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Farm and home—avoiding pastry "leftovers"

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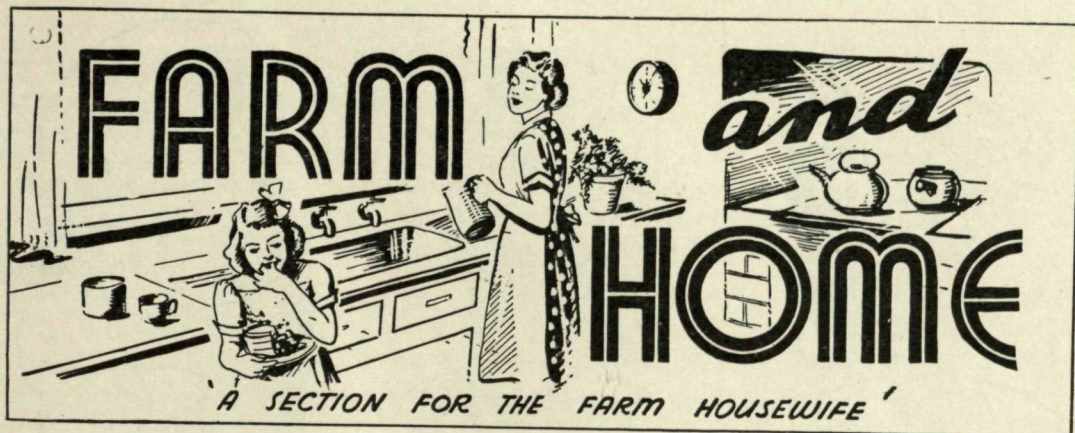
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Avoiding Pastry "Left-overs"

By HELEN M. GLOSTER.

(With acknowledgments to Miss F. N. Gray, Home Science Instructress at Perth Modern School, who carried out the practical work and supplied much of the information given in this article.)

WHEN making pastry, the housewife is often at a loss to know exactly how much pastry to make for lining a plate or covering a pie and at the same time to avoid those annoying "left over" pieces.

The quantities and measurements given here have been tested with great attention to detail.

Weights given for pastry, refer to the quantities of flour used to make the pastry.

Little Tarts in Patty Tins.

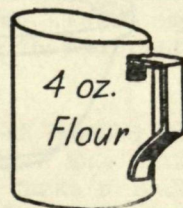
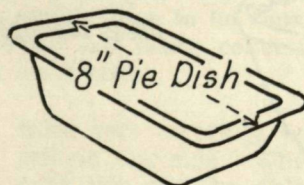
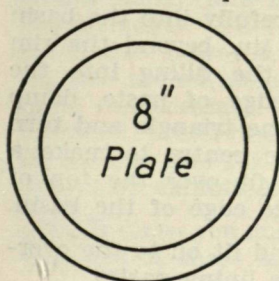
Two oz. flour will make six small tartlets.

Plate Tart.

Measure the diameter of the plate you are going to use.

Allow $\frac{1}{2}$ oz. pastry for each inch of diameter.

(A plate measuring eight inches in diameter will require 4 oz. pastry.)



Pies in Pie-dishes.

Measure the **length** of the pie-dish, rim to rim and allow $\frac{1}{2}$ oz. pastry for each inch.

(An eight-inch pie-dish will require 4 oz. pastry.)

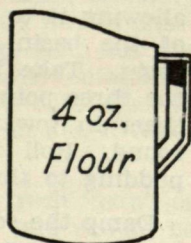
FRUIT FOR THE PIE

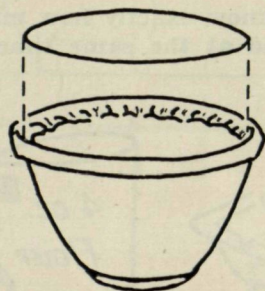
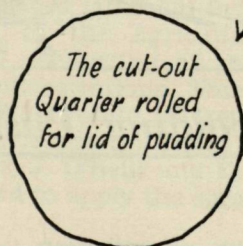
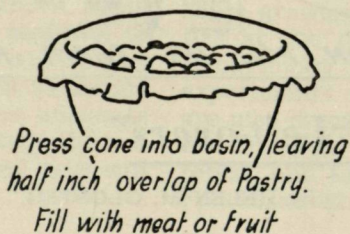
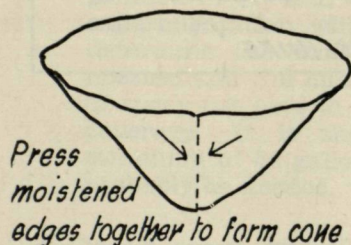
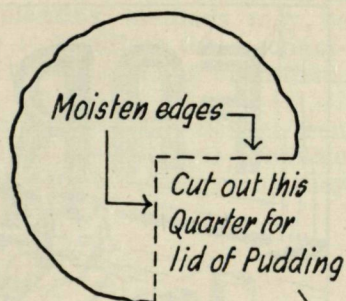
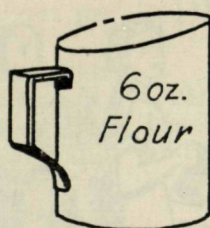
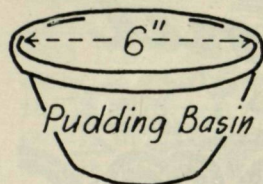
Rhubarb Pie.

One lb. rhubarb requires $\frac{1}{2}$ cup of sugar and half an inch of water in the pie-dish after the rhubarb and sugar have been added.

Apple Pie or Apple Suet Pudding.

One lb. of apples requires $\frac{1}{2}$ cup sugar and sufficient water to reach half way up the apples.





CORNISH PASTIES

Six ounces of pastry will make three pasties when cutting out pasties with a saucer measuring six inches in diameter. The lid of a six-inch aluminium saucepan makes an excellent cutter and will serve for measuring and cutting.

Keep the paste in a round shape. Cut a wedge (a quarter of the circle) from the paste from the centre outwards and keep this to make the lid. Damp the edges and join. You will have a cup-shaped piece of dough which will line the basin without puckering. Do not forget to grease the basin.

BOILED SUET PUDDING

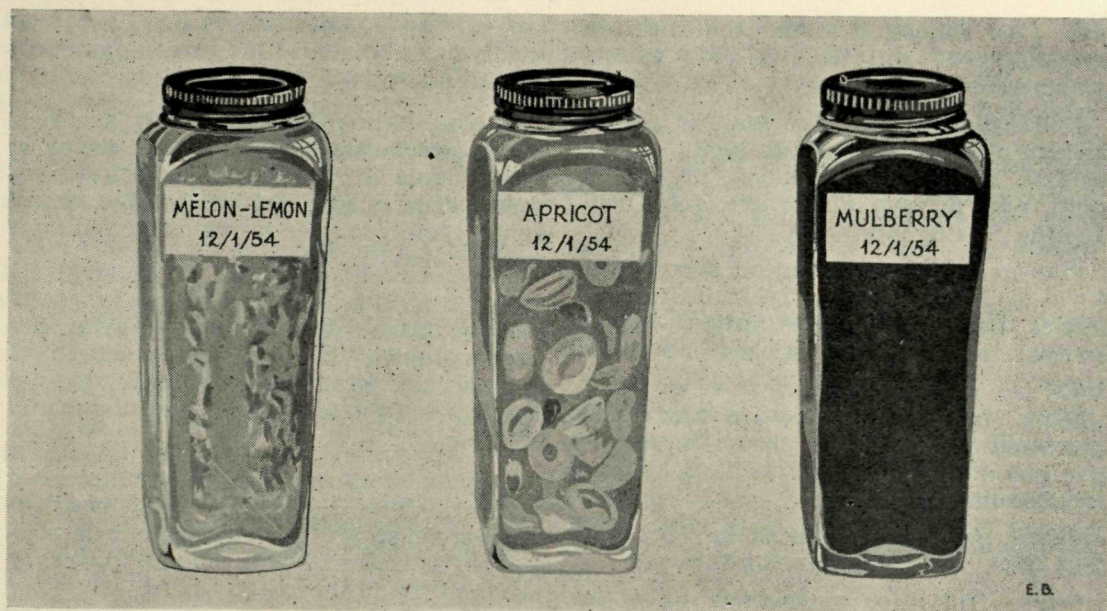
(In basin with fruit or meat filling)

Six ounces of flour is the correct amount for a pudding basin measuring six inches in diameter.

To line the basin economically roll the paste out into a circle two inches larger all round than the basin to be used.

Press the paste carefully into the basin allowing it to come $\frac{1}{2}$ in. beyond the rim of the basin. Put the filling into the basin. Take the wedge of paste, damp the three points of the triangle and turn them in towards the centre to make a round. Roll out to fit over the top of pudding to the inside edge of the basin.

Damp the edges and fit on to the overhanging edges of the lining pastry.



Jams and Jellies for Exhibition

By HELEN M. GLOSTER.

MOST housewives make excellent jams and jellies, but when it comes to exhibiting they find there are many finer points which have to be considered. Taken separately these points are relatively unimportant but taken collectively they are sufficient to prevent an exhibitor from gaining an award.

A wise exhibitor will think about her exhibits well in advance, possibly twelve months ahead or at least early in the soft fruit season.

The first thing to do is to go through your collection of empty bottles and jam jars and make a selection of small, attractive identical jam jars with matching screw top lids. Screw top jars are desirable from the judge's point of view as all jams must be inspected for "jell" and tasted during the judging. Lids may be replaced after judging. Empty one-pound honey jars are suitable and fulfil requirements. There is nothing arbitrary about this, however, and any jars of similar size are suitable. Large jam jars are quite unnecessary. Similarly, matching identical preserving jars should also be set on one side for bottled fruits, if these are to be exhibited.

Each time you make a fresh "pan" of jam one of these selected jars should be

filled very carefully, covered, labelled and put on one side. When Show Day draws near you will be able to make a really representative selection from the best preserves in your pantry!

When making your selection, pick out the very best your pantry has to offer.

When a collection is asked for see that your selection is really varied. Do not put in all berry jams or all stone fruit. Vary the jams in this way if a collection of three bottles is required:

One berry jam.

One stone fruit jam.

One mixed fruit jam (i.e., melon and lemon or melon and ginger).

A weakness in collections is to use a common foundation, i.e., melon and just vary the flavourings with lemon, ginger, Cape gooseberry or pineapple. Variety as suggested earlier gives a greater contrast in both flavour and appearance. If you

start your collection 12 months ahead of the show you will have a good variety from which to choose.

Contrast in appearance may be gained by exhibiting jams of different colour. Apricot, mulberry and melon, or quince, plum, and fig will give three good contrasting jars of jam.

The method of preparation should also show good contrast. Berry fruits (strawberries, Cape gooseberries, grapes, blackberries) are usually pricked and left whole.

Stone fruits and figs are halved or quartered according to size. These will give you a variety of jam as distinct from berry fruits.

Pears, melons or quinces are cut into neat dice. Here is your third variety.

Citrus fruits for marmalade have the rind shredded and the pulp cut up or diced. These usually form a class of their own, so we have four distinct methods of preparing fruit which will help us to obtain the variety which the judge appreciates.

JAM MAKING

Most fruits contain a jellying property called "pectin". Pectin is present in fruit when it is ripening but is not present in over-ripe fruit. Pectin is most abundant in fruit just before it ripens, therefore select fruit which is just under-ripe for best results when making jams and jellies.

Some fruits are rich in pectin, other fruits contain very little. Citrus fruits, apples, quinces are rich in pectin, therefore considerable quantities of water are added to these fruits when making jams and jellies to obtain the right consistency.

Strawberries, mulberries are almost entirely lacking in pectin. When making strawberry jam a little lemon juice is added to make the jam "jell". Apples or plums are added to mulberries for the same reason.

A fruit with a strong well-defined flavour, the Cape gooseberry, for instance, is often combined with melon, a fruit which on its own is rather tasteless. The combined result is a jam of very delicate flavour. Cape gooseberries if purchased

are expensive, but melons are cheap, so the reduced cost of this mixed jam is a consideration.

Melons, as mentioned already are very cheap and flavourless. However, delicious melon jams may be made by flavouring them with ginger, lemon, orange, pineapple, Cape gooseberries or other fruits of well-defined flavour.

Sugar is the preservative in jam and jelly making. The quantity varies between $\frac{1}{2}$ and $\frac{3}{4}$ lb. of sugar to each lb. of fruit according to the fruit used. Grapes and figs require less sugar than plums and apricots.

A wide shallow pan is best for jam making. This allows for rapid evaporation of moisture. An enamel pan is considered the best. Iron should never be used. I find aluminium pans are quite satisfactory. Use a wooden spoon for stirring.

Choose the **best quality** fruit. The bloom should be rubbed off the fruit with a damp cloth. Most fruits require thorough **washing and drying** on account of insecticidal or fungicidal sprays used by orchardists which may leave residues on the fruit.

Stone fruits should be cut in halves or quarters and the stones removed.

Berry fruits should be pricked. This prevents skins bursting, prevents fruit from losing its shape and hastens the flow of fruit juices. In the case of grape jam it allows for the escape of seeds, which may be skimmed from the surface of the jam with a strainer, as they rise to the surface.

Firm fruits, such as quinces and melons, should be diced carefully for good appearance. The size of the dice is a matter of individual taste. The main point is that diced fruit should be even in size.

The addition of water to jams makes a clearer, more sparkling, jam and helps to prevent burning and sticking.

Fruit should be cooked **very slowly** until tender **before** the sugar is added. On adding sugar, jam should be stirred until sugar is dissolved. Jam should then be boiled quickly and stirred regularly until

it reaches the jell point. Scum should be removed during cooking and the jam should be removed from the fire immediately the jell point is reached.

All jars should be washed, rinsed and dried by heating. A tea-towel should not be used. Jars dried by heating are sterile.

Jam should be poured into **hot** jars, but it is advisable to allow the jam to cool off a little before bottling. This prevents the fruit from rising in the jars and, in the case of marmalade, gives a more even distribution of the shredded peel.

Jars should be **filled to the brim**. There are several methods of covering jam, but I favour this method:—

Allow the jam to get **quite cold**. If jam is cooked to "jell" point a "skin" sets on the top, the jam contracts as it cools and the skin subsides in the middle slightly, making a natural seal to the jam.

Cover with paper when **quite cold**. These papers may be removed and screw tops put on jars just before the show, or screw tops may be put on top of jar over paper cover.

Cut rounds of greaseproof paper $\frac{1}{2}$ in. larger all round than rim of the bottle. Make a few slits around edges of the paper so that they can overlap when pasted down.

Covering jam while hot by this method is asking for trouble. The seal has not formed, steam is given off and moisture condenses between the jam and the paper cover, so that mould is almost certain to form. Mould will also form on any jam without the "jell seal", i.e., jams with insufficient pectin content or undercooked jams.

Label your jams with trim, neat labels, placed near the top of the jar. See that writing or printing is clear and neat. The date on which the jam was made should appear on the label.

Store all jams in a **cool place**.

MAKING FRUIT JELLY

Again slightly under-ripe fruit gives best results. To obtain a clear jelly, fruit, utensils, straining cloth or jelly bag

must be scrupulously clean. Sugar must be free from all specks. For straining, a chair may be inverted on a table and a good, clean tea-towel, which has been boiled, is tied by the four corners to the legs. A basin is placed underneath and plenty of boiling water poured through the tea-towel to free it from fluff, dust particles or other impurities. A flannel bag may be used if preferred.

Fruit for jelly is cut up **roughly**, skins, seeds and pips included.

Fruit is well covered with water and **cooked gently until soft**—usually about one hour. Fruit should be **stirred occasionally**. Pour fruit and liquid **gently** into straining cloth. Allow to drip through to basin underneath. On no account squeeze or touch the cloth, as this will cloud the jelly.

Measure the strained liquid and place in a **clean** pan. Heat the liquid, then add 1 cup of sugar to each cup of liquid. Boil quickly until jell point is reached. This is usually about 20 minutes.

All scum should be carefully removed as it rises. Turn liquid into heated jars. Cover as for jam when quite cold.

MAKING MARMALADE

1. Wash and dry the fruit.
2. Peel fruit **very thinly**.
3. With a clean pair of scissors shred the rind.
4. Cover with water and leave overnight.
5. Remove seeds from fruit, cut fruit into slices, then dice if desired.
6. Cover with water, leave overnight. If lemons are used, pith should be removed, as this makes marmalade cloudy. Grape fruit pith will not cloud marmalade.
7. Next day boil skins and pulp separately until tender and soft. Stand another 24 hours.
8. Measure and put two mixtures together. Allow 1 cup sugar to each cup of mixed fruit and liquid.
9. Boil rapidly until jell point is reached.

TO TEST JAM OR JELLY FOR JELL POINT

Test one.

1. Place a little jam on a cold saucer, allow jam to cool.
2. Tilt saucer. If "jell point" is reached surface of jam will go into wrinkles.

Test two.

Stir jam with wooden spoon. Lift spoon and turn in hand a little allowing jam to drop from it. If jell point is reached drops will run together to form flakes before falling from spoon.

TO DETERMINE PECTIN CONTENT OF FRUIT

Simmer fruit with water until soft. (This may be the fruit you are actually making into jam.)

Put one teaspoon of juice in a basin, add three teaspoons of methylated spirits. Shake gently, leave one minute. If a firm clot forms, the pectin content is good.

If fruit is low in pectin mix with fruit rich in it. A teaspoon of lemon juice to each pound of fruit is often all that is necessary.

Home Made Pectin Extract (to add to fruits low in pectin):

3 lb. sour apples (windfalls).

Wash apples, cut up roughly. Cover with water (1 to 1½ pints).

Simmer gently until pulped (1 to 1½ hours).

Strain through jelly bag.

Repeat process by adding more water, pulp the mixture.

Stew well, strain.

Mix two liquids together.

POINTS FOR EXHIBITORS

1. Jars should be in matching sets.
2. Jars must be scrupulously clean, neatly covered and labelled.
3. Jam collections should be varied in regard to
 - (a) method of fruit preparation;
 - (b) flavour;
 - (c) colour.
4. Jams should be of good well-defined flavours.

5. Texture should be good, and jam not too thick.
6. A jell seal on top of jam is essential. No sign of moisture on top.
7. Jam should be clear and sparkling in colour.
8. No sign of sugar crystals on top of jam.

TRY THESE RECIPES

Strawberry Jam

To each pound of strawberries, 1 teaspoon lemon juice, ¾ lb. sugar.

Method:

1. Remove stalks of strawberries, wash well but do not dry.
2. Place fruit in pan and prick with fork.
3. Add lemon juice, simmer gently until soft.
4. Add sugar, stir until dissolved.
5. Boil quickly until jell point is reached.

Melon and Cape Gooseberry

- 6 lb. melon (weighed after cutting).
- 6 lb. Cape gooseberries (weighed after shelling).
- 9 lb. sugar.
- 1 pint water.

Method:

1. Cut the melon into neat dice about the size of a Cape gooseberry.
2. Shell and prick Cape gooseberries.
3. Leave fruit overnight, covered with 1 lb. of measured sugar. This helps to commence flow of fruit juices.
4. Next morning add water to fruit and simmer gently until fruit is soft.
5. Add remainder of sugar, stir until dissolved.
6. Boil rapidly until jell point is reached.

N.B.—If preferred, the juice of one lemon may be added to make jam less sweet. An extra cup of water should also be added.

Quince Jam

1. Be careful in selection of quinces. They must not be over-ripe.
2. Wash quinces, dry and place whole in preserving pan. Cover with water.
3. Simmer until tender.
4. Remove quinces from liquid, cool down, then peel and core.
5. Return peelings and cores to the water and cook another half hour then strain. Discard peelings and cores.
6. Dice the fruit, return to liquid and weigh.
7. To each lb. of fruit add 1 lb. of sugar.
8. Stir over fire until sugar is dissolved.
9. Boil quickly until "jell point" is reached.

This recipe has an advantage over those recipes whereby fruit is prepared when raw. Time is saved by softening fruit by boiling, before peeling and dicing.

Fig Jam

12 lb. figs.
8 lb. sugar.
2 lemons.

Method:

1. Wash and dry figs.
2. Cut up roughly, into four or smaller, removing stalks.

3. Cover with 2 lb. sugar. Leave over-night.
4. Cut lemons in half, squeeze juice and add with halved lemons.
5. Simmer gently until tender.
6. Add sugar, stir until dissolved. Boil rapidly until jell point is reached. Remove halved lemon skins. This jam will not set without lemon.

N.B.—Four ounces finely chopped preserved ginger may also be added.

Grape Jam

6 lb. grapes.
3 lb. sugar.
Juice 2 lemons.

Method:

1. Remove grapes from bunches, wash well.
2. Put grapes in preserving pan, prick or press well, to allow escape of juices and seeds.
3. Add lemon juice, simmer until tender.
4. Add sugar, stir until dissolved.
5. Boil quickly until jell point is reached.
6. Using a strainer, skim off seeds as they rise (liquid will run back into pan).

N.B.—This jam will not set without lemon juice.

SCISSORS IN THE KITCHEN

A PAIR of scissors can be a particularly useful feature of the kitchen equipment, and it is worth while to buy a cheap pair and hang them in a handy spot.

When making marmalade, the scissors will be found much more effective than a knife in shredding the peel of oranges, lemons and grapefruit. Scald the scissors then snip away at the peel and you will find that really fine shreds may be obtained without difficulty.

Use your kitchen scissors to cut up parsley for sauces, etc. Pick up a bunch of parsley in the left hand and snip with the scissors.

Gather up the parsley a second time if necessary and cut a second time to get it finely chopped. Mint for mint sauce can be cut similarly.

When cubing steak for a stew, use the scissors again. Scissors are just the thing for removing rind from bacon rashers too.

—H.M.G.

Elliotts

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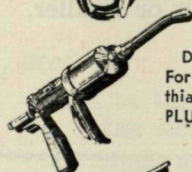
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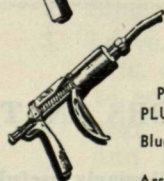
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