



Acto's

Jam making

Housewives who have saved sugar to make home-made jam are advised to follow very carefully the instructions given below. It is foolish to risk wasting sugar and fruit by using so-called "economical" recipes. If the jam is wanted for keeping it is most important not to economise with sugar, but if the jam is to be eaten within a few weeks a little less sugar than given in the recipes may be used.

Important steps to remember

1 Fruit should be fresh and firm-ripe. Over-ripe fruit should NOT be used.

Fruits which do not set well, e.g. cherries, pears, marrow, strawberries, and rhubarb need the addition of lemon juice, red-currant or gooseberry juice, or of citric or tartaric acid.

2 Before the sugar is added, the fruit should be cooked slowly until it is quite tender, with just sufficient water to prevent burning. [See recipes for details.]

3 Sugar is stirred into the softened fruit until dissolved and the jam then boiled rapidly until setting point is reached. Do not have the pan too full or the jam will boil over at this stage.

If you want a jam which will keep well it is most important that not more than 10 lb. of jam should be obtained from 6 lb. of sugar.

4 Removing Scum Do this only when boiling has finished. Constant skimming is wasteful and unnecessary.

5 Testing for setting point Begin to test after about 10 minutes of rapid boiling (after sugar has been added). Remove pan from heat during testing or the jam may overboil.

Test A Place a little jam on a cold plate; if setting point has been reached, the jam will wrinkle when pushed with the finger.

OR

Test B Take a clean wooden spoon, dip it in the jam and lift it out with some jam adhering to it. Turn spoon horizontally until the jam has cooled a little. Then tilt spoon and allow the jam to drop from the edge. If it has been boiled enough, the jam will partly set on the spoon and the drops will run together forming flakes which break off in a clean sharp manner.

6 Filling the Jars To prevent fruit rising in the jars, the jam should be allowed to cool slightly in the pan, then stirred before putting into jars.

Pour into clean, dry, warm jars filling just short of overflowing. Put on waxed discs while hot, and press down over the surface.

7 Covering Jars Wipe jars and cover hot or cold—not warm. If covered hot this should be done immediately after the hot jam has been poured into the jars.

8 Storing Store away from the light in a dry, airy place.

RECIPES

NOTE. All quantities given are for approximately 10 lbs. of finished jam. If the jam is required for keeping care must be taken to see that the quantity obtained from these recipes is not more than 10 lbs.

Apple Ginger

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| 6 lb. apples | 1½ oz. ground ginger |
| 2 pints water | 6 lb. sugar |
| 1 level tablespoon citric or tartaric acid. | |

Peel, core and cut up the apples, tying peel and cores in muslin and hanging them in the pan. Place the apples and water in a preserving pan with the acid and ground ginger and cook slowly until tender. Remove the bag of peel, after squeezing, and boil the jam rapidly until setting point is reached.

Blackberry and Apple Jam

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| 4 lb. Blackberries | 1½ lb. peeled, cored and sliced sour apples |
| ½ pint water | 6 lb. Sugar |

Place the blackberries in a pan over a low heat, adding half the quantity of water, and stew slowly until tender. Stew the apples until soft, in the remaining water. Combine the fruit, add the sugar, stir until dissolved, and boil rapidly until setting point is reached.

Blackcurrant Jam

4 lb. Blackcurrants 6 lb. Sugar
3 pints water

Remove stalks, wash the fruit if necessary, and put into a preserving pan with the water. Stew slowly until the fruit is well softened. As the pulp becomes thick, stir frequently to prevent burning. Add the sugar, stir until it has been dissolved, bring to boiling point, and boil rapidly until setting point is reached.

Damson Jam

4 $\frac{3}{4}$ lb. Damsons 1 $\frac{1}{2}$ -2 pints water
(5 $\frac{1}{2}$ -6 lb. if very ripe) 6 lb. Sugar

Wash the damsons, put into a pan with the water, stew slowly until the fruit is well broken down. Add the sugar, stir until it is dissolved, bring to the boil and continue boiling rapidly until setting point is reached. Remove as many stones as possible as they rise to the surface.

Gooseberry Jam

4 $\frac{1}{2}$ lb. Gooseberries 6 lb. Sugar
1 $\frac{1}{2}$ pints water

The colour of gooseberry jam depends on the variety and ripeness of the fruit and on the length of time the jam is boiled after the sugar has been added. Longer boiling gives a deeper red colour.

Marrow and Ginger Jam

6 lb. Prepared Marrow 4 oz. Bruised Root Ginger
6 lb. Sugar 2 level tablespoons citric or tartaric acid

The marrow is prepared by peeling, removing seeds and cutting in small cubes. Then steam until tender. Place the marrow in a basin and cover with the sugar. Leave overnight. Next day place it in a pan, add the ginger tied in muslin, and the acid. Cook slowly for about 1 hour or until the marrow is transparent and the syrup thick. Take the ginger out just before setting point is reached.

Plum Jam

5 $\frac{1}{2}$ -6 lb. Plums 6 lb. Sugar
 $\frac{1}{2}$ -1 $\frac{1}{2}$ pints water

Wash the plums and stew slowly with the water until the skins are softened. Ripe, juicy fruit requires less water than under-ripe fruit. Add the sugar, stir until it is dissolved, bring to the boil and boil rapidly until setting point is reached. 6 lb. fruit will usually be needed, but 5 $\frac{1}{2}$ lb. will be sufficient to make a well-set jam if the fruit is of very good quality. Remove as many stones as possible as they rise to the surface. The plums may be stoned before cooking and the kernels cooked with the fruit.

Raspberry Jam

6 lb. Raspberries 6 lb. Sugar

Put the fruit in the pan and cook slowly until some juice has come out of the fruit. Add the sugar, stir until it is dissolved, and boil rapidly until setting point is reached.

Rhubarb and Ginger Jam

6 lb. Rhubarb 4 level teaspoons ground ginger or
6 lb. Sugar 1 oz. Bruised Root Ginger tied in
 muslin
 1½ level teaspoons citric acid

Wipe the rhubarb and cut in chunks. Put in a basin with the sugar sprinkled on in layers and let it stand overnight. Place in a pan, add the ginger and citric acid and bring to the boil. Boil briskly until setting point is reached.

Rhubarb & Raspberry or Loganberry Jam

3 lb. Rhubarb 3 lb. Raspberries (or Loganberries)
¼–½ pint water 6 lb. Sugar

Cut up the rhubarb and cook slowly in the water until reduced to thick pulp. If loganberries are used cook 5–10 minutes with the rhubarb and then add sugar. If raspberries are used add with the sugar. Stir until the sugar is dissolved and boil rapidly until setting point is reached.

Rhubarb and Strawberry Jam

3¼ lb. Rhubarb ¾ lb. Strawberries
¾ pint water 6 lb. Sugar

Cut the rhubarb into small pieces and cook slowly with the water until softened and reduced to a thick pulp. Add strawberries and sugar. Heat gently, with constant stirring, until the sugar is dissolved, then boil rapidly until setting point is reached.

Tomato Jam (Green)

6 lb. Green Tomatoes 3 oz. Root Ginger
6 lb. Sugar or ground Ginger to taste
 12 All-Spice Berries (optional)

Steam the tomatoes until tender; then skin. Place in a preserving pan with the sugar and spices tied in muslin. Boil rapidly until set, testing from time to time to see if the flavour is strong enough. Then remove the spices. If ground ginger is used add during boiling until the desired flavour is obtained.

