by .. EDITH L. ELLIOT CONSUMER SECTION

DOMINION DEPARTMENT OF AGRICULTURE

In pickles, the preservation of vegetables or fruits is effected by the use of vinegar and spice. This means that the strength of the vinegar must be sufficient to exert a preservative action, also that there must be enough of it to cover the material pickled. Pickles have little food value, but they make a meal more palatable. There are three main classes of pickles, (1) sweet fruit or vegetable pickles; (2) sour pickles which include mustard pickles; and (5) that large variety of pickles in which the material is chopped finely.

It is quite possible to fill the shelves with a delectable variety of

relishes in spite of the wartime restriction on the use of sugar. Sour pickles and dill pickles have no added sweetening. A large

variety of commonly used recipes fall in this class.

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Mustard and chopped pickles are usually more desirable when some sweetening is added. The amount required is usually small and may well be taken from the weekly ration of sugar or may be replaced by corn syrup.

Sweet pickles require considerable sweetening which may be brown or white sugar, honey or corn syrup or part of each. Honey imparts a particularly pleasing flavour to fruit pickles.

## GENERAL DIRECTIONS

Always use fresh vegetables for pickle making.

Pickles should be prepared in a porcelain or granite utensil. Use the best vinegar. Cider vinegar has a better flavour but white

wine gives a clear colour.

On preparing vegetables for pickling they are usually put in brine for some hours or overnight. This draws out some of the water and makes them firmer, also the salt checks spoilage and a slight laptic fermentation takes place.

For brine the best proportion: is 1 cup salt to 2 boiling water. A higher proportion of salt is sometimes used to shorten the time of brining but more than  $1\frac{1}{2}$  cups salt to 2 quarts water should never be used as this

may result in shrivelled pickles.

If pickles are required orisp and firm they should never be cooked but slightly scalded.

DILL PICKLES

In the bottom of a crock place a layer of dill. Fill the crock to within three inches of the top with washed cucumbers of from 3 - 4 inches in length. Add another layer of dill. Prepare a brine using 1 lb. salt, l pt. vinegar and 2 gals. boiling water. Allow to cool to room temperature and pour over cucumbers. Cover with a plate and weight so that brine completely covers cucumbers. Let stand 10 days to two weeks or until active fermentation has stopped. (When scum forms it should be removed). Pack pickles in sterilized jars, adding a little dill to each jar. Boil brine 5 minutes, cool and pour over pickles. Seal and store in a cool place.

CUCUMBERS (FOR SALAD FOR WINTER USE)

Wash, peel and slice cucumbers; pack in a crock in layers beginning with a layer of salt, then a layer of sliced cucumbers until the crock is filled; finish with a layer of salt; put a plate on top and weight. Soak in cold water overnight before using, changing the water several times.

SOUR PICKLES, VEGETABLES

(onions, cucimber, eauliflower and green tomato)

These vegetables may be used separately or mixed. Wash and prepare vegetables. Make a brine, using 2 quarts of boiling water and 12 cups salt, pour over the vegetables and let stand 2 days. Drain and cover with more brine. Let stand 2 days and drain again. When using onions, take fresh brine and heat to a boiling point; put in onions and boil 3 minutes; drain. Cover vegetables with pickle mixture made as follows:-

2 tablespoons whole spice 1 gallon vinegar l gallon vinegar 4 red peppers 2 tablespoons whole cup sugar (optional) 2 sticks cinnamon 2 tablespoons mace

Tie spices in a cheesecloth bag and boil in vinegar for 10 minutes; pour over vegetables: bottle.

## BEET RELISH

2 gts. beets cooked and chopped

2 cups vinegar

1 raw cabbage finely shredded

1 teaspoon salt

1 cup grated horseradish

1/4 teaspoon pepper

Mix all together, put into jars and seal.

## RED CABBAGE PICKLE

Remove outside leaves and stalk, cut across in very thin sices. Spread on a flat dish, sprinkle with salt, let stand 24 hours. Turn into a colander and drain thoroughly. Place in jars or a crock and pour the following mixture over it while very hot.

1 qt. vinegar 2 tablespoons whole black pepper 2 tablespoons crushed ginger root

Cover and let stand a week before using. Spices also may be varied,

#### BICKLED ONIONS

1 quart small pickling onions, peeled 1 teaspoon table salt

2 teaspoons whole pepper-corns l quart white vinegar

Bring vinegar and seasoning to boiling point, remove any scum, put in onions, simmer for 3 minutes, or until onions look transparent. Pour into sterilized sealers and seal.

#### GRAPE CATSUP

4 pound grapes 1 teaspoon cloves 2 teaspoons ground cinnamon 1,1/2, cup cider vinegar 1 teaspoon salt 1 teaspoon ground allspice

Wash and stem grapes. Place in saucepan with vinegar, and cook for 15 minutes; rub through sieve fine enough to retain the seeds. Boil pulp until thick, add other ingredients and boil 1/2 hour. Fill into hot sterilized jars or bottles and seal.

#### MUSHROOM CATSUP

Trim mushrooms, sprinkle with salt and let stand 12 hours, drain, wash and pulp. To each quart of puree add:

l pint of vinegar l tablespoon salt 2 tablespoons ground mace 2 tablespoons whole cloves ) In a muslin

2 tablespoons mustard 2 tablespoons whole allspice) bag Boil gently until thick. Remove bag of spice and bottle hot.

# PICKLES REQUIRING SMALL AMOUNTS OF SUGAR

This amount could conveniently be saved from the weekly ration.

## CHILI SAUCE AND COCKTAIL FROM ONE RECIPE

18 large tomatoes 4 tablespoons sugar 2 tablespoons salt

2 onions 3 sweet red peppers
1 small head celery 3 sweet green peppers 1/2 cup vinegar

Boil all together 20 minutes, then turn into a colander. Strain without stirring. Return juice to kettle and boil 5 minutes. Bottle for cocktail.

To the solid pulp add 1 cup vinegar and a small piece ginger, 8 cloves and 1 stick cinnamon (spices in muslin bag). Boil until thick. This makes a much better coloured, better flavoured pickle with less boiling than the ordinary method.

### TOMATO CATSUP

10 pounds tomatoes 1/2 ounce whole pepper-corns

1/4 pound salt (1/2 cup) 11 pint vinegar 1 ounce whole allspice

1/2 punce whole cloves 1/4 pound sugar 1/4 ounce cayenne

Simmer tomatoes until soft and then make puree by brushing through a fine sieve. Tie the whole spices loosely in a muslin bag. Boil until quite thick, using preferably, an enamelled vessel. Bottle and seal hot.

MUSTARD PICKLE FOR MIXED VEGETABLES

Prepare the vegetables and give them the brine treatment described in the recipe for sour pickles. Make a dressing from the following recipe:-1/2 cup sugar 1 ounce ground mustard

2 tablespoons flour 1 pint vinegar

1 teaspoon turmeric

Mix dry ingredients and stir into the hot vinegar. Cook until well thickened. Pour while hot over the vegetables: bottle.

WINTER SALAD

3 cups sugar 1 quart onions l cauliflower 2 heads celery 1 teaspoon turmeric /2 cabbage
1 cucumber (large)
2 quarts vinegar
1 cup flour 1/2 cabbage 1 teaspoon celery seed

1/4 cup mustard 1 quart green tomatoes 1 cup flour

Prepare all vegetables by putting them through the food chopper. Allow to stand in salt brine overnight. Then boil for 10 minutes in brine and strain. Boil vinegar, mix flour, brown sugar, mustard, turmeric and -celery seed in enough cold vinegar to make a paste, add to hot vinegar and boil until it begins to thicken. Pour over vegetables, mix well and bottle.

RIPE CUCUMBER RELISH

1/4 cup flour 2 large ripe cucumbers 1 pint vinegar l teaspoon turmeric 2 medium onions 1/4 cup sugar 1/4 cup mustard

Peel and remove seeds from cucumbers. Chop finely. Chop onions and add 3 tablespoons salt. Let stand 1/2 hour. Cook 10 minutes. Mix flour, sugar, turmeric and mustard to a smooth paste with vinegar. Add to pickles. Cook slowly 20 minutes. Seal while hot.

VEGETABLE MARROW CHUTNEY

5 pounds vegetable marrow 1 pound small onions, 1/4 cup brown sugar chopped fine or honey
1 teaspoon ground 3 red peppers 1 cup salt 3 red peppers 3 teaspoons mustard 2 teaspoons turmeric 3 1/2 pints malt vinegar ginger

Peel a ripe vegetable marrow, cut in half and scoop out all seeds and stringy parts. Cut the marrow into small pieces. Cover with salt and leave for 12 hours. Mix mustard and turmeric with a little of the vinegar, then add the remainder of the vinegar and all the other ingredients, except the marrow, and boil together for 15 minutes. Drain marrow, add to boiled mixture, cook till soft. Pour into sterilized jars and seal.

Malt vinegar, is used in this recipe to approximate colour and flavour

of imported chutneys.