

## Receipts, &c.

### PRESERVING, ETC.

THERE are no better methods of preserving fruits than those we have furnished the subscribers of the LADY'S BOOK in former years. We therefore reprint them for the benefit of both new and old subscribers, with the addition of some new ones:—

*A few General Rules and Directions for Preserving.*

1. Let everything used for the purpose be delicately clean and dry; bottles especially so.

2. Never place a preserving-pan flat upon the fire, as this will render the preserve liable to burn to, as it is called; that is to say, to adhere closely to the metal, and then to burn.

3. After the sugar is added to them, stir the preserves gently at first, and more quickly towards the end, without quitting them until they are done; this precaution will always prevent the chance of their being spoiled.

4. All preserves should be perfectly cleared from the scum as it rises.

5. Fruit which is to be preserved in syrup must first be blanched or boiled gently, until it is sufficiently softened to absorb the sugar; and a thin syrup must be poured on it at first, or it will shrivel instead of remaining plump, and becoming clear. Thus, if its weight of sugar is to be allowed, and boiled to a syrup with a pint of water to the pound, only half the weight must be taken at first, and this must not be boiled with the water more than fifteen or twenty minutes at the commencement of the process; a part of the remaining sugar must be added every time the syrup is reboiled, unless it should be otherwise directed in the receipt.

6. To preserve both the true flavor and the color of fruit in jams and jellies, boil them rapidly until they are well reduced, before the sugar is added, and quickly afterwards, but do not allow them to become so much thickened that the sugar will not dissolve in them easily, and throw up its scum. In some seasons, the juice is so much richer than in others, that this effect takes place almost before one is aware of it; but the drop which adheres to the skimmer, when it is held up, will show the state it has reached.

7. Never use tin, iron, or pewter spoons, or skimmers for preserves, as they will convert the color of red fruit into a dingy purple, and impart, besides, a very unpleasant flavor.

8. When cheap jams or jellies are required, make them at once with loaf sugar, but use that which is well refined always, for preserves in general; it is a false economy to purchase an inferior kind, as there is great waste from it in the quantity of scum which it throws up.

9. Enamelled pans are the proper utensils for preserving fruit.

10. After the fruit is placed in the jars, cover it with tissue paper, wet with brandy, and seal tightly with the cork, so as to exclude air.

*To Clarify Sugar.*—Take the finest kind, break it into large lumps, and put it into a preserving-pan. If for syrup, add a pint of cold water to each pound; if for candying, a couple of wineglassfuls to the pound will be sufficient. Beat the white of an egg, add it to the water, mix it well, and pour it over the sugar; one egg is enough for twelve pounds of sugar, if it is fine, or two if it is coarse. When the sugar is nearly melted, stir it well, and put it over a gentle fire; do not stir it after the scum begins to rise; let it boil five minutes, then take it off the fire, let it stand a minute or two, then take the scum carefully off; put the pan again on the fire, and when the syrup begins to boil throw in a little cold water, which should be kept back for the purpose: boil till the scum rises, draw it off the fire, and skim it as before; repeat this till quite clear; it is then fit for use. It is by long boiling that the different degrees are acquired, which the confectioner requires.

*Currants Preserved.*—Take ripe currants, free from stems; weigh them, and take the same weight

of sugar; put a teacup of sugar to each pound of it; boil the syrup until it is hot and clear; then turn it over the fruit; let it remain one night; then set it over the fire, and boil gently, until they are cooked and clear; take them into the jars or pots with a skimmer; boil the syrup until rich and thick; then pour it over the fruit. Currants may be preserved with ten pounds of fruit to seven of sugar. Take the stems from seven pounds of the currants, and crush and press the juice from the remaining three pounds; put them into the hot syrup, and boil until thick and rich; put it in pots or jars, and the next day secure as directed.

*Currant Jelly.*—Pick fine red but long ripe currants from the stems; bruise them, and strain the juice from a quart at a time through a thin muslin; wring it gently, to get all the liquid, put a pound of white sugar to each pound of juice, stir it until it is all dissolved, set it over a gentle fire, let it become hot, and boil for fifteen minutes; then try it by taking a spoonful into a saucer; when cold, if it is not quite firm enough, boil it for a few minutes longer. When the jelly is thick enough, strain it into small white jars or glass tumblers; when cold, cover with tissue paper. Glass should be tempered by keeping it in warm water for a short time before pouring any hot liquid into it, otherwise it will crack.

*Gooseberries Preserved.*—Take the blossom from the end, and take off the stems; finish as directed for currants.

*To Keep Red Gooseberries.*—Pick gooseberries when fully ripe, and for each quart take a quarter of a pound of sugar and a gill of water; boil together until quite a syrup; then put in the fruit, and continue to boil gently for fifteen minutes; then put them into small stone jars; when cold, cover them close; keep them for making tarts or pies.

*Cherries Preserved.*—Take fine large cherries, not very ripe, take off the stems, and take out the stones; save whatever juice runs from them; take an equal weight of white sugar; make the syrup of a teacup of water for each pound; set it over the fire until it is dissolved, and boiling hot; then put in the juice and cherries, boil them gently until clear throughout, take them from the syrup with a skimmer, and spread them on flat dishes to cool; let the syrup boil until it is rich and quite thick, set it to cool and settle, take the fruit into jars or pots, and pour the syrup carefully over; let them remain open until the next day, then cover. Sweet cherries are improved by the addition of a pint of red currant-juice, and half a pound of sugar to it, for four or five pounds of cherries.

*Plums.*—There are several varieties of plums. The richest purple plum for preserving is the damson; there are of these large and small; the large are called sweet damsons, the small ones are very rich flavored. The great difficulty in preserving plums is that the skins crack and the fruit comes to pieces; the rule here laid down for preserving them obviates that difficulty. Purple gages, unless properly preserved, will turn to juice and skins; and the large horse plum (as it is generally known) comes completely to pieces in ordinary modes of preserving; the one recommended below will keep them whole, full, and rich.

*To Preserve Purple Plums.*—Make a syrup of clean brown sugar; clarify it as directed in these receipts; when perfectly clear and boiling hot, pour it over the plums, having picked out all unsound ones and stems, let them remain in the syrup two days, then drain it off; make it boiling hot, skim it, and pour it over again; let them remain another day or two, then put



them in a preserving kettle over the fire and simmer gently until the syrup is reduced, and thick or rich. One pound of sugar for each pound of plums. Small damsons are very fine preserved as cherries or any other ripe fruit. Clarify the syrup, and when boiling hot put in the plums; let them boil very gently until they are cooked and the syrup rich. Put them in pots or jars.

*To Preserve Plums without the Skins.*—Pour boiling water over large egg or magnum bonum plums; cover them until it is cold, then pull off the skins. Make a syrup of a pound of sugar and a teacup of water for each kind of fruit; make it boiling hot and pour it over; let them remain for a day or two, then drain it off and boil again; skim it clear and pour it hot over the plums; let them remain until the next day, then put them over the fire in the syrup; boil them very gently until clear: take them from the syrup with a skimmer into the pots or jars; boil the syrup until rich and thick; take off any scum which may arise, then let it cool and settle, and pour it over the plums. If brown sugar is used, which is quite as good except for green gages, clarify it.

*To Dry Plums.*—Split ripe plums, take the stones from them, and lay them on plates or sieves to dry in a warm oven or hot sun; take them in at sunset, and do not put them out again until the sun will be upon them; turn them that they may be done evenly; when perfectly dry, pack them in jars or boxes lined with paper, or keep them in bags; hang them in an airy place.

*To Keep Damsons.*—Put them in small stone jars, or wide-mouth glass bottles, and set them up to their necks in a kettle of cold water; set it over the fire to become boiling hot, then take it off and let the bottles remain until the water is cold; the next day fill the bottles with cold water, and cork and seal them. These may be used the same as fresh fruit. Green gages may be done in this way.

*To Preserve Damsons a Second Way.*—Put a quart of damsons into a jar with a pound of sugar strewed between them; set the jar in a warm oven, or put it into a kettle of cold water and set it over the fire for an hour, then take it out, set to become cold, drain the juice off, boil it until it is thick, then pour it over the plums; when cold, cover as directed.

*Plum Marmalade.*—Simmer the plums in water until they become soft, and then strain them and pass the pulp through a sieve. Put in a pan over a slow fire, together with an equal quantity of powdered loaf-sugar; mix the whole well together, and let it simmer for some time until it becomes of the proper consistence. Then pour it into jelly-pots, and cover the surface with powdered loaf-sugar.

*Plum Paste Sweetmeats.*—Simmer the plums in a pan over a moderate fire, strain the juice from them, and dry the pulp. Then mix it with strong syrup, and simmer the whole together. Make the paste into different shapes by hand or in tin moulds, and dry them on plates in a slow oven.

*To Preserve Green Gages.*—The following receipt appears to be a good one: Pick and prick all the plums, put them into a preserving-pan with cold water enough to cover them; let them remain on the fire until the water simmers well, then take off, and allow them to stand until half cold, putting the plums to drain. To every pound of plums, allow one pound of sugar, which must be boiled in the water from which the plums have been taken; let it boil very fast until the syrup drops short from the spoon, skimming carefully all the time. When the sugar is sufficiently boiled, put in the plums, and allow them to boil until the sugar covers the pan with large bubbles; then pour the whole into a pan, and let them remain until the following day; drain the syrup

from the plums as dry as possible, boil it up quickly, and pour it over the plums, then set them by; do this a third and a fourth time. On the fifth day, when the syrup is boiled, put the plums into it, and let them boil for a few minutes, then put them into jars. Should the green gages be over ripe, it will be better to make jam of them, using three-fourths of a pound of sugar to one pound of fruit. Warm the jars before putting the sweetmeats in, and be careful not to boil the sugar to a candy.

*Jam of Green Gages.*—Put ripe green gages into a kettle with very little water, and let them stew until soft, then rub them through a sieve or colander, and to every pint of pulp put a pound of white sugar powdered fine; then put it in a preserving kettle over the fire, stir it until the whole is of the consistence of jelly, then take it off; put the marmalade in small jars or tumblers, and cover. Any sort of plums may be done in this manner.

*Very Fine Preserved Peaches.*—Take fine ripe free-stone peaches; pare them, cut them in half and remove the stones. Have ready a sufficiency of the best double-refined loaf-sugar, finely powdered. Weigh the sugar and the peaches together, putting the sugar into one scale and the peaches into the other, and balancing them evenly. Put the peaches into a large pan or tureen, and strew among them one-half of the sugar. Cover them, and let them stand in a cool place till next morning. Then take all the juice from them, and put it into a porcelain preserving-kettle with the remainder of the sugar. Set it over a moderate fire, and boil and skim it. When it is boiling well, and the scum has ceased to rise, put in the peaches and boil them till they are perfectly clear, but not till they break; carefully skimming them. Boil with them a handful of fresh clean peach-leaves tied in a bunch. When quite clear take the peaches out of the syrup, and put them on a flat sloping dish to drain into a deep dish placed below it. Take this syrup that has drained from the peaches, put it to the syrup in the kettle, and give it one more boil up. Then throw away the leaves. Lay the peaches flat in small glass jars. Pour an equal portion of the hot syrup into each jar, and put on the top a tablespoonful of the best white brandy. Cork the jars, and paste down paper closely over the mouth of each.

*Common Peach Jam.*—Take good ripe free-stone peaches, pare them, and cut them into small pieces, seeing that none are blemished in the least. Cover the bottom of a stone jar with a thick layer of powdered sugar (very good brown sugar will do when strict economy is expedient), then put in a layer of the cut peaches (without any cooking); then another of sugar; then one of peaches, and so on till the jar is filled; packing the contents down as closely as possible. The top layer must be of sugar, spread on thickly. Cover the jar immediately, and paste paper down closely over the cover. This jam will be found very good for children; and for family use when fresh peaches are not to be had. It may be put into plain pies, or spread over the paste of a rolled-up pudding. If the peaches are free from decay-spots, and the sugar in sufficient abundance, the jam will keep many months; always excluding the air from the jar.

*Currant Jam.*—Pick the currants free from stems; weigh three-quarters of a pound of sugar for each pound of fruit; strain the juice from half of them; then crush the remainder and the sugar together, and put them with the juice into a bright brass or porcelain kettle, and boil until it is a smooth jellied mass; have a moderate fire, that it may not burn the preserve.

*To Preserve Apples.*—Pare and core, and cut them



in halves or quarters, take as many pounds of the best brown sugar, put a teacup of water to each pound. When it is dissolved, set it over the fire, and when boiling hot, put in the fruit, and let it boil gently until it is clear, and the syrup thick; take the fruit with a skimmer on to flat dishes, spread it to cool, then put it in pots or jars, and pour the jelly over. Lemons boiled tender in water, and sliced thin, may be boiled with the apples.

*To Preserve Pippins in Slices.*—Take the fairest pippins, pare them, and cut them in slices a quarter of an inch thick, without taking out the cores; boil two or three lemons, and slice them with the apples, take the same weight of white sugar (or clarified brown sugar), put half a gill of water for each pound of sugar, dissolve it, and set it over the fire; when it is boiling hot, put in the slices, let them boil very gently until they are clear, then take them with a skimmer and spread them on flat dishes to cool; boil the syrup until it is quite thick, put the slices on flat dishes, and pour the syrup over. These may be done a day before they are wanted; two hours will be sufficient to make a fine dish for dessert or supper.

*To Preserve Crab-Apples.*—Take off the stem, and core them with a penknife, without cutting them open; weigh a pound of white sugar for each pound of prepared fruit; put a teacup of water to each pound of sugar; put it over a moderate fire. When the sugar is all dissolved and hot, put the apples in, let them boil gently until they are clear, then skim them out, and spread them on flat dishes. Boil the syrup until it is thick, put the syrup in whatever they are to be kept, and when the syrup is cooled and settled, pour it carefully over the fruit. Slices of lemon boiled with the fruit may be considered an improvement; one lemon is enough for several pounds of fruit. Crab-apples may be preserved whole, with only half an inch of the stem on; three-quarters of a pound of sugar for each pound of fruit.

*To Preserve Pears.*—Take small, rich, fair fruit, as soon as the pips are black; set them over the fire in a kettle, with water to cover them, let them simmer until they will yield to the pressure of the finger, then with a skimmer take them into cold water; pare them neatly, leaving on a little of the stem and the blossom end, pierce them at the blossom end to the core, then make a syrup of a pound of sugar for each pound of fruit; when it is boiling hot, pour it over the pears, and let it stand until the next day, when drain it off, make it boiling hot, and again pour it over; after a day or two, put the fruit in the syrup over the fire, and boil gently until it is clear; then take it into the jars or spread it on dishes, boil the syrup thick, then put it and the fruit in jars.

*Raspberry Vinegar* may be made by steeping fresh gathered fruit in vinegar—three quarts of fruit to one of vinegar; after steeping three days, strain and simmer gently with one pound of loaf-sugar to every pint of juice and vinegar. When cold, bottle and cork very securely; or, to a pint of fresh raspberry juice allow one pound of loaf-sugar powdered boil together three-quarters of an hour after actual boiling. Then pour off and mix with an equal quantity of distilled vinegar, and bottle. A large tablespoonful of this in a glass of water is a most refreshing drink in fevers, and is particularly useful in complaints of the chest; a substitute may be made by dissolving raspberry jam, straining the juice, and mixing with it an equal quantity of the best vinegar.

*Blackberries.*—Preserve these as strawberries or currants, either liquid or jam, or jelly. Blackberry jelly or jam is an excellent medicine in summer complaints or dysentery; to make it, crush a quart of fully ripe blackberries with a pound of the best

loaf-sugar, put it over a gentle fire and cook it until thick, then put to it a gill of the best fourth-proof brandy, stir it awhile over the fire, then put it in pots, and cover as directed.

*Blackberry Syrup.*—Make a simple syrup of a pound of sugar to each pint of water, boil it until it is rich and thick, then add to it as many pints of the expressed juice of ripe blackberries as there are pounds of sugar; put half a nutmeg grated to each quart of the syrup; let it boil fifteen or twenty minutes, then add to it half a gill of fourth-proof brandy for each quart of syrup; set it by to become cold, then bottle it for use. A tablespoonful for a child or a wineglass for an adult is a dose.

*Pine-Apple Jelly.*—Take a perfectly ripe and sound pine-apple, cut off the outside, cut it in small pieces; bruise them, and to each pound put a teacup of water; put it in a preserving-kettle over the fire, cover the kettle, and let them boil for twenty minutes; then strain it, and squeeze through a bit of muslin. For each pound of fruit take a pound of sugar, put a teacup of water to each pound, set it over the fire until it is dissolved, then add the pine-apple juice. For each quart of the syrup, clarify an ounce of the best isinglass, and stir it in; let it boil until, by taking some on a plate to cool, you find it a stiff jelly. Secure it as directed.

*Tomato Preserves.*—Take the round yellow variety as soon as ripe, scald and peel; then to seven pounds of tomatoes add seven pounds of white sugar, and let them stand over night. Take the tomatoes out of the sugar, and boil the syrup, removing the scum. Put in the tomatoes, and boil gently fifteen or twenty minutes; remove the fruit again and boil until the syrup thickens. On cooling, put the fruit into jars and pour the syrup over it, and add a few slices of lemon to each jar, and you will have something to please the taste of the most fastidious.

*To Candy Fruit.*—After peaches, plums, citrons, or quinces have been preserved, take the fruit from the syrup; drain it on a sieve; to a pound of loaf-sugar put half a teacup of water; when it is dissolved, set it over a moderate fire; when boiling hot, put in the fruit; stir it continually until the sugar is candied about it; then take it upon a sieve, and dry it in a warm oven or before a fire; repeat this two or three times if you wish.

*To Dry Cherries.*—Having stoned the desired quantity of good cherries, put a pound and a quarter of fine sugar to every pound; beat and sift it over the cherries, and let them stand all night. Take them out of the sugar, and to every pound of sugar put two spoonfuls of water. Boil and skim it well, and then put in the cherries; boil the sugar over them, and next morning strain them, and to every pound of syrup put half a pound more sugar; boil it till it is a little thicker, then put in the cherries, and let them boil gently. The next day strain them, put them in a stove, and turn them every day till they are dry.

*Pears in Brandy.*—Take fine, rich, juicy, but not very ripe pears; put them into a saucepan with cold water to cover them; set them over a gentle fire and simmer them until they will yield to the pressure of your finger, then put them into cold water; pare them with the greatest care, so that not a single defect may remain; make a syrup of three-quarters of a pound of white sugar for each pound of fruit, and a cup of water to each pound of sugar; when the syrup is clear, and boiling hot, put in the pears, boil them gently until they are done through and clear, and the syrup is rich; now take them with a skimmer into glass jars; boil the syrup thick, then mix with it a gill of white brandy to each pint, pour it over the fruit, and, when cold, cover over closely.