

Pressure Preserving

Dear Aunt Daisy,

I would like to help your listeners regarding preserving in a pressure cooker. I have never had a failure, but it is essential to use the time-table especially compiled for the cooker. This is the method for both fruit and vegetables. Pack clean jars with fruit or vegetables which may be either raw, or cooked for 3 minutes, except apples and strawberries, which must be precooked again. After packing the jars really full, cover fruit with syrup, not necessarily hot; and vegetables with one teaspoon salt and water. Put lids on and screw down as hard as possible. Place jars on the rack, with 2 pints water. Bring to pressure and cook for specified time. Do not cool under tap as this will cause the jars to burst. When sufficiently cool to handle comfortably, place jars on a sack and screw down again really hard. Don't remove lids, just tighten. They may bubble a bit, but this is all right. Test at the end of 24 hours. Fruit and tomatoes require 5 lb. pressure. Vegetables, fish, and meat, also poultry, require 10 lb. My pressure cooker has a gauge showing 5, 10 and 15 lb. pressure, and holds 3 1-lb. jars. Soups, oysters and game of any sort may be preserved, because the pressure at 10 lb. is above boiling point. The saving of time is amazing.

J.B., Beachland.

Cream of Tomato Soup

Dear Aunt Daisy,

I wonder if you could help me with this problem? I have bottled a lot of tomato juice for soup, and although I have tried several different methods of blending the juice and milk to make cream of tomato soup, I find that it always curdles. Please reply through The Listener.

S.E.B., Clevedon.

Try this way. Bring the tomato juice to the boil and add a pinch of baking soda. Bring the milk to the boil and thicken a little with cornflour moistened with a little cold milk. Then slowly add the tomato juice to the boiling milk, stirring, of course. Season to taste with pepper and salt, and a little bit of sugar. Some people like a faint dash of ginger, too. Half a cup of cream added at the last makes it very de luxe. Serve with sippets of toast.

Raw Fish Balls

Dear Aunt Daisy,

I am sending you my delicious way of cooking fish, which makes it go much further, too. Sometimes there is difficulty in obtaining meat, and I'm sure most people will enjoy this. Take 1½ lb. to 2 lb. raw boned fish, an onion, a carrot, and 2 slices stale bread. Put these through a mincer, and add salt and pepper to taste, and some finely chopped parsley. Mix them all well, adding a beaten egg and about ½ cup water. Shape into small patties, and roll in dry breadcrumbs. Fry in deep fat, on both sides, till brown; then continue cooking on a low heat for another 10 to 15 minutes. Drain on soft paper and serve with chips or mashed potatoes.

"Constant Listener."

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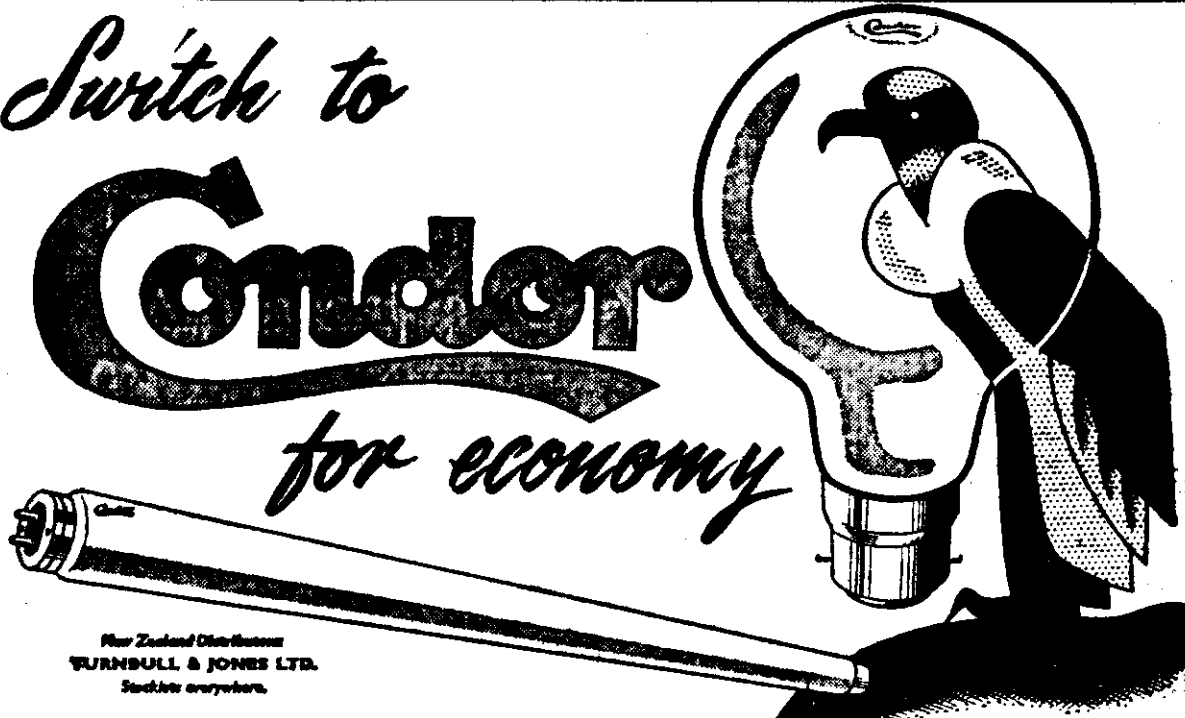
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