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Pickles and Chutney

Points to remember -

1. **SPICES** These should be varied to suit individual tastes—some people like hot pickles and chutneys, others like them very mild.
2. **CHOICE OF PANS** Do not use iron, brass or copper pans. If enamel-lined pans are used be sure the enamel is not chipped.
3. **BOTTLING AND COVERING** Any type of jar may be used, but should first be washed thoroughly in hot water. If metal tops are used they should be protected from the vinegar by a layer of melted wax or fat or by several thicknesses of grease-proof paper. Well-fitting corks covered with grease-proof paper are satisfactory. If paper covers only are used there will be a certain amount of evaporation but this is prevented if a piece of rag previously dipped in melted wax or fat is tied over the paper.
4. **STORING** Label and store in a dry place. Most chutneys and pickles improve with keeping.

Recipes

Spiced Vinegar

As most pickles are made with cold spiced vinegar, it's a good plan to make a supply of spiced vinegar in advance of the pickling season. It improves with keeping and saves time later on.

1. Vary the spices to suit your own taste; these proportions are suggested as suitable for most palates: for each quart of vinegar allow $\frac{1}{4}$ oz. each of cinnamon bark, cloves, whole all-spice, and mace; a few peppercorns or a pinch of cayenne pepper, or 1 oz. (3 level tablespoons) mixed pickling spices.
2. Bring the spices and vinegar to boiling point in a covered saucepan and allow to stand for 2 hours without further heating.
3. Strain and use as required.

Mixed Vegetable Pickle

1. Suitable vegetables are cauliflower, cucumber, French beans, onions and marrow.
2. Prepare vegetables and cut in suitable-sized pieces.
3. Sprinkle with salt and leave to stand for 48 hours.
4. Wash, drain very thoroughly and pack into bottles leaving room for at least $\frac{1}{2}$ inch layer of vinegar on top.
5. Cover with cold spiced vinegar (recipe front page) and seal.

Pickled Onions or Shallots

1. Choose small onions and remove the outer skins. Using a stainless steel knife will prevent the onions turning black.
2. Soak in brine 48 hours. For brine recipe see Pickled Cucumbers. Finish the onions in the same way.

Pickled Cucumbers

1. Cut the cucumbers in quarters, halves or cubes according to taste.
2. Soak 12—24 hours in a brine made by dissolving 2 tablespoons of cooking salt in one pint of water. Allow one pint of this brine to every pound of cucumbers.
3. Drain from the brine, rinse in cold water and drain thoroughly.
4. Put the cucumber into jars leaving room for at least $\frac{1}{2}$ inch layer of vinegar on top.
5. Cover with cold spiced vinegar (recipe front page) and seal.

Red Cabbage Pickle

1. Choose a firm cabbage and remove any discoloured outer leaves.
2. Wash well and cut into shreds.
3. Place in layers in a basin, sprinkling with salt between each layer. Leave 24 hours.
4. Drain thoroughly, pack into jars and cover with cold spiced vinegar (recipe front page). Use within about two months as after this time the cabbage tends to soften.

Pickled Green Walnuts

Choose large green walnuts but be sure the shell has not started to form. Pierce each nut with a darning needle and you will soon be able to tell if there is a hard shell inside.

Peel as thinly as possible (for green pickled walnuts) or peel until the white flesh appears (for white pickled walnuts). Throw each nut immediately into a brine of $\frac{1}{2}$ lb. salt in three pints of water. Allow walnuts peeled "green" to steep for 24 hours and those peeled "white" for 12 hours. Pack into jars and cover with spiced vinegar, but excluding cloves from the spices. Tie down and store for at least three months. The "white" nuts may be transferred from the first brine to a second, simmered for five minutes and then packed into distilled spiced vinegar. A few chillies and white peppercorns may be added.

NOTE. This method of pickling walnuts preserves more of their vitamin C than other methods.

Apple Chutney

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| 1 lb. onions, minced or chopped | $\frac{1}{2}$ —1 teaspoon salt |
| 5 lb. cooking apples, minced or chopped | $\frac{1}{2}$ —1 teaspoon pickling spices |
| | $\frac{1}{2}$ —1 pint vinegar |
| 1 teaspoon ground ginger | $1\frac{1}{2}$ lb. sugar |

Cook the onion in a covered pan in a very little water, for 20 minutes. Add the apples, ginger, salt, and spices tied in a muslin bag. Cook until the apples and onions are tender—about another half-hour. It may be necessary to add a little of the vinegar, to prevent burning. Add the sugar and the rest of the vinegar, stir well and continue boiling gently with the lid off the pan until the chutney has the consistency of jam and no liquid vinegar remains. Remove spices, bottle and seal.

Plum Chutney

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| 5 lb. plums | 6 level tablespoons powdered cinnamon |
| 2 lb. sugar | 4 level tablespoons allspice |
| 3 oz. salt | 2 level tablespoons bruised mustard seed |
| 4 level tablespoons ground ginger | 1 quart vinegar |

Stone the plums and cut into quarters. Add all the other ingredients to the vinegar and bring to the boil, then put in the plums and simmer till tender. If the mixture is still too thin, continue to simmer gently until the desired consistency is obtained.

Rhubarb Chutney

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| $\frac{1}{2}$ lb. onion, minced | $\frac{1}{2}$ —1 teaspoon ground ginger |
| 5 lb. rhubarb, chopped | 1 pint vinegar |
| Pinch of cayenne pepper | $1\frac{1}{2}$ teaspoons citric acid |
| 1— $1\frac{1}{2}$ teaspoons salt | $1\frac{1}{2}$ —2 lb. sugar |

Number

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Cook the onion in a very little water for 20 minutes in a covered pan. Add the rhubarb and seasoning and cook until tender. It may be necessary to add a little vinegar to prevent burning. Add sugar, citric acid and remaining vinegar and continue boiling gently with the lid off the pan until the chutney has the consistency of jam and no free vinegar remains.

Green Tomato Chutney

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| 1 lb. onions, minced or chopped | $\frac{1}{4}$ —1 teaspoon pickling spices |
| 5 lb. tomatoes " " | $\frac{1}{4}$ —1 pint vinegar |
| $\frac{1}{2}$ teaspoon salt | 1 lb. sugar |

Cook the onion in a very little water for about 20 minutes, in a covered pan. Add the tomatoes, salt and pickling spices (tied in muslin). Continue cooking until all the ingredients are quite tender (about another $\frac{1}{2}$ hour). It may be necessary to add a little vinegar during cooking, to prevent burning. Then add the sugar and the rest of the vinegar, stir well and continue boiling gently with the lid off the pan until the chutney has the consistency of jam and no free vinegar remains. Remove bag of spices.

Green Tomato Sauce

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| 3 lb. tomatoes, chopped | 1 tablespoon salt |
| 1 lb. apples, chopped | $\frac{1}{2}$ tablespoon gravy salt to colour |
| 2 small onions or shallots, chopped | 1 teaspoon pepper |
| $\frac{1}{2}$ lb. sugar | $\frac{1}{2}$ teaspoon mustard |
| 1 teaspoon pickling spice | $\frac{1}{2}$ pint vinegar |

Boil all the ingredients together for one hour, stirring occasionally. Strain, bottle and cover whilst hot.

Ripe Tomato Sauce

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| 4 lb. ripe tomatoes | $\frac{1}{4}$ teaspoon paprika pepper |
| $\frac{1}{2}$ oz. salt | $\frac{1}{4}$ lb. sugar |
| Pinch cayenne pepper | $\frac{1}{3}$ pint spiced vinegar (recipe front page) |

Wash the tomatoes and cut them up. Place them in a pan over a low heat and stir until liquid. Then boil until quite tender and a thick pulp. Rub through a sieve. Add the sugar, vinegar, pepper and salt. Continue boiling and stirring until the sauce is of a creamy consistency. Pour into hot sterilised bottles. Boil the corks in water for ten minutes and cork the bottles while corks and bottles are still hot. Cover with proper metal caps or, when the sauce is cold, dip the tops of the bottles in melted paraffin wax.

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