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Preserves, Relishes and Pickles

GIRLS' CLUB INSTRUCTION CIRCULAR

Making Preserves and Relishes.

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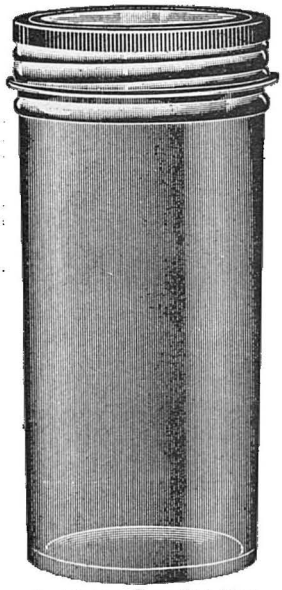
These recipes are prepared for advanced club members who are ready to begin work in preserving. In order to secure the uniform products required for market, it is necessary to have some special equipment. Good enameled or aluminum vessels, scales, measuring cups, wooden spoons and paddles are needed.

In making preserves, the object is to have the fruit absorb the syrup. Care must be taken to do this gradually so as to prevent the shrinking and toughening which results when fruit is placed at once in very dense syrup. It is also important not to pack the finished preserves in syrup heavy enough to crystallize later.



A 12 oz. Jar for Preserves and Relishes

Process preserves, relishes or pickles in 12-oz. jars 15 minutes; or in pt. jars, 20 minutes at simmering point. Tighten lids immediately at end of processing.

Terms Used: c, cup; t. teaspoonful; T, tablespoonful. Measurements level. "Paddle" means to remove air from jars after packing by the use of a narrow flat stick made from bamboo or hickory.

To Process. Place jar in a canner containing enough cold water to reach ⅓ to ½ way up side of jar. Cook or process the required length of time, counting from the time the water begins to simmer.

*These recipes were selected from government circulars and other reliable publications.

PRESERVES.

Berry Preserves.

Practically the same methods are to be followed in preserving and making jams of all berries. Berries should be gathered in shallow trays or baskets and not in deep vessels which allow them to be bruised and crushed. They should be uniform, ripe and sound. Select only large firm berries for preserving; those for jam may contain the smaller and broken ones. All berries should be carefully sorted and lightly washed by placing in colander and pouring water over them rather than putting them into a pan of water.

To retain the best possible color and flavor, syrup for preserved berries should be made of berry juice obtained by crushing, heating and straining the softer broken berries. Add 1 pt. sugar to each pint berry juice. Weigh the choice perfect berries after removing the caps or stems and allow 1 lb. sugar for each pound of whole berries. Add this sugar to the fruit juice, bring to a boil and skim. Remove from the fire and cool syrup before dropping the berries into it to prevent shriveling and toughening the fruit. It will require 1 pint of berry juice for every 2 or 3 lbs. of berries. Place over the fire and bring slowly to a boil and simmer until the berries are heated through, being very careful not to over cook. The berries should remain whole. Lift the berries from the syrup with a wooden spoon and place carefully in shallow pans. Pour syrup over them and allow to stand over night in order that they may "plump" or absorb more syrup. Pack cold, filling the jar with berries before pouring the syrup over them. Process and seal. The preserves may be packed hot, after removing from the fire, capped, and processed immediately. The syrup in which berry preserves are packed will often need to be boiled down after removing berries.

Jam.

In selecting berries for jam, the ripe broken ones, as previously suggested will give fine color and flavor but at the same time there should always be about one-half the quantity which are slightly under-ripe. This is necessary to give a jelly-like consistency to the product. Cooking in small quantities helps to retain color and flavor. Weigh the berries and allow ¾ lb. of sugar to each pound of fruit. Mash a few berries in a kettle, add remainder of berries and heat to boiling point. Add sugar gradually and continue cooking. Rapid cooking with constant care is essential.

In stirring jam use wooden spoon or paddle, moving it across the center of the vessel first one way and then the opposite, and next around the pan, gently moving the mixture from the bottom of the pan, being careful not to stir rapidly or beat. When finished the jam will give the same test as required for finished jelly: that is, when a little is held a moment and cooled in a spoon and then allowed to drop from the side of the spoon it will not pour but will fall in a sheet or flake.

Preserved Tomatoes.

To each pound of ripe tomatoes, peeled and quartered, allow ¾ lb. of sugar, 1½ T. lemon juice, ¼ t. cinnamon, ⅛ t. mace. Let tomatoes stand covered with sugar for 1 hour. Add spices; bring gradually to the boiling point. Cook slowly until fruit is clear and tender, keeping sides of preserving kettle wiped down. Put into sterilized 12-oz. jars. Process, and seal while hot. The yellow fig tomato makes a fine preserve.

RELISHES.

Chili Sauce.

12 medium-sized ripe tomatoes
1 onion, finely chopped
1 pepper, finely chopped
2 level t. cloves
3 level T. sugar
2 c. vinegar
1 level T. salt
2 level t. cinnamon

Chop up tomatoes and onions together, add seasoning and vinegar. Boil until thick. Put in 12-oz. jars. Process and seal while hot.

Tomato Catchup.

Take one peck of ripe red tomatoes, clean them, put in a preserving kettle and cook until thoroughly done. Mash them through a fine strainer to remove seeds and skins. Add to this 8 level teaspoonfuls of salt and 1 level tablespoonful of cayenne pepper. Suspend in the tomatoes a flannel bag containing:

2 level T. black pepper
1 level T. unground pepper
6 level T. mustard
1 level T. cinnamon
1 level T. cloves

Boil as rapidly as possible until the catchup begins to thicken; then add 1 quart of vinegar and continue boiling until a teaspoonful placed in a saucer will not give off any water. Remove the bag containing the spices, put the catchup in clear jars or bottles and cork and seal while hot. If paraffin is convenient, melt a small quantity in a sauce-pan, invert the bottle of catchup and dip the cork and upper part of the bottle neck into it. The paraffin will help to keep out mold spores.

Chow-chow.

2 qts. small green tomatoes
12 small cucumbers
3 red peppers
1 cauliflower
2 bunches celery
1 pt. small onions
¼ lb. mustard seed
½ oz. allspice
½ oz. pepper
½ oz. cloves
Salt
1 gal. vinegar

Prepare vegetables and cut in small pieces, cover with salt, let stand twenty-four hours, and drain. Heat vinegar and spices to boiling point, add vegetables, and cook until soft. Pack in 12-oz. jars, process and seal. If desired, some of the spices may be omitted and the amounts or kinds of vegetables varied.

Corn Salad.

12 ears sweet corn
12 onions
3 green peppers
1 head cabbage
3 red peppers
3 pts. vinegar
3 c. sugar
1 T. ground mustard
1 T. celery seed
1 T. white mustard seed
¼ t. tumeric (added a little at a time)
Salt to taste

Select tender corn. Cook five minutes to set the milk in order to make the grain firm. Split grains. Cut tips off and cut again, not too close to cob. Scrape cob well to remove remainder of pulp. Cut cabbage fine, salt slightly, and let stand one hour. Put in bag and drain dry. Mix all ingredients together and cook 20 minutes. Pack in 12-oz. jars. Process and seal while hot.

Dixie Relish.

1 qt. chopped cabbage	4 T. mustard seed
1 pt. chopped white onion	2 T. celery seed (crushed)
1 pt. chopped sweet red peppers	¾ c. sugar
	1 qt. vinegar
1 pt. chopped sweet green peppers	5 T. salt

Soak the pepper in brine (1 c. salt to 1 gal. water) for 24 hours. Freshen in clear cold water for one or two hours. Drain well. Remove seeds and coarse white sections. Chop separately, and measure the chopped cabbage, peppers, and onions before mixing. Add spices, sugar, and vinegar. Let stand over night covered in a crock or enameled vessel. Pack in small sterilized jars.

The standard pack will be a 12-oz. jar. When ready to pack, drain the vinegar off the relish in order that the jar may be well packed. Pack the relish in the jars, pressing it carefully; then pour over it the vinegar which was drained off. Paddle the jar thoroughly to get every bubble out and allow the vinegar to displace all air spaces. Garnish each jar with two quarter-inch pointed strips of red pepper 3 inches long. Place these strips vertically on opposite sides on the seams of the jar. Process for 10 minutes at boiling temperature and seal.

*B. S. Chutney.

Red Part.	Yellow Part.
2 lbs. sweet Spanish pepper	2 lbs. small yellow fig tomatoes
1 lb. sugar	1 lb. sugar
1 pt. lemon juice	4 oz. pounded ginger root
2 oz. hot peppers	

Preparation of the red part: To peel the peppers, place in a hot oven from 6 to 10 minutes (until the skin blisters and cracks), being careful not to allow the peppers to burn. Then remove the skin with a slender paring knife. Chop sweet and hot peppers together, add sugar and lemon juice, and let stand in an enameled vessel or crock for 12 hours; then drain off the liquor and allow it to simmer for 10 minutes. Pour it over the peppers again and let stand for 24 hours.

***For this attractive recipe the Canning Club girls of the South are indebted to Miss Carrie Harrison of the Department of Agriculture, who named it B. S. chutney because the colors are those of the Banner of Spain. (A hot sweet to serve with curries, cold meats, sausage, and stews).**

Simmer the liquor again on the second day. On the third day repeat, allowing peppers to remain in the liquor while simmering.

Preparation of the yellow part: Peel the tomatoes by dropping them for a minute in boiling water and then into cold water, being careful not to cook or break them. Place in a bowl, add sugar and pounded ginger, cover and let stand for 12 hours. Drain and simmer the liquor for 10 minutes. Pour it over the tomatoes while hot and allow it to stand again over night. Repeat this on the second day, and on the third day when the syrup is simmering add the tomatoes carefully and continue the cooking for 10 minutes. The tomatoes should remain whole.

For a standard pack use a 12-oz. jar. In packing, place the heavier color, red, at the bottom in a 1-inch layer; then place a 1-inch layer of yellow. Continue in this manner until the jar is neatly filled. Strain the liquor and pour it over the contents. Paddle to remove air bubbles. Cap, and process for 10 minutes. Seal. This may be packed for home use in pint jars and processed for 15 minutes.

Tomato Mince.

1½ pts. chopped apple	1 pt. chopped green tomato
(Measured after chopped)	
3 c. brown sugar	1 t. salt
1 lb. raisins	1 t. allspice
2 t. cinnamon	1 t. cloves
½ c. vinegar	

Mix ingredients and simmer until thick. Pack in 12-oz. jars, process, and seal while hot.

PICKLES.

Green Tomato Pickle.

1 gal. green tomatoes	1 T. whole black pepper
½ doz. large onions	1 T. whole cloves
3 c. brown sugar	1 T. whole allspice
½ lemon	1 T. celery seed (crushed)
3 pods of red pepper	1 T. mustard seed
3 c. vinegar	1 T. ground mustard

Slice the tomatoes and onions thin. Sprinkle over them ½ c. salt and let stand over night in a crock or enameled vessel. Tie the pepper, cloves, allspice and celery seed in a cheese cloth bag. Slice the lemon and chop 2 pepper pods very fine.

Drain the tomato and onion well. Add all seasoning except one pepper pod to the vinegar, then add the tomato and onion. Cook for one-half hour, stirring gently at intervals to prevent burning. Remove spice bag to prevent darkening product. Pack in 12-oz. jar and garnish with slender strips of the red pepper, placing them vertically on the opposite sides of each jar. Process for 15 minutes and seal.

Pickled Peach.

4 qts. peaches
2 lbs. brown sugar
1½ pts. vinegar
3 or 4 sticks cinnamon
cloves

Boil sugar, vinegar and cinnamon twenty minutes. Dip peaches quickly in scalding water to remove skins or rub with a towel to remove fuzz. Stick each peach with four cloves. Put into syrup or pickle and cook until tender, using one-half of the peaches at a time. Boil syrup 10 minutes after removing peaches. Pack in jars, fill with syrup, process and seal.

Ginger Pears.

Take pears not quite ripe, peel, core, and cut in thin slices. To 8 lbs. of pears allow 8 lbs. of sugar, 1 c. water, juice of 4 lemons. Cut the lemon rinds into thin strips and add them. Also add ⅛ lb. of ginger root cut in pieces. Simmer until thick as marmalade. Pack in jars. Process and seal.

Ginger Watermelon Rind.

Cut 1 lb. rind into 1-inch squares, having removed peel and all pink part. Soak over night in lime water. (1 oz. lime to 2 qt. water). The following morning, let stand for 2 hours in clear water. Then drain well and boil rapidly for 15 minutes in strong ginger tea (1 oz. ginger to 1 qt. water). Finish cooking in a syrup made by using 1 pt. strained ginger tea with 1 qt. water and 1½ lbs. sugar. Cook rapidly until tender and transparent (about 2 hours). After rind has boiled for one-half hour, add one-half lemon, cut into thin slices. Pack and process like preserves.

Commercial Packing.—Always add fresh spiced vinegar when packing in commercial jars. Pack cucumbers of one size only in a jar and arrange symmetrically. Use as a model a first-class jar of pickles, which can be found in any good grocery store.

Jars, after being packed with pickles, should be put into the canner and processed 15 minutes to prevent mold.

Cucumber pickles should be garnished with 2 small red peppers from which the seed have been removed, one pod on each side of the jar. Another and an additional garnish would be small silver-skin onions ½ to ¾ of an inch in diameter, 10 to a quart jar. These onions must be dropped into boiling brine and allowed to boil 3 minutes before placing in a large jar holding the cucumber pickles.

Never allow spices to remain in the jar, as they darken pickle and produce in time a bitter taste.

Gather the cucumbers when they are small if a purely commercial pickle is desired. They should not be over 2 inches long, preferably 1½ inch. Do not wash unless they are covered with sand or dirt. Put these cucumbers into the keg of brine each morning, taking care to add salt from time to time to keep the brine sufficiently strong. Stir from the bottom frequently, also. Keep the top tightly fitted to the keg at all times, as exposure to air and light will surely cause pickles to soften.

Let cucumbers remain in brine until a certain fermentation has taken place, which will make them ready for pickling. This can be determined usually by the change of color from green to an olive or greenish brown color. A little experience will soon make a person expert in choosing the right time for pickling. Roughly speaking, leave cucumbers for six weeks in brine before using. Always place a weight on them that they may be covered with brine.