

## WARTIME JAMS AND JELLIES

(from late fruits)

issued by

CONSUMER SECTION

MARKETING SERVICE

DOMINION DEPARTMENT OF AGRICULTURE

(all recipes based on sugar ration of  $\frac{3}{4}$  pound sugar to 1 pound fruit,  
purchased weight)

### GENERAL DIRECTIONS FOR JAM

1. Fruits for jam should be firm, ripe but never over-ripe.
2. Measurements should be accurate.
3. Wash, peel if necessary, cut or mash, so that some juice will escape. To prevent sticking, a little water may be added but as this must later be boiled away care should be taken not to use too much.
4. Less acid fruits such as peaches and pears, are improved by adding a little cider vinegar, rhubarb juice or lemon juice.
5. Heat fruit very slowly to extract juice. Stir frequently using a wooden spoon.
6. Fruits with tough skins make better jam if cooked for a short time before adding sugar. Time is saved by heating sugar before adding.
7. Peeled fruits are usually mixed with sugar before cooking.
8. Boil the required length of time.
9. Have containers sterilized and hot before filling with hot jam.
10. When sugar content is low, boiling time must be increased if jam is to be stored in non-air-tight containers.
11. Well-made jam can be sealed with paraffin. When cool a metal or paper cover should be used to prevent contamination from dust.

### PROPORTIONS FOR JAM

<u>Fruit</u>	<u>Quantity, as purchased</u>	<u>Weight</u>	<u>Weight of Sugar</u>
Any variety .....		1 lb.	$\frac{3}{4}$ lb.
Apricots, plums, peaches, pears .....	6 qt. basket	6 $\frac{3}{4}$ lbs.	5 lbs.
Apricots or peaches .....	box	18 lbs.	13 $\frac{1}{2}$ lbs.
Prunes or plums .....	lug	15 lbs.	11 $\frac{1}{4}$ lbs.
Pears .....	box	42 lbs.	31 $\frac{1}{2}$ lbs.



## GENERAL DIRECTIONS FOR MAKING JELLY

1. This method can be used for apples, crabapples, and sour plums.
2. Select clean, sound but slightly under-ripe fruit. Over-ripe fruit does not make good jelly.
3. Cut or crush, do not core or peel fruit. Add water to come just below top of fruit. Cook slowly until fruit is soft and mushy and juice is drawn out.
4. Drain thoroughly through a moist jelly bag. Do not squeeze bag if you wish a clear jelly.
5. Measure juice and sugar. Allow  $\frac{3}{4}$  cup sugar to each cup juice.
6. Boil juice gently for 10 to 20 minutes, testing frequently for pectin (see below)
7. Add heated sugar. Boil 3 to 5 minutes or until jelly sheets from the spoon or to  $220^{\circ}\text{F}$ .
8. Pour into hot sterilized glasses. Let stand until set. Seal.
9. For variation or to add flavour to apple jelly, rose geranium leaves, mint, cinnamon bark or lemon may be added while juice is boiling and strained out before pouring into glasses.
10. For variation, use a combination of fruits -- e.g. grape and apple, plum and apple or quince and apple -- using above method.

## PECTIN TEST

To test for pectin with alcohol, measure 1 tablespoon fruit juice into a dish and add 1 tablespoon alcohol. If a jelly-like mass forms, a large amount of pectin is present and the sugar can be added. If the mixture remains unchanged in consistency, boil the juice a few minutes longer -- until the test gives a jelly-like mass. Then add sugar.

## SPECIAL RECIPES

### PEACH JAM

6 cups peeled, sliced peaches

3 cups sugar

1 tablespoon cider vinegar

Mix all ingredients. Let stand 1 hour. Cook slowly until thick. Pour into sterilized glasses. Seal while hot.



### CANTALOUPE AND PEACH CONSERVE

3 cups peeled, diced peaches	3 cups peeled, diced cantaloupe
Juice and grated rind of 2 oranges	3 cups sugar

Mix all ingredients. Cook slowly until thick. Pour into hot sterilized glasses. Seal when cool.

### CARROT, APPLE AND PEACH JAM

2 cups diced carrot	2 cups diced tart apples
2 cups diced peaches	3 cups sugar

Peel and dice fruit. Add sugar. Cook until thick. Pour into hot sterilized glasses. Seal when cool.

### PEAR MARMALADE

4 pounds peeled, cored, sliced pears	2 lemons
2 oz. green ginger root <u>or</u>	3 lbs. sugar
1 oz. dry ginger root.	

Place pears in preserving kettle in layers, sprinkling each layer with sugar, lemon juice and grated green ginger. (If dried root is used, break in pieces and tie in bag.) Let stand 2 to 3 hours. Cook slowly until clear and thick. Pour into sterilized glasses. Seal while hot.

### CITRON PRESERVES

Cut citron in 1/2 inch slices -- peel, remove seeds and cut in cubes. Cover with weak brine, allowing 1 teaspoon of salt to 1 quart of water and stand overnight. In the morning, drain thoroughly, place over a very low heat and cook until tender. Allow 2 cups sugar and juice and rind of 1 lemon to 6 cups of citron. Bring to a boil slowly. Cook until clear and seal in sterilized jars.

### GRAPE AND APPLE BUTTER

2 cups grape pulp	2 cups apple pulp	2 cups sugar
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Prepare fruit pulp by cooking fruit with a little water (to prevent burning) and passing it through a coarse sieve. Combine the ingredients and cook 20 minutes. Seal at once in sterilized jars.

### GRAPE MARMALADE

Wash the grapes, remove from the stem and press the pulp from the skins. Cook the pulp 10 minutes and put it through a sieve to remove seeds. Add skins to the pulp and measure the mixture. To 1 cup of pulp allow 2/3 cup of sugar. Cook about 20 minutes or until skins are tender and seal at once in sterilized jars.



### PLUM GUMBO

2 quarts plums

3 cups sugar

1 orange

1/2 cup nutmeats (optional)

Cut plums and remove pits. Slice orange very thinly. Cook together slowly for 15 minutes. Add sugar. Cook rapidly 5 minutes. Add broken nutmeats and pour into hot sterilized jars. Seal at once.

### MEDLEY FRUIT CONSERVE

2 pounds peaches

1 lemon

2 pounds quinces

4 1/2 pounds sugar

1 1/2 pounds pears

1/2 pound tart apples

Wash and prepare fruit. Pass through food chopper and weigh. To each pound of fruit allow 3/4 pound sugar. Put fruit and sugar in alternate layers in a bowl and let stand overnight. Next morning place in a preserving kettle, with the juice, pulp and lemon rind. Boil until mixture becomes thick. Pour into sterilized jars and seal at once.

### HARVEST JELLY

2 quarts crab or snow apples

1 quart cranberries

5 quinces

Sugar

Wash apples and quinces and remove stem and blossom ends. Cut in quarters, cover with cold water and cook until tender. Wash cranberries and cook in one quart water until tender. Pour apples, quinces and cranberries into jelly bag and let drain overnight. In the morning, measure the juice and for each cup of juice add 3/4 cup of sugar. Boil juice for 5 minutes before adding sugar, then boil for 10 minutes or until syrup sheets off spoon. Remove scum, pour into sterilized glasses and seal.

### DAMSON PLUM JAM

Weight and wash the fruit. Add a little water to the plums and heat slowly to boiling point. Cook gently for one-half hour. Add 3/4 pound sugar for every pound fruit and simmer one hour. (skim off pits that rise to surface). Pour into sterilized containers. Seal at once.

### APPLE GINGER

Sour apples

1 1/2 pounds light brown sugar

1/2 ounce ginger root

Few grains salt

Juice and grated rind 1 1/2 lemons

Water

Wipe, quarter, core, pare and chop apples to make 2 1/2 pounds. Add sugar, juice and rind of lemon, ginger root, salt and enough water to prevent apples from burning. Cover and cook slowly 4 hours, adding water as necessary. Pour into sterilized jars and seal.