

Spicy Preserves Hit the Spot

By Cecily Brownstone
Associated Press Food Editor

If you'd like to try your hand at making sweet spicy preserves to serve with cold meats, poultry, or curry, here are two small-quantity recipes that give delicious products. These recipes feature peaches and watermelon fruits widely available right now.

Before you do your preserving, make sure you buy good quality fruit and that you have fresh spices on hand. This way you'll get the best flavor results. Dry mustard, powdered ginger, ground cloves and paprika are the spices you'll need for these two recipes.

Store spices in containers with tightly fitting covers. If covers are loose, spice flavors deteriorate quickly. See also that your spice shelf is not too close to the kitchen range, as heat destroys the volatile oils that supply the fragrance spices give.



Preserving time . . . for seasonal fruits

Peach Chutney
Ingredients: 4 cups peeled and pitted cut-up peaches, 1 cup cider vinegar, 1-4 cup finely chopped onion, 3-4 cup sugar, 3-4 teaspoon salt, 1 teaspoon dry mustard, 3-4 teaspoon powdered ginger, 1-8 teaspoon ground cloves, 1 teaspoon paprika, 1 teaspoon grated lemon rind, 1 tablespoon lemon juice, 1-2 cup seedless raisins.

Method: In heavy wide-bottom pan, mix together peaches, vinegar, onion, sugar, salt, mustard, ginger, cloves, paprika, lemon rind, lemon

juice, and raisins. Cook slowly until clear and thickened, stirring often. Pour into sterilized jars and seal at once. Makes about 2 pints. If chutney is to be stored in refrigerator it will not be necessary to sterilize the jars.

Gingered Watermelon Preserves
Ingredients: 6 cups prepared watermelon rind, 4 cups sugar, 2 cups water, 1 teaspoon powdered ginger, 1-3 cup lemon juice, 2 teaspoons grated lemon rind, 2 cups crushed canned pineapple (with juice as it comes from can).

Method: To prepare watermelon, pare off green skin and trim off soft pink portion, leave a narrow

edge of firm pink pulp on white rind. Cut rind into small cubes. Soak overnight in brine made of 2 tablespoons of salt to 1 quart water. Drain and rinse. Cook in clear water 45 minutes or until tender. Drain. In heavy wide bottom pan, mix the 4 cups sugar, 2 cups water, ginger, and lemon juice. Bring to boil and simmer 5 minutes to form syrup. Add lemon rind and pineapple and simmer gently until rind is clear (about 45 minutes); stir occasionally. Pour into hot sterilized jars and seal. Makes about 3 pints. If preserve is to be stored in refrigerator it will not be necessary to sterilize the jars.

Home Hints

By Ruth Current
State Home Demonstration Agent

All food should be sound, and of first quality. If you wouldn't serve it tonight for dinner, it is not fit to can. You can take out of a can next winter only what you put into it now.

Follow directions to the letter and insist upon cleanliness. Don't experiment and do not try to substitute one ingredient for another. Rely on time-tested and proved recipes.

A pressure cooker is recommended for low-acid vegetables.

For successful canning, proper heating and correct sealing are absolutely essential. Temperature must be high enough and held there long enough to kill the bac-

How To Season
Don't work salt and pepper into hamburger meat before the patties are cooked or you are likely to have meat that is too compact. Shape the patties lightly and sprinkle them with salt and pepper as they are turned on the grill. Teria that cause spoilage.

Can only garden-fresh foods.

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The youngster began learning at nine months. Now he is a regular customer at a Topeka roller-skating rink.

Charles was putting on weight too fast. He jumped from nine pounds at birth to 38 pounds at seven months. So mother and doctor put him on skates. Now he is a solid athlete of 28 pounds.

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