

FOODS WORTHY

Peach and Nut Jam

- 1½ lbs. fully ripe peaches, peeled and pitted
- 2 tablespoons lemon juice
- 1 teaspoon almond extract
- ½ cup sliced blanched almonds
- 4¼ cups sugar
- ¾ cup water
- 1 box powdered fruit pectin

1. Using medium blade of food chopper, grind peaches (about 1¾ cups, ground). Stir in lemon juice, almond extract, nuts, and sugar; set aside about 20 min.

2. Mix the water and fruit pectin together in a small saucepan. Bring to boiling; boil 1 min., stirring constantly.

3. Blend pectin into fruit mixture and stir 3 min. Quickly ladle into sterilized jelly glasses. Cover tightly.

4. When jam is set, store in freezer, or in refrigerator if it is to be used within 2 or 3 weeks. *Six 8-oz. glasses jam*

Note: If desired, substitute chopped pecans for almonds and omit almond extract.

Peach and Mango Jam

- 2 cups sliced ripe peaches
- 2 cups sliced ripe mangos
- 3 cups sugar
- ¼ cup lemon juice

1. Combine peaches, mangos, and sugar in a heavy saucepan; cook over very low heat 1 hr., stirring frequently.

2. Blend in the lemon juice and continue cooking about 45 min., or until thickened.

3. Ladle into sterilized jars and seal. *Seven 4-oz. jars jam*

Purple Plum Conserve

- 3 qts. quartered purple plums (about 6 lbs. firm ripe plums)
- 8 cups sugar
- 1 tablespoon grated lemon peel
- 1 tablespoon grated orange peel
- ¼ cup lemon juice
- ½ cup orange juice
- 1 lb. seedless raisins
- 1 cup coarsely chopped walnuts

1. Mix the plums and 4 cups sugar together in a bowl; let stand several hours or overnight in a cold place.

2. Pour off sirup from plums into a large, heavy sauce pot or kettle. Add the remaining sugar; bring to boiling and boil 5 min., stirring constantly to prevent sticking.

3. Stir in plums, lemon and orange peel and juice; cook over medium heat about 30 min., stirring frequently. Reduce heat and continue cooking until mixture thickens.

4. Add raisins and cook 20 min., gently stirring occasionally. Blend in the walnuts and cook 5 min.

5. Ladle into sterilized jars or jelly glasses and seal. *Twelve 8-oz. jars conserve*

Mango Chutney

- 1¼ cups sugar
- 1 cup cider vinegar
- 1 teaspoon chili powder
- 1 large clove garlic, minced
- 2 tablespoons finely chopped preserved ginger
- 4 cups sliced ripe mangos (2 1-lb. mangos)
- ½ cup seedless raisins
- ½ cup sliced blanched almonds
- ½ teaspoon salt

1. Heat sugar and vinegar in a large saucepan to dissolve sugar; boil 5 min. Add next three ingredients. Cook 5 min.; stir occasionally.

2. Mix in mangos and cook until mixture is transparent. Stir in raisins, almonds, and salt; cook until thickened.

3. Ladle into sterilized jars and seal. *Six 8-oz. jars chutney*

General Instructions

1. Wash jars or jelly glasses. Place them on a rack or folded dish towel on bottom of a large sauce pot or kettle. Cover with warm water and boil 15 min. Keep jars covered with boiling water at all times. Using long-handled tongs, carefully remove one jar at a time as needed; drain. Set right-side up on cooling rack away from drafts.

2. Ladle in hot mixture to within ½ in. of top.

3. If jars are used, drain covers and seal jars at once, following manufacturer's directions. If glasses are used, cover while hot with an ⅛-in. layer of melted paraffin. Cool completely, then add another ⅛-in. layer of melted paraffin, tilting glasses carefully to distribute paraffin evenly over top and seal it to edges.

(Continued on page 12)



This is the season to make use of luscious fresh peaches for Peach and Nut Jam.

OF PRESERVING

MELANIE DE PROFT, Food Editor