pan with rest of ingredients. Boil 1 hour. Nice in sandwiches for supper.

### Pear, Plum and Apple Chutney

Two pounds pears, 1 lb. apples, 2 lb. plums, 1 lb. dates, 1 lb. chopped raisins, 1 lb. onions or shallots, 1½ lb. brown sugar or treacle (treacle is best), ¼ lb. salt, ½ teaspoon cayenne, 1 packet spice, 2 oz. ground ginger. Mince or chop finely all fruit and onions; add seasonings. Add 1½ quarts vinegar and boil slowly for 2 hours. Thin with more vinegar if necessary.

### Maharajah's Chutney (Peaches)

Two pounds firm peaches, 1 lb. seeded raisins, ½ lb. preserved ginger, ¼ lb. peel, 1 lb. onions, 2 oz. garlic, 1 lb. brown sugar, 2 teaspoons cayenne, 1 tablespoon curry powder, 2 oz. salt. Chop all ingredients finely, add 1 quart vinegar and boil 1 hour. Very good.

### Fresh Fig Chutney

One and a half pounds fresh figs, 3 oz. raisins, 2 oz. preserved ginger, ½ lb. onions, 3 oz. dates, 6 oz. brown sugar, ½ teaspoon salt, ¼ teaspoon cayenne, 1 pint vinegar. Cut figs into rings, also cut dates and ginger into cubes. Boil vinegar and sugar; pour this on all other ingredients and leave all night. Next day boil till thick and dark, about 3 hours.

### Cloved Apples

Four pounds sound apples, 3½ lb. sugar, 2 cups water, 1 dozen cloves. Peel and core apples, divide into quarters.

Boil sugar, cloves and water to syrup, add apples, bring to boil and simmer gently till each piece of apple is cooked but not broken. Lift out apples carefully into small hot jars. Boil up syrup for 5 minutes, and cover apples in jars. Seal immediately. If done properly should keep well, and are delicious with cold meat, cheese or salad.

### Black Currant Sauce

Three tumblers black currant juice (made by boiling black currants with very little water and straining as for jelly), 2 tumblers vinegar, 1½ lb. sugar, ½ tablespoon salt, 1 tablespoon each cloves, spice, cinnamon, and pepper to taste. Boil together half an hour.

### Blackberry Pickle

One pint blackberries, 1 lb. white sugar, ½ oz. ground ginger, ½ pint vinegar, 1 oz. allspice. Steep blackberries and sugar for 12 hours. Bring vinegar

## LEMON SHORTCAKE

**THREE** ounces butter, 4 oz. sugar, 1 egg, 1 small cup flour, ½ teaspoon baking powder, pinch salt, 1 tablespoon warm milk. Beat butter and sugar well, add egg, then flour and baking powder alternately with milk. Spread evenly into a sponge tin and sprinkle the top with equal quantities of finely-chopped walnuts and raw sugar mixed well. Put it on top of the cake mixture. Bake in a moderate oven. Put in oven at 375 degrees for about ½ hour or longer if needed. When quite cold cut through the centre and spread lemon filling.

**Lemon Filling:** Half a cup of water, 2 dessertspoons sugar, juice and grated rind of 1 lemon. Bring this to boil and thicken with 1 full dessertspoon of corn-flour. When it is cold spread it in the centre of the short cake. Do not use the cake for at least 4 or 5 hours after the filling is put in it. It must only be cooked to a light golden colour; over-cooking spoils it.

to the boil; add blackberries and boil for half an hour. When cold add ginger and spice and mix well. Put in jars and cover.

### Pickled Fresh Figs

Six pounds figs, 3 lb. sugar, 1 quart vinegar, 1 tablespoon mixed spices (allspice, mace, cinnamon, etc.). Stick 2 or 3 cloves into each fig, but do not peel figs. Boil vinegar, sugar and spices. When boiling, skim, then put in figs. Boil slowly till figs can be pierced with a straw. Put fruit into hot jars. Boil syrup 5 minutes, pour over figs and seal while hot.

### Mango Chutney (with Quinces)

Two pounds peeled ripe mangoes, 8 chillies, 2 lb. dark sugar, 2 large apples, 4 tomatoes, 1 lb. sultanas, 2 bananas, 1 teaspoon each spices, salt and ginger, 1 quince, ½ lb. dates. Mince the fruit, put all into pan with 2 quarts of vinegar, and boil till thick.

### Plum Sauce

Six pounds dark plums, 3 pints vinegar, 2 lb. sugar, 1 teaspoon cayenne, 6 teaspoons salt, 2 teaspoons ground cloves, 2 teaspoons ground ginger, 1 teaspoon black or white pepper, 1 teaspoon

**N.Z. LISTENER, MARCH 8, 1957.**