

# P reserves

★ When fruits or a mixture of fruits are combined with an equal amount or  $\frac{3}{4}$  as much sugar as fruit and cooked until the syrup is quite thick and the fruit transparent or shiny, the product is a preserve. **SEALING:** Preserves may be sealed hot but standing in the syrup unsealed after cooking helps to plump the fruit and prevent it from separating from the syrup. When cooking is complete pour the preserves into shallow pans and allow to set overnight or until cold. When preserves are cold, pack into clean KERR Jars to within  $\frac{1}{2}$  inch of top of jar. Cover surface with hot paraffin (see page 21 for detailed information on sealing with paraffin). Or put KERR Mason Caps on jars and process the jars 20 minutes at simmering temperature in water bath.

**TO MAKE** preserves, jams, butters, conserves and marmalades with all white corn syrup or honey, substitute 1 cup white corn syrup or honey for each cup of sugar called for in recipe. However, it is best to replace not more than  $\frac{1}{2}$  the sugar called for in recipe with white corn syrup or honey. Then proceed same as recipe instructs. Stir frequently during boiling period as syrup or honey cause more sticking.

## BERRY PRESERVES

5 pounds berries (3 heaping quarts)  
3 pounds sugar (6 cups)

WASH and pick over the berries, let cook slowly until the juice is extracted, add sugar, then boil rapidly for 20 minutes. Pour into sterilized KERR Jars and seal.

## CHERRY SUNSHINE PRESERVES

1 quart seeded sour cherries  
4 cups sugar  $\frac{1}{2}$  cup light corn syrup

PLACE a cup of cherries in saucepan and cover with a cup of sugar. Alternate the layers of cherries and sugar, mixing thoroughly after each addition. Thoroughly mix in the corn syrup and bring fruit to boiling point. Boil 15 minutes, shaking the pan occasionally. Pour into a glass or enamel vessel and let stand 24 hours, stirring occasionally. These will be much improved if the dish is covered with glass and set out in the hot sunshine for a day, stirring once or twice to turn the cherries over. Pour into sterilized KERR Jars without further heating and seal with paraffin or adjust cap and process.

## CITRON PRESERVES (VINE CITRON)

PEEL and seed citron, cut in 3 to 4 inch pieces. Cover with water. Cook until citron can be pierced with a straw. Skim out upon platter and add sugar in proportion of  $1\frac{1}{2}$  pounds to each pint of juice. Cook until scum quits rising. Put citron back and boil until clear (over 1 hour). Take citron out and boil juice 15 minutes. Slice into juice 3 lemons to each 4 quarts and boil 15 minutes. Use lemon juice and peel, removing all seeds. Fill sterilized KERR Jars with fruit to within  $\frac{1}{2}$  inch of top of jar and add hot juice to this level. Seal immediately.

## CRAB APPLE PRESERVES

SELECT uniform and perfect crab apples, wash, remove blossom end. Leave stems on and do not peel. Make a syrup by boiling 6 cups sugar and 3 cups water together for 5 minutes. Add crab apples to the syrup and boil until they are tender and transparent. Pour into sterilized KERR Jars and seal.

## CURRENT PRESERVES

SAME as berry preserves except use pound of sugar to each pound of fruit.

## FIG PRESERVES

SIX quarts figs with about 6 quarts boiling water poured over them. Let stand 15 minutes, then drain and rinse figs in clear, cold water. While they are draining from last rinse, prepare syrup by mixing 4 pounds sugar (8 cups) with 3 quarts water, bring to boil, boil hard 10 minutes and skim, then slowly drop figs into it, a few at a time so as not to cool syrup. Cook rapidly until figs are transparent. Lift out and place them in shallow pans, boil syrup down until thick, pour over figs and let stand until morning. Then pack into clean KERR Jars, put on cap, screwing the band tight, and process in water bath for 20 minutes at simmering temperature ( $180^{\circ}\text{F.}$ ), or bring to boil and then pack into sterilized KERR Jars and seal. Sliced lemon or sliced preserved ginger may be added.

## GRAPE PRESERVES

CUT grapes in halves and remove seeds. Measure and add an equal amount of sugar. Cook gently, stirring frequently until of jelly-like consistency. Pour into sterilized KERR Jars and seal.



## GREEN TOMATO PRESERVES

5 pounds (11 cups, chopped) green tomatoes  
4 pounds (8 cups) sugar      2 lemons sliced thin

CUT tomatoes into small cubes or chunks, cover with hot water and boil 5 minutes. Drain, add sugar to tomatoes and let stand about 3 hours or longer. Drain off syrup and boil rapidly until it spins a thread when dropped from a spoon. Add tomatoes and lemons. Boil until thick and clear (about 10 minutes). Pour into sterilized KERR Jars and seal.

## KUMQUAT PRESERVES

2 pounds whole kumquats (after cooking)  
2 pounds sugar      1 quart water

SPRINKLE fruit with dry soda (about one heaping tablespoon of soda to one quart of fruit). Cover with boiling water and let stand until cool. Pour soda water off and rinse fruit through 2 or 3 changes of cold water. Drain well and stick each kumquat to prevent bursting. Drop in sufficient boiling water to cover and cook 10 or 15 minutes (until tender). Boil sugar and water together for 10 minutes. Add drained kumquats and cook until fruit is clear and transparent. Carefully place fruit into trays, pour syrup over it and allow to remain overnight to plump. Reheat and pack kumquats into sterilized KERR Jars. Boil syrup to desired consistency and fill jars to within  $\frac{1}{2}$  inch of top of jar, and seal immediately.

## PEACH PRESERVES

9 cups sliced underripe peaches  
 $\frac{3}{4}$  cup water      6 cups sugar

COOK the peaches in the water for about 5 minutes or until barely tender. Keep heat low and watch so the peaches will not scorch. Drain off juice and add sugar. Boil until the sugar spins a thread. Then add the peaches and cook very rapidly 10 to 12 minutes. Remove from heat, skim if necessary. Let stand in a shallow bowl or tray for 24 hours. Pack into sterilized KERR Jars and seal with paraffin.

## PEAR PRESERVES

3 quarts pears (sliced or chopped)       $4\frac{1}{2}$  cups sugar  
3 cups water or juice      6 slices of lemon (if desired)

PARE fruit (if hard, cook until tender in water). Make syrup of liquid and sugar, add fruit to partly cooled syrup and bring gently to boil. Add lemon, if desired. Boil rapidly until clear and tender, cool rapidly. Stand in syrup to plump. Pack fruit into sterilized KERR Jars and add reheated syrup to within  $\frac{1}{2}$  inch of top of jar. Seal immediately.

## PINEAPPLE PRESERVES

1 pound pineapple (3 cups)       $\frac{1}{2}$  cup water  
 $1\frac{1}{2}$  cups sugar

SLICE pineapple, pare, remove eyes and take out core. Cut in small cubes or grate. Put sugar and fruit into preserving kettle with small amount of water and cook for 20 minutes. Pour into sterilized KERR Jars and seal.

## PLUM PRESERVES

2 quarts plums cut off seeds      6 cups sugar

WASH fruit, cut off the seeds and measure. Put the sugar over the plums and let stand for 3 or 4 hours. Cook rapidly, stirring frequently, until liquid gives jelly test. Pour into sterilized KERR Jars and seal.

## QUINCE-APPLE PRESERVES

PARE the quinces and use  $\frac{1}{2}$  as many apples as you have quinces. Weigh and for each pound of fruit use  $\frac{3}{4}$  pound of sugar. Cook the quinces in boiling water until tender, then add the sugar and apples and cook until the apples are tender. Pour into sterilized KERR Jars and seal.

## RASPBERRY-STRAWBERRY-CHERRY PRESERVES

2 pints raspberries      Equal amount of sugar  
2 pints strawberries      by weight, of all fruits  
1 or  $1\frac{1}{2}$  pounds cherries

COMBINE all ingredients and boil 25 minutes. Add  $\frac{1}{2}$  cup lemon juice and boil 2 minutes more. Remove from heat and allow to cool. When cold pour into sterilized KERR Jars and seal with paraffin. When these preserves are finished, they may look as if they are too thin, but consistency thickens upon standing and after being packed into jars.

## STRAWBERRY PRESERVES No. 1

2 heaping quarts strawberries  
9 cups sugar      1 cup water

WASH and hull strawberries before measuring. Put sugar and water into large preserving kettle, stir and boil until sugar is well dissolved. Add the strawberries. Boil 15 minutes (rolling boil). Do not stir but shake kettle and skim. Pour into flat pans or trays and shake occasionally until cold. The shaking is the secret of success. It causes the berries to absorb the syrup and remain plump and whole. Put into sterilized KERR Jars when cold and seal with paraffin. Never cook more than 2 quarts at a time. Best to shake all the time while cooking and cooling.

## STRAWBERRY PRESERVES No. 2

1 pint strawberries (after stemming)      1 pint sugar

BOIL together for 10 minutes. Remove from heat. Cool. Add another pint of strawberries and another pint of sugar. Boil 10 minutes more. Allow to stand until cold. Pour into sterilized KERR Jars and seal with paraffin.

## TOMATO PRESERVES

5 pounds (11 cups, quartered) ripe tomatoes  
4 pounds sugar      2 lemons sliced thin

SCALD, peel and quarter tomatoes. Add sugar and let stand overnight. Drain off juice and boil it rapidly until it spins a thread when dropped from spoon. Add tomatoes and lemons and boil until they are thick and clear. Pour into sterilized KERR Jars and seal.

## WATERMELON RIND PRESERVES

SELECT melons with thick rinds. Peel off all green portion using only the white part of the rind. Cut into small dice. Soak in mild salt water overnight ( $\frac{1}{2}$  cup salt to 1 gallon water). Remove from the salt water and cook in clear water for about 30 minutes or until tender. Drain well. For 4 pounds (11 cups) of the melon rind, make a syrup of 9 cups sugar, 8 cups water, 4 lemons sliced, and add 4 teaspoons stick cinnamon, 4 teaspoons cloves (tie spices in cheesecloth bag). Boil the syrup and spices 5 minutes before adding the rinds. Add rinds and cook until transparent and clear. If desired, a few minutes before removing from heat add enough green or red fruit coloring to tint preserves. Remove spice bag, pour into sterilized KERR Jars and seal.