

# Jellies

BY THIS TESTED METHOD

## PREPARING THE FRUIT

1. Select a mixture of slightly underripe and ripe fruit and prepare it in small lots at a time.
2. Wash fruits thoroughly, discarding any spoiled parts.
3. Cut hard fruits, such as crab apples, quinces and apples into pieces. Berries and currants may be slightly crushed.
4. Add enough water to barely cover hard fruits (about one pint water for each pound of fruit). Currants, grapes and berries need only enough water to start them cooking (about 1/4 cup water for each quart of fruit). Boil until fruit is tender.
5. Pour the hot cooked fruit at once into a jelly bag and let drip. When dripping has almost ceased, press jelly bag. Re-strain juice through a fresh jelly bag to make juice as clear as possible.

## PECTIN

PECTIN is that substance in some fruits that when heated and combined with fruit acid and sugar causes the substance to congeal or "jell." Not all fruit contains this substance, but the homemaker may extract the pectin from fruits that are known to contain it, such as apples, plums, quinces, etc., and combine it with other fruit juices and feel quite confident that she can make jelly, or use Jelly Compounds (commercially prepared pectin).

## TO TEST JUICE FOR PECTIN

THE juice may be tested to determine whether it contains sufficient pectin to make jelly. The amount of pectin will indicate the amount of sugar to be used.

1. To one teaspoon of cooked juice, add one teaspoon of grain alcohol and stir slowly. Wood or denatured alcohol may be used but **DO NOT TASTE** as the latter two are **POISON**.
  - (a) Juices rich in pectin will form a large amount of bulky gelatinous material.
  - (b) Juices moderately rich in pectin will form a few pieces of gelatinous material.
  - (c) Juices poor in pectin will form small flaky pieces of sediment.
2. Or mix 2 teaspoons sugar, 1 tablespoon Epsom Salts, 2 tablespoons cooked fruit juice. Stir well

**To make jelly with all white corn syrup or honey use 3/4 cup corn syrup or 1 cup honey to each cup fruit juice. However, flavor of syrup or honey may be more pronounced than the fruit flavor. It is best to replace not more than 1/2 the sugar with white corn syrup or honey by using one cup syrup or honey for each cup sugar omitted. Proceed same as for jellies made with sugar.**

## ★ FRUIT AND COMBINATIONS OF FRUITS MAKING GOOD JELLY

Apple; Apple and Mint	Currant and Apple	Grape and Apricot	Loganberry and	Pineapple and Quince
Apple and Strawberry	Currant and Apricot	Grape and Orange	Pineapple	Plum
Apricot and Plum	Currant and Pear	Grapefruit	Orange	Plum and Raspberry
Blackberry	Currant, Peach and	Grapefruit and Cherry	Orange and Apple	Quince
Crab Apple	Pineapple	Grapefruit and Roselle	Orange and Pineapple	Quince and Apple
Crab Apple and Cherry	Fig; Fig and Lemon	Lemon	Orange and Plum	Quince and Apricot
Crab Apple and	Grape	Lemon and Cherry	Peach and Lemon	Raspberry
Raspberry	Grape, Muscadine	Lemon and Raspberry	Peach and Apple	Raspberry and Currant
Currants, all kinds	Grape and Apple	Loganberry	Peach and Quince	Roselle

and let stand for 20 minutes. If mixture forms into a semi-solid mass the juice contains sufficient pectin.

Pectin must be added to juices poor in pectin by adding other juice which is high in pectin (see pectin recipe, page 24) or commercial pectin may be used.

## TO TEST FOR ACID

JUICES rich in pectin may lack acid to make good jelly. No simple household method can be used except tasting the juice for tartness. Lemon juice may be added if necessary to give acid content.

## ADDING THE SUGAR

THE amount of sugar to be added will be determined by the pectin content of the juice.

The less pectin the less sugar used.

For juices rich in pectin use 3/4 cup of sugar to 1 cup of juice; for juices poor in pectin, add only 1/2 cup of sugar to 1 cup of juice. The juice should be boiling when the sugar is added. Cooking of jelly should be done as rapidly as possible.

As a rule jellies and preserves made in small quantities are more satisfactory. Work with not more than 6 to 8 cups of juice at a time. Fruit juices may be canned during summer and made into jellies as wanted.

## TESTING FOR THE JELLY POINT

DIP a spoon or wooden paddle in syrup. As the boiling mass nears the jellifying point it will drop from the side of spoon in two drops. When the drops run together and slide off in a flake or sheet from the side of the spoon, the jelly is finished and should be removed from the heat at once.

Remove the foam from the jelly and pour at once into sterilized KERR Jelly Glasses. The glasses should be dry. Fill glasses with jelly only to within 1/4 inch of the top.

A candy or jelly thermometer may be used in testing for the finished jelly. The temperature of the boiling juice at the jellifying point will be from 220° to 222° F. at sea level. At higher altitudes the temperature will be lower.

## SEALING WITH PARAFFIN

AS SOON as the jelly has become firm it is ready to seal. With a damp cloth remove any particles of the jelly that may be on the glass above the surface of the jelly. Melt paraffin in a pan over low heat until it is quite hot. Pour a thin layer of the melted paraffin over the jelly. Slightly rotate the glass as soon as the paraffin is poured on so the paraffin will stick to the glass above the surface of the jelly. This makes a good seal. Place the clean dry lid on the jelly glass. Label and store jelly in a cool, dry place.

# NEW **Jellies** AND OLD

★ A good jelly is clear, sparkling and attractive in color. When removed from the glass it should retain its shape and quiver. When cut it should be tender, yet firm enough to retain the angle of the cut. KERR Jelly Glasses are made in two sizes and in plain and ornate designs which make beautiful moulds.

## APPLE JELLY

WASH sound apples, cut in eighths but do not peel, remove cores. Or apple jelly may be made from parings and cores of tart apples used in other canning. Discard all faulty parts. Cover with water and cook until fruit is quite done. Strain twice. Add  $\frac{3}{4}$  cup sugar to 1 cup of boiling juice. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

## BLACKBERRY JELLY

### RECIPE NO. 1

If this recipe is not followed exactly, failure will result.

PUT 1 quart of freshly gathered and slightly under-ripe whole berries in pan with no sugar or water—cook until done. Take off stove and strain and measure, then put juice back on stove and bring to a boil. Add  $1\frac{1}{2}$  cups of sugar to each cup of juice. Take off heat immediately and stir until sugar is dissolved. Pour into sterilized KERR Jelly Glasses.

### RECIPE NO. 2

SAME as grape jelly but not necessary for juice to stand overnight.

## CRAB APPLE JELLY

SELECT sound crab apples. Wash and remove blossom end. Cut into quarters without peeling. Barely cover with water and boil until fruit is tender. Strain juice through jelly bag. Measure and bring juice to boiling point. Add  $\frac{3}{4}$  cup of sugar for each cup of juice and boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

## CRAB APPLE AND RHUBARB JELLY

2 cups crab apple juice      3 cups sugar  
2 cups rhubarb juice

WASH and remove blossom end from crab apples. Cut into quarters without peeling. Barely cover with water. Boil fruit until tender. Strain juice through jelly bag. Wash rhubarb and cut into 1 inch pieces. Add small amount of water to start rhubarb cooking; boil until tender. Strain juice through jelly bag. Mix with the crab apple juice. Measure and bring juice to boiling point. Add sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

## CURRENT JELLY (SPICED)

5 pounds currants      1 tablespoon whole cloves  
4 tablespoons stick cinnamon      Sugar

WASH currants but do not remove stems; wash slightly to start juice; cook slowly until currants look

white. Drain in jelly bag. Tie spices in cheesecloth and boil in extracted juice 10 minutes. Remove spices, measure juice, and for each cup juice add  $\frac{3}{4}$  cup sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

## GRAPE JELLY

WASH and stem grapes. Crush grapes, add small amount of water and boil 15 minutes. Press through a jelly bag and strain. Measure juice and heat to boiling point. For each cup of juice add  $\frac{3}{4}$  cup of sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses. Crystals frequently form in grape jelly. To prevent this allow the extracted juice to stand overnight in a cool place. Next morning carefully pour the juice off the sediment in the bottom of the pan.

## GUAVA JELLY

$1\frac{1}{2}$  cups guava juice       $1\frac{1}{4}$  cups sugar  
1 tablespoon lemon juice

CUT guavas into small pieces without removing the skins. Cover with water and boil for 5 minutes. Strain juice through jelly bag. Strain a second time if necessary to clear it. Measure juice and bring to boiling point. Add lemon juice and sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

## LOQUAT JELLY

GATHER loquats when full size, but still hard and only partially turned in color. Wash, remove blossom ends, barely cover with cold water. Cook slowly until pulp is very soft and juice entirely free. Drain, cook down until juice is thick and cherry colored, then add an equal amount of sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

## MINT JELLY

2 cups apple juice       $\frac{3}{4}$  teaspoon mint extract  
 $1\frac{1}{2}$  cups sugar      Green vegetable coloring

COMBINE apple juice and sugar and boil rapidly. When the mixture is nearing the jelly stage, add the mint extract. Boil rapidly to jelly stage. When ready to remove from heat, add the green coloring to give desired shade. Pour into sterilized KERR Jelly Glasses.

## ORANGE JELLY

Juice of 6 lemons  
6 whole oranges sliced, peeling and all

EXTRACT lemon juice and measure. To the lemon juice add 3 times as much water. Slice the oranges and pour the lemon juice mixture over them. Let stand overnight. Boil until soft, strain through a double cheesecloth bag. To each two cups of juice add  $1\frac{3}{4}$  cups sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses. If Orange Pineapple Jelly is desired, add  $\frac{1}{4}$  cup of pineapple juice to each  $1\frac{1}{2}$  cups of the orange mixture.

## PEACH JELLY

PEACHES or peach peeling may be used. Cover with water and boil until juice is well extracted. To each pint of this peach juice add 1 pint of apple pectin and juice of half lemon. Bring to boil and add  $\frac{3}{4}$  cup of sugar to each cup of juice. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

### PINEAPPLE JELLY

2 cups pineapple juice      3 cups sugar  
2 cups tart apple juice

PEEL fresh pineapple. Remove the core. Partly cover the pineapple with water. Boil until fruit is tender. Strain juice through jelly bag. Wash tart apples. Cut into quarters without peeling and barely cover with water. Cook until fruit is tender. Strain juice through jelly bag. Mix 2 cups of pineapple juice with 2 cups of the apple juice and bring to the boiling point. Add 3 cups of sugar and boil rapidly to the jelly stage. Pour into sterilized KERR Jelly Glasses.

### PLUM JELLY

WASH plums, cover with cold water and boil until plums are quite soft. Press juice through jelly bag, strain and measure. Bring juice to a boil, add  $\frac{3}{4}$  cup sugar for each cup of juice and boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

### PLUM AND ORANGE JELLY

5 pounds plums (10 cups, cut up)      1 lemon  
6 oranges      Sugar

WASH plums, cover with water, add oranges and lemons after slicing or chopping. Cook until plums are soft. Drain in jelly bag. Measure and for each 4 cups juice, add  $3\frac{1}{2}$  cups sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

### QUINCE JELLY

CUT quinces in small pieces, cover with water and cook until tender. Strain juice through jelly bag and measure. Bring juice to a boil and add 1 cup of sugar for each cup of juice. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

### QUINCE AND CRANBERRY JELLY

4 pounds cranberries       $3\frac{1}{2}$  pounds quinces  
6 cups water      Sugar

WASH cranberries and boil in the 6 cups of water until the berries burst open. Strain juice through jelly bag. Wash and rub fuzz from quinces, quarter and remove cores. Cover with 1 pint of water per pound of fruit; boil 30 minutes or until tender. Strain juice through jelly bag. There should be about  $3\frac{1}{2}$  cups juice of each fruit. Combine juices and heat to boiling point. Add  $\frac{3}{4}$  cup of sugar to each cup of juice. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

### ROSE GERANIUM JELLY

SELECT sound, tart apples. Wash and cut off blossom ends. Do not remove peeling. Cut into quarters and barely cover with water. Cook until fruit is tender. Strain juice through jelly bag and measure. Bring to boiling point and add  $\frac{3}{4}$  cup of sugar for each cup of juice. Boil rapidly to jelly stage and when almost done, immerse in the boiling jelly 2 or 3 rose geranium leaves. These will wilt quickly and give off their flavor. Tint with rose vegetable coloring. Pour into sterilized KERR Jelly Glasses.

### SPICED JELLY

1 peck wild grapes       $\frac{1}{4}$  cup stick cinnamon  
1 pint vinegar      6 pounds sugar  
 $\frac{1}{4}$  cup whole cloves

REMOVE stems from grapes, put in preserving kettle with vinegar and spices, and cook until grapes are

soft. Strain through double cheesecloth or jelly bag and boil liquid 20 minutes. Measure and add one cup sugar for each cup of juice, boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

### STRAWBERRY JELLY

1 cup apple pectin  
1 cup strawberry juice  
1 cup sugar

BRING pectin and strawberry juice to boil. Add sugar and boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

### STRAWBERRY-RHUBARB JELLY

4 cups juice      1 bottle fruit pectin  
8 cups sugar

TO PREPARE fruit, cut about 1 pound fully ripe rhubarb in 1 inch pieces and put through food chopper. Crush thoroughly or grind, about 2 heaping quarts fully ripe strawberries. Combine fruits; place in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring rapidly to a boil and at once add pectin, stirring constantly. Then bring to a full rolling boil and boil hard  $\frac{1}{2}$  minute. Remove from heat, skim, pour quickly into sterilized KERR Jelly Glasses.

### APPLE PECTIN

2 pounds apple pulp (or skins and cores)  
4 cups water      Juice of 1 lemon

BOIL for 40 minutes. Press the juice through a cloth bag, then strain this juice through a flannel bag without pressure. Boil juice rapidly 15 minutes. Seal in sterilized KERR Jars and use for jelly making from such fruits as peaches, strawberries, cherries, etc., or those fruits that are lacking in pectin. Add 1 cup apple pectin for each cup of other fruit juice used. Usually  $\frac{3}{4}$  cup sugar to 1 cup of the combined juices is correct, or test combined juices for pectin content (page 22).

### ORANGE OR LEMON PECTIN

USE only the white peel of oranges or lemons. Wash the fruit and grate off the yellow rind. For each pound of the fresh white peel, use 2 quarts of water and 1 tablespoon of tartaric acid. Add the acid to the water and stir until dissolved. Put the fresh peel in a pan and cover with the acid solution. Allow the mixture to stand for an hour or two. Measure the depth of the mixture in the pan. Boil rapidly and stir constantly until the volume is reduced to half. Strain through four thicknesses of cheesecloth.

Make two more extractions in this same way, using 2 quarts of water and 1 tablespoon of tartaric acid to the pomace each time. It is not necessary to allow the mixture to stand after the first time.

Combine the 3 extractions. There should be about  $2\frac{1}{2}$  pints. Bring the pectin to the boiling point. Pour into clean KERR Jars. Put on cap, screwing the band tight. Process in water bath 30 minutes at simmering temperature ( $180^{\circ}$  F.). To make jelly from fruit juices lacking in pectin use  $\frac{1}{4}$  cup of this pectin to each cup of fruit juice. Usually 1 cup of sugar to each cup of the combined fruit juice and pectin is correct.