

# Connie Baker's FOOD features

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... late fruit jams

## Late Fruits Are Ready For Jams, Jellies

In late summer when markets and roadside stands are crowded with fruits, a sense of thrift tugs at every woman. Put some aside for another day, the rosy-cheeked grapes and clustered purple peaches seem to say, "Few there are who can, or should resist the call to fill the pantry self with delicious spreads."

If you are one of those who can't resist, here are recipes that will help you do a good job and do it quickly — recipes for jellies and jams, made the short-haul way with powdered fruit pectin.

### PEACH MARMALADE

Yield: About 10 medium glasses (5 lbs. marmalade)  
4½ cups prepared fruit (1 orange, 1 lemon, and about 2 lbs. ripe peaches)  
5½ cups (2½ lbs.) sugar  
1 box (2½ oz.) powdered fruit pectin

First, prepare the fruit. Cut 1 orange and 1 lemon in quarters. Remove seeds. Grind, chop fine, or slice crosswise wafer thin. Add 1 cup water and simmer, covered, 20 minutes. Peel and pit about 2 pounds fully ripe peaches. Chop very fine or grind. Combine fruits and measure 4½ cups into a very large saucepan.

Then make the marmalade. Measure sugar and set aside. Add powdered fruit pectin to fruit in saucepan and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses, or jars. Cover jam at once with ¼ inch hot paraffin. If jars are used, seal.

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### PEAR JAM

Yield: About 9 medium glasses (4½ lbs. jam)  
4 cups prepared fruit (about 3 lbs. ripe pears)  
5 cups (2½ lbs.) sugar  
1 box (2½ oz.) powdered fruit pectin

First, prepare the fruit. Peel and core about 3 pounds fully ripe pears. Chop very fine or grind. Measure 4 cups into a very large saucepan.

Then make the jam. Measure sugar and set aside. Add powdered fruit pectin to fruit in saucepan and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, skim off foam with metal spoon, and pour quickly into glasses. Cover jelly at once with ¼ inch hot paraffin.

### PLUM JELLY

Yield: About 12 medium glasses (6 lbs. jelly)  
5½ cups juice (about 5 lbs. ripe plums)  
7½ cups (3¼ lbs.) sugar  
1 box (2½ oz.) powdered fruit pectin

First, prepare the juice. Crush about 5 pounds fully ripe plums. (Do not peel or pit.) Add 1½ cups water; bring to a boil and simmer, covered, 10 minutes. Place in jelly cloth or bag and squeeze out juice. Measure 5½ cups into a very large saucepan.

Then make the jelly. Measure sugar and set aside. Add powdered fruit pectin to juice in saucepan and mix well. Place over high heat and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, skim off foam with metal spoon, and pour quickly into glasses. Cover jelly at once with ¼ inch hot paraffin.

## It's Peach Harvest Time -- From Orchard To Freezer

In thousands of commercial orchards across the nation this month it's peach-harvest time. Millions of bushels of the golden, succulent fruit are being gathered, sorted, graded, packaged and shipped to market.

It's a quick trip today from the busy orchard to the modern American home where the real consumer story on peaches unfolds. Here all the tangy goodness of fresh peaches is enjoyed in cereals, salads, fruit cups and desserts. In the kitchen the versatility of the fruit for canning, freezing or serving fresh gets all the attention it deserves from the budget-wise homemaker.

With a helping hand from science, Mrs. Housewife employs some newer tricks of the culinary arts with peaches. Take the job of freezing for instance. Her special recipe calls for help from a handy preparation to fight the centuries-old problems of browning and flavor loss. It's simply a combination of vitamin C and citric acid, found naturally in fruits.

This balanced ascorbic-citric mixture, known as A-C-M, has taken the gamble out of freezing. It's made peaches a year-round treat. The recipe is simple. First, prepare your syrup. A medium one

is desirable — not too tart or too sweet. Dissolve 5 cups of sugar in 1 qt. of water. For each cup of syrup, add one level teaspoon of A-C-M.

Next peel the fruit. Slice directly into the treated syrup to minimize air exposure. Fill the containers with fruit and syrup, and slip them into your freezer.

Six months from now your neighbor's peach tree will be pecking out from under a blanket of snow. But your freezer will still yield fruit that has all the orchard freshness of summer.

Muffins are always popular at breakfast time. Try these Streusel Muffins. Combine ¼ cup butter or margarine, ½ cup sugar and ½ cup sifted enriched flour to make streusel topping. Mix until crumbly. Sift together 2 cups sifted enriched flour, 1 tablespoon baking powder, 1 teaspoon salt and 2 tablespoons sugar. Combine 1 beaten egg, 1 cup milk and 2 tablespoons melted shortening. Add liquid to flour mixture. Stir until flour is moistened. Fill greased muffin cups 2-3 full. Spoon about 1 tablespoon streusel topping over each muffin. Bake in hot oven (425 degrees Fahrenheit) 20 minutes. Makes about 1 dozen 2-inch muffins.



... peach marmalade

## Jelly Making Easy With Fruit Pectin

Many of us can remember that as summer drew to a close there were tantalizing smells from our own and our neighbor's kitchens. These were the aroma of jam and jelly, of relishes, pickles and preserves being readied for the pantry shelf for winter use. Much of this activity nowadays is left to the food processors — still there's hardly a woman who doesn't enjoy the experience of putting up at least a few jars of jam.

Jam and jelly making, like so much else, has become so much easier with the availability of liquid and powdered fruit pectin. Most of the work and all of the guesswork has been taken out of what used to be a major chore. These recipes for pear jam and for a delightful pear-pineapple marmalade show how quickly and easily peaches may be turned into delicious homemade sweets.

### PEAR AND PINEAPPLE MARMALADE

(using canned pineapple)  
Yield: About 11 medium glasses (5½ lbs. marmalade)

3 cups prepared fruit (1 lemon, 1 orange, and about 1 lb. ripe pears)  
1 cup (8-ounce can) crushed pineapple  
7 cups (3 lbs.) sugar  
1 bottle liquid fruit pectin

First, prepare the fruit. Remove skins in quarters from 1 medium-

sized lemon and 1 medium-sized orange. Lay quarters flat; shave off and discard about half of white part. With a sharp knife or scissor, slice remaining rind very fine or chop or grind. Add ½ cup water and 1-16 teaspoon soda; bring to boil and simmer, covered, 10 minutes, stirring occasionally. Section or chop peeled fruit; discard seeds. Add pulp and juice to undrained cooked rind and simmer, covered, 20 minutes longer. Peel and core about 1 pound fully ripe pears. Chop very fine or grind. Combine fruits and measure 3 cups into a very large saucepan. Add pineapple.

Then make the marmalade. Add sugar to fruit in saucepan and mix well. Place over high heat, bring to a full rolling boil, and boil hard 1 minute, stirring constantly. Remove from heat and at once stir in liquid fruit pectin. Skim off foam with metal spoon. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Cover at once with ¼ inch hot paraffin.

### PEAR JAM

Yield: About 11 medium glasses (5½ lbs. jam)

4 cups prepared fruit (about 3 lbs. ripe pears)  
¼ cup lemon juice (2 lemons)  
7½ cups (3¼ lbs.) sugar  
½ bottle liquid fruit pectin

First, prepare the fruit. Peel and

pit about 3 pounds fully ripe pears. Grind or chop very fine. Measure 4 cups into a very large saucepan. Squeeze the juice from 2 medium-sized lemons. Measure ¼ cup juice into saucepan with pears.

Then make the jam. Add sugar to fruit in saucepan and mix well. Place over high heat, bring to a full rolling boil, and boil hard 1 minute, stirring constantly. Remove from heat and at once stir in liquid fruit pectin. Skim off foam with metal spoon. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses or jars. Cover jam at once with ¼ inch hot paraffin. If jars are used, seal.

### FISH STICK BURGERS

1½ pounds precooked frozen fish or shellfish sticks or portion fish  
½ cup mayonnaise or salad dressing  
1 tablespoon chopped onion  
1 tablespoon chopped pickle  
1 tablespoon chopped parsley  
1 tablespoon chopped olives  
6 toasted buttered round buns

Place frozen fish sticks in a single layer in a well-greased baking pan. Bake in a hot oven, 400 Deg. F., for 15 to 20 minutes or until heated through and crisp. Combine mayonnaise, onion, pickle, parsley, and olives.

Place 4 fish sticks on bottom half of each bun. Top with tartar sauce and top half of bun. Serves 6.

## Serve Chicken Salad And Curried Peaches For Party

Spicy peaches are ever so good with chicken salad. Prepare them with canned clings, adding vinegar and brown sugar to the syrup, with a little curry powder for the surprise ingredient. Curry is very good with the peaches, and makes them especially nice with chicken. Prepare the fruit a day ahead, so it can absorb the spicy flavor thoroughly. Serve chilled "Chicken Salad with Curried Peaches" for a luncheon party — it's a delicious combination. Garnish plates with shiny ripe olives, add rosy crabapples for bright color, and serve with big popovers, so hot you can hardly touch them. We promise your guests will enjoy the menu.

### Chicken Salad — Curried Peaches

Curried Peaches:  
1 (No. 2½) can cling peach halves  
1 cup syrup from peaches

¼ teaspoon curry powder  
2 tablespoons brown sugar (packed)  
2 tablespoons vinegar

### Chicken Salad:

1½ cups cubed cooked chicken  
1½ cups chopped celery  
¼ cup chopped pimiento  
½ teaspoon salt  
Mayonnaise  
Salad greens for garnish  
Curried Peaches: Drain peaches, reserve 1 cup syrup. Heat syrup with curry powder, brown sugar and vinegar. Add peach halves and simmer 5 to 8 minutes. Allow fruit to chill in syrup for several hours or overnight.

Chicken Salad: Combine chicken, celery, pimiento and salt with sufficient mayonnaise to moisten. Mix lightly. Place serving of chicken salad and 1 or 2 drained peach halves on each garnished salad plate. Makes 4 servings.



... layer peach cake

## Peaches Make Meal Planning A Joy

The peach has come a long way from Persia's gardens, it is said. But no matter how far it has come the peach still is going a long way toward making our mid-summer meals more attractive and delicious. See, for example, how delightful are these new peach

lights, lemon chip angel cake, layered with fresh peaches and whipped cream; sliced fresh peaches served with a smooth instant sherry custard sauce, and a lime flavored jellied salad with peaches and whipped cream.

### White peaches are ripe make

peach pies, shortcake and sundaes; and don't forget to store some of this same sun-ripened flavor on your pantry shelf as fresh peach jam.

### Fresh Peach Lemon Angel Cake

1 package lemon chip angel food mix  
2 cups heavy cream  
1 pound fresh peaches, sliced and sweetened

Prepare cake mix according to package directions, baking in tube pan. Cool upside down in pan as directed. Then cut horizontally into three even layers.

Whip cream until soft peaks form. Spread part of cream on one layer; cover with sliced peaches. Repeat, stacking cake and ending with whipped cream and peaches on top.

### Pineapple Cookie Puffs

For an elaborate looking dessert made from simple ingredients & graham crackers, crushed pineapple, topped with a golden meringue — try Pineapple Cookie Puffs. They actually taste like pineapple meringue pie.

Pineapple Cookie Puffs are easy to make when you're in the mood for a new dessert — and canned pineapple is always in season. Serve soon after making, as dessert with coffee, at bedtime or for late evening refreshment.

### Pineapple Cookie Puffs

6 graham crackers (or large sugar cookies)  
3 egg whites  
¼ teaspoon cream of tartar  
½ cup sugar  
1 teaspoon grated lemon peel or ¼ teaspoon vanilla  
1 No. 1 Flat can crushed pineapple, well-drained  
2 tablespoons brown sugar

Beat egg whites with cream of tartar until frothy, then gradually add sugar and continue beating until mixture is stiff. Beat in lemon peel or vanilla. Combine well-drained pineapple with brown sugar. Arrange graham crackers or cookies on cookie sheet and place a spoonful of pineapple mixture on each. Then pile meringue over sides and top to completely cover pineapple. Bake in moderately slow oven (325 degrees F.) for about 30 minutes or until golden. Cool before serving. Serves 6.

## Canned Spicy Grapes A New Relish Dish

Grape jelly, juice and jam are old time, all-time favorites. But why not this year, add a couple of new spicy products to your line? Canned spicy grapes spruce up fruit salads and cocktails, whereas, a sweet-sour relish tastes more than fair with almost any meat or fowl.

To make about 5 cups sirup for canned spicy grapes — Tie 2 sticks (broken) cinnamon, 1 tablespoon whole allspice and 6 whole cloves in thin cloth. Drop spice "bag" into 1 quart water, add 2 cups sugar and ¼ teaspoon salt and let boil 3 minutes. Cover and set aside while preparing grapes.

To prepare and can spicy grapes — Wash, drain and remove firm light seedless grapes from stems. Pour about ½ cup sirup into lapped can or freeze jar. Fill jar almost to top, then shake to closely pack grapes. Add more grapes if needed to fill jar to within ½ inch of top. Add sirup to cover grapes. Put dome lid on jar; screw band tight. Process half pints 15 minutes, pints 20 minutes in boiling-water bath.

### Sweet-Sour Grape Relish

9 cups Concord or other slipskin grapes  
5 cups sugar

½ teaspoon each ground allspice, clove, nutmeg, cinnamon, ginger and salt  
¼ teaspoon Cayenne pepper  
1 cup raisins  
1 cup vinegar

Wash, drain, stem and measure grapes. Press to separate pulp from skins. Add 1 cup water to skins. Cook about 20 minutes. Cook grapes in own juice until seeds show, then press through sieve to remove seed. Mix grape pulp, skins and water in which cooked with all other ingredients and boil almost to jellifying point. Pour boiling hot into hot tapered jar. Put dome lid on jar; screw band tight.

## Canned Spiced Peaches

Nearly all good home canners put up pickled peaches, but you've been overlooking a good bet if you haven't tried some lightly spiced ones—they're not the same as pickles. Spiced peaches are a real convenience food, especially for hurry-up desserts. You may serve them cold with cream or put them in an ovenware dish, dot with butter, sprinkle with sugar and slip under the broiler until they are hot and have a few fat brown freckles. Serve with or without cream. And, you might try them in old fashioned peach dumplings. When you do this, add a little tapioca or corn starch to thicken the sirup to use as a sauce for the dumplings.

### TO CAN SPICED PEACHES

Wash, rinse, drain, scald and peel firm-ripe peaches. Do not remove pit. Pack peaches to within ½ inch of the top of the jar. If you use the new can or freeze jars, you will have no trouble removing the peaches. Cover peaches with boiling hot sirup. Put dome lid on jar; screw band tight. Process pints 25 minutes, 1½ pints 30 minutes in a boiling-water bath canner. The spiced sirup may be medium or heavy. From ½ to 1 cup sirup will be needed for each pint.

### To make about 5½ cups medium sirup—

Use 3 cups sugar, 4 cups water, ½ teaspoon each whole cloves and whole allspice, about 1½ of a nutmeg (crack it with a hammer) and a couple of sticks of cinnamon. Tie the spices in a piece of cloth. Add to sugar and water. Let boil until sugar dissolves. Leave spice "bag" until sirup has pleasant flavor. Just before using sirup, remove bag and bring sirup to boil. You may, if you like, omit the cinnamon from the sirup and put a piece or two in each jar.

The Arctic is slowly warming up. The climate in some regions has moderated by about one degree Fahrenheit in 10 years, reports the Canadian Department of Northern Affairs.

## Use Grape Pulp For New Hoosier Chutney

Act now is a good motto for the lover of fine homemade grape jelly, jam and conserve. The season is short and the grapes best for preserving when they first ripen.

Any variety of slipskin grape may be used for jam, but the rich flavor of the Concord is generally preferred. If you want your jam to be just like what Grandma made 50 years ago, you will have to use a pound of sugar to a pound of prepared grapes and cook the mixture until it is very thick. Yes, it is very stiff and as sweet as sweet as sweet, and you probably won't like it. You should however, be happy if you use 9 cups stemmed grapes, 6 cups sugar and ¼ teaspoon salt. Or if you prefer, follow the recipe which comes with your favorite brand of pectin.

### Hoosier Chutney

The old line hoosier housewife is a thrifty soul; prone to believe it downright wasteful to throw away the pulp left when making grape or apple jelly. The pulp can be used for jam, butter or a jam-like chutney. You may use all grape,

all apple, or mix the two.

To make hoosier chutney  
2 cups prepared pulp  
½ cup chopped onion  
½ cup sweet red pepper — Mrs. Hoosier calls 'em man-goes

1 small, hot red pepper, minced  
1 cup raisins  
¼ teaspoon salt  
½ cup brown sugar  
½ teaspoon ground allspice  
1 teaspoon ginger  
1 cup vinegar

Press the fruit through a fine sieve to remove skins and seed. Measure and mix all ingredients; cook until thick. Taste and add more seasoning if wanted. Pour boiling hot chutney into hot tapered jars. Seal at once with regular home-canning cap.

NOTE: Although the original recipe doesn't call for it, we think a clove of garlic, finely minced, belongs in chutney.

