

WARTIME
PICKLES AND RELISHES

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 (3) 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.

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 lactic fermentation takes place.

For brine the best proportions is 1 cup salt to 2 ^{9/16} cups 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 crisp 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, 1 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, cucumber, cauliflower 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 1½ 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:-

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| 1 gallon vinegar | 4 red peppers | 2 tablespoons whole spice |
| 1 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.

BEEF RELISH

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| 2 qts. 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 slices. 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.

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| 1 qt. vinegar | 2 tablespoons whole black pepper | 2 tablespoons crushed ginger root |
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Cover and let stand a week before using. Spices also may be varied.

PICKLED ONIONS

- 1 quart small pickling onions, peeled 1 teaspoon table salt
- 1 quart white vinegar 2 teaspoons whole pepper-corns

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:

- 1 pint of vinegar 1 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 1/2 cup vinegar
- 1 small head celery 3 sweet green peppers

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) 1 1/2 pint vinegar 1 ounce whole allspice
- 1/2 ounce 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.

