

AROCÉ DOCE (OR SWEET RICE. A LA PORTUGAISE)

Wipe thoroughly, in a dry soft cloth, half a pound of the best Carolina rice, after it has been carefully picked; put to it three pints of new milk, and when it has stewed gently for half an hour, add eight ounces of sugar, broken into small lumps; let it boil until it is dry and tender, and when it is nearly so, stir to it two ounces of blanched and pounded almonds. Turn the rice, when done, into shallow dishes, or soup-plates, and shake it until the surface is smooth; then sift over it, rather thickly, through a muslin, some freshly-powdered cinnamon, which will give it the appearance of a baked pudding. Serve it cold. It will remain good for several days. This is quite the best sweet preparation of rice that we have ever eaten, and it is a very favourite dish in Portugal, whence the receipt was derived. One or two bitter almonds, pounded with the sweet ones, might a little improve its flavour, and a few spoonful of rich cream could occasionally be substituted for a small portion of the milk, but it should not be added until the preparation is three parts done.

Rice, 8 ozs.; milk, 3 pints: 30 minutes. Sugar, 8 ozs.: 1 hour, or more. Pounded almonds, 2 ozs.; cinnamon, 1 teaspoonful.

Obs.—The rice must be frequently stirred while boiling, particularly after it begins to thicken; and it will be better not to add the entire quantity of milk at first, as from a quarter to half a pint less will sometimes prove sufficient. The grain should be thoroughly tender, but dry and unbroken.

BERMUDA WITCHES.

Slice equally some rice, pound, or sponge cake, not more than the sixth of an inch thick; take off the brown edges, and spread one half of it with Guava jelly, or, if more convenient, with fine strawberry, raspberry, or currant jelly of good quality (see Norman receipt, 338); on this strew thickly some fresh cocoonut grated small, and lightly; press over it the remainder of the cake, and trim the whole into good form; divide the slices if large, pile them slopingly in the centre of a dish upon a very white napkin folded flat, and garnish or intersperse them with small sprigs of myrtle. For very young people a French roll or two, and good currant jelly, red or white, will supply a wholesome and inexpensive dish.

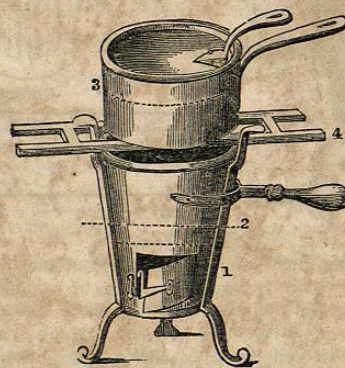
STRENGTHENING BLAMANGE.

Dissolve in a pint of new milk, half an ounce of isinglass, strain it through a muslin, or a fine silk sieve, put it again on the fire with the rind of half a small lemon pared very thin, and two ounces of sugar, broken small; let it simmer gently till well flavoured, then take out the lemon-peel, and stir the milk to the beaten yolks of three fresh eggs; pour the mixture back into the saucepan, and hold it over the fire, keeping it stirred until it begins to thicken; put it into a deep basin, and keep it moved with a whisk or spoon, until it is nearly cold; pour it into moulds which have been laid in water, and set in a cool place till firm.

New milk, 1 pint; isinglass, $\frac{1}{2}$ oz.; lemon-rind, $\frac{1}{2}$ of 1: 10 to 15 minutes. Sugar, 2 ozs.; yolks of eggs, 3.

CHAPTER XXI.

PRESERVES.



Portable French Furnace, with Stewpan and Trevet.

No. 1. Portable French Furnace.—2. Depth at which the grating is placed.—3. Stew pan.—4. Trevet.

INTRODUCTORY REMARKS.

FRUIT for preserving should always be gathered in perfectly dry weather; it should also be free both from the morning and evening dew, and as much so as possible from dust. When bottled, it must be steamed or baked during the day on which it is gathered, or there will be great loss from the bursting of the bottles; and for jams and jellies it cannot be too soon boiled down after it is taken from the trees.

The small portable French stove, or furnace,* shown above, with the trevet and stewpan adapted to it, is exceedingly convenient for all preparations which require either more than usual attention, or a fire entirely free from smoke; as it can be placed on a table in a clear light, and the heat can be regulated at pleasure. It has been used for all the preserves, of which the receipts are given in this chapter, as well as for various dishes contained in the body of the work. There should always be a free current of air in the room in which it stands when lighted, as charcoal or *braise* (that is to say, the little embers of large well-burned wood, drawn from an oven, and shut immediately into a closely-stopped iron or copper vessel to extinguish them) is the only fuel suited to it. To kindle either of these, two or three bits must be lighted in a common fire, and laid on the top of that in the furnace, which should be evenly placed between the grating and the brim, and then blown gently with the bellows until the whole is alight: the door

* Called in France, *Unfourneau Economique*. A baking-tin should be placed on the table for the furnace to stand upon, to guard against danger from the ashes or embers falling. American stoves or furnaces may be made in a similar manner.

of the furnace must in the meanwhile be open, and remain so, unless the heat should at any time be too fierce for the preserves, when it must be closed for a few minutes, to moderate it. To extinguish the fire



Closed Furnace and Cover.



Grating.



Form of Trevet.

altogether, the cover must be pressed closely on, and the door be quite shut: the embers which remain will serve to rekindle it easily, but before it is again lighted the grating must be lifted out and all the ashes cleared away. It should be set by in a place which is not damp.

The German enamelled stewpans, now coming into general use, are, from the peculiar nicety of the composition with which they are lined, better adapted than any others to pickling and preserving, as they may be used without danger for acids; and red fruits, when boiled in them, retain the brightness of their colour as well as if copper or bell-metal were used for them. The form of the old-fashioned preserving-pan, made usually of one or the other of these, is shown above; but it has not, we should say, even the advantage of being of convenient shape; for the handles quickly become heated, and the pan, in consequence, cannot always be instantaneously raised from the fire when the contents threaten to over-boil, or to burn.

It is desirable to have three or four wooden spoons or spatulas, one fine hair-sieve, at the least, one or two large squares of common muslin, and a strainer, or more of closer texture, kept exclusively for preparations of fruit, for if used for other purposes, there is the hazard, without great care, of their retaining some strong or coarse flavour, which they would impart to the preserves. A sieve, for example, through which any preparation of onions has been poured, should never, on any account, be brought into use for any kind of confectionary, nor in making sweet dishes, nor for straining eggs or milk for puddings, cakes, or bread. Damp is the great enemy, not only of preserves and pickles, but of numberless other household stores; yet, in many situations, it is extremely difficult to exclude it. To keep them in a "dry cool place" (words which occur so frequently both in this book, and in most others on the same subject), is more easily directed than done. They remain, we find, more entirely free from any danger of moulding, when covered with a brandied paper only, and placed on the shelves of a tolerably dry store-room; but they are rather liable to candy when thus kept, and we fancy that the flavour of the fruit is somewhat less perfectly preserved than when they are quite secured from the air by

skins stretched over the jars. If left uncovered, the inroads of mice upon them must be guarded against, as they will commit great havoc in a single night on these sweet stores. When the slightest fermentation is perceptible in syrup, it should immediately be boiled for some minutes, and well skimmed; the fruit taken from it should then be thrown in, and well scalded also, and the whole, when done, should be turned into a very clean dry jar: this kind of preserve should always be covered with one or two skins, or with parchment and thick paper.

A FEW GENERAL RULES AND DIRECTIONS FOR PRESERVING.

1. Let every thing used for the purpose be delicately clean and *dry*; bottles especially so.
2. Never place a preserving-pan *flat upon the fire*, as this will render the preserve liable to *burn to*, as it is called; that is to say, to adhere closely to the metal, and then to burn; it should rest always on a trevet, or on the lowered bar of the kitchen range.
3. After the sugar is added to them, stir the preserves gently at first, and more quickly towards the end, without quitting them until they are done; this precaution will always prevent the chance of their being spoiled.
4. All preserves should be perfectly cleared from the scum as it rises.
5. Fruit which is to be preserved in syrup must first be blanched or boiled gently, until it is sufficiently softened to absorb the sugar; and a thin syrup must be poured on it at first, or it will shrivel instead of remaining plump, and becoming clear. Thus, if its weight of sugar is to be allowed, and boiled to a syrup with a pint of water to the pound, only half the weight must be taken at first, and this must not be boiled with the water more than fifteen or twenty minutes at the commencement of the process; a part of the remaining sugar must be added every time the syrup is reboiled, unless it should be otherwise directed in the receipt.
6. To preserve both the true flavour and the colour of fruit in jams and jellies, boil them rapidly until they are well reduced, *before* the sugar is added, and quickly afterwards, but do not allow them to become so much thickened that the sugar will not dissolve in them easily, and throw up its scum. In some seasons, the juice is so much richer than in others, that this effect takes place almost before one is aware of it; but the drop which adheres to the skimmer, when it is held up, will show the state it has reached.
7. Never use tin, iron, or pewter spoons, or skimmers for preserves, as they will convert the colour of red fruit into a dingy purple, and impart, besides, a very unpleasant flavour.
8. When cheap jams or jellies are required, make them at once with loaf-sugar, but use that which is *well refined* always, for preserves in general; it is a false economy, as we have elsewhere observed, to purchase an inferior kind, as there is great waste from it in the quantity of scum which it throws up. The *best* has been used for all the receipts given here.

TO EXTRACT THE JUICE OF PLUMS FOR JELLY.

Take the stalks from the fruit, and throw aside all that is not per-

fectly sound; put it into very clean, large stone jars, and give part of the harder kinds, such as bullaces and damsons, a gash with a knife as they are thrown in; do this especially in filling the upper part of the jars. Tie one or two folds of thick paper over them, and set them for the night into an oven from which the bread has been drawn four or five hours; or cover them with bladder, instead of paper, place them in deep pans of water, and boil them gently from two to three hours, or until the fruit is quite soft, and has yielded all the juice it will afford: this last is the safer and better mode for jellies of delicate colour.

TO WEIGH THE JUICE OF FRUIT.

Put a basin into one scale, and its weight into the other; add to this last the weight which is required of the juice, and pour into the basin as much as will balance the scales. It is always better to weigh than to *measure* the juice for preserving, as it can generally be done with more exactness.

GREEN GOOSEBERRY JELLY.

Wash some freshly-gathered gooseberries very clean, after having taken off the tops and stalks, then to each pound, pour three-quarters of a pint of spring water, and simmer them until they are well broken; turn the whole into a jelly-bag or cloth, and let all the juice drain through; weigh, and boil it rapidly for fifteen minutes. Draw it from the fire, and stir into it until entirely dissolved an equal weight of good sugar reduced to powder; boil the jelly from fifteen to twenty minutes longer, or until it jellies strongly on the spoon or skimmer; clear it perfectly from scum, and pour it into small jars, moulds, or glasses. It ought to be very pale and transparent. Preserved fruits just dipped into hot water to take off the syrup, then well drained and dried, may be arranged with good effect in the centre of the gooseberry jelly if the glasses be rather less than half filled before they are laid in, and the jelly just set: the remainder must be kept liquid to fill them up. The sugar may be added to the juice at first, and the preserve boiled from twenty-five to thirty-five minutes, but the colour will not then be so good. When the fruit abounds the juice may be drawn from it with very little water, as directed for apples, page 350, when it will require much less boiling.

Gooseberries, 6 lbs.; water, 4 pints: 20 to 30 minutes. Juice boiled quickly, 15 minutes; to each pound, 1 lb. sugar: 15 to 20 minutes.

GREEN GOOSEBERRY-JAM; (*firm and of good colour.*)

Cut the stalks and tops from the fruit, weigh and bruise it slightly, boil it for six or seven minutes, keeping it well turned during the time; then to every three pounds of gooseberries add two and a half of sugar, beaten to powder, and boil the preserve quickly for three-quarters of an hour. It must be constantly stirred, and carefully cleared from scum.

Green gooseberries, 6 lbs.: 6 to 7 minutes. Sugar, 5 lbs.: $\frac{3}{4}$ hour.

TO DRY GREEN GOOSEBERRIES.

Take the finest green gooseberries, fully grown, and freshly gathered; cut off the buds, split them across the tops half way down, and with the small end of a tea or of an egg-spoon, scoop out the seeds. Boil together for fifteen minutes a pound and a half of the finest sugar, and a pint of water; skim this syrup thoroughly and throw into it a pound of

the seeded gooseberries; simmer them from five to seven minutes, when they ought to be clear and tender; when they are so lift them out, and throw as many more into the syrup; drain them a little when done, spread them singly on dishes, and dry them *very* gradually in a quite cool stove or oven, or in a sunny window. They will keep well in the syrup, and may be potted in it, and dried when wanted for use.

Green gooseberries without the seeds, 2 lbs.; water, 1 pint; sugar, 1 $\frac{1}{2}$ lb.: boiled 15 minutes. Gooseberries simmered, 5 to 7 minutes.

GREEN GOOSEBERRIES FOR TARTS.

Fill very clean, dry, wide-necked bottles with gooseberries gathered the same day, and before they have attained their full growth. Cork them lightly, wrap a little hay round each of them, and set them up to their necks in a copper of cold water, which should be brought very gradually to boil. Let the fruit be gently simmered until it appears shrunken and perfectly scalded; then take out the bottles, and with the contents of one or two fill up the remainder, and use great care not to break the fruit in doing this. When all are ready, pour *scalding* water into the bottles and cover the gooseberries entirely with it, or they will become mouldy at the top. Cork the bottles well immediately, and cover the necks with melted rosin; keep them in a cool place; and when they are used pour off the greater part of the water, and add sugar as for the fresh fruit, of which they will have quite the flavour and appearance; and they will be found much more wholesome prepared in this manner than if simply baked or steamed in the bottles.

GREEN GOOSEBERRY SOLID.

Bruise well, and boil six pounds of fresh green gooseberries for an hour and a quarter without sugar, and for half an hour after having stirred to them a couple of pounds of good quality, reduced quite to powder. Press the preserve into shallow pans or small shapes, and unmould it when it is wanted for table.

Green gooseberries, 6 lbs.: 1 $\frac{1}{4}$ hour. Sugar, 2 lbs.: $\frac{1}{2}$ hour.

RED GOOSEBERRY JAM.

The small rough red gooseberry, when fully ripe, is the best for this preserve, which may, however, be made of the larger kinds. When the buds and stalks have been taken carefully from the fruit, weigh, and boil it quickly for three quarters of an hour, keeping it well stirred; then for six pounds of the gooseberries add two and a half of good roughly-powdered sugar (or three of fine Lisbon, if only a common preserve be wanted); boil these together briskly, from twenty to twenty-five minutes, and stir the jam well from the bottom of the pan, as it is liable to burn if this be neglected.

Small red gooseberries, 6 lbs.: $\frac{3}{4}$ hour. Pounded sugar, 2 $\frac{1}{2}$ lbs. (for common jam Lisbon sugar 3 lbs.): 20 to 25 minutes.

GOOSEBERRIES DRIED WITHOUT SUGAR.

Choose them fine and ripe, spread them separately on large dishes, and dry them very gradually by the heat of a gentle oven, or in the sun where they will be well protected from dust. If flattened with the finger when partially done, they will preserve a better form, and be more quickly dried.

CHERRY JAM.

First stone, and then weigh some freshly gathered preserving cherries; boil them over a brisk fire for an hour, keeping them almost constantly stirred from the bottom of the pan, to which they will otherwise be liable to stick and burn. Add half a pound of good sugar roughly powdered for each pound of the fruit, and boil the preserve quickly for twenty minutes, taking off the scum as it rises. The blanched kernels of part of the cherries may be added to the jam five minutes before it is taken from the fire. We can recommend this receipt as producing a firm preserve of fine colour and flavour, and very far superior to any that can be made by the more common method of boiling the fruit and sugar together from the beginning.

Stoned cherries, 6 lbs.: 1 hour. Sugar, 3 lbs.: 20 minutes.

Obs.—Increase the proportion of sugar, when it is liked, to twelve or sixteen ounces, and diminish the boiling a quarter of an hour before it is added, and ten minutes after. We have found almost invariably, that preserves made by the receipts we have given have been preferred to richer ones.

TO DRY CHERRIES WITH SUGAR; (*a quick and easy method.*)

Stone some fine, sound cherries; weigh and put them into a preserving-pan, with six ounces of sugar reduced to powder to each pound of the fruit: set them over a moderate fire, and simmer them gently for nearly or quite twenty minutes; let them remain in the syrup until they are a little cooled, then turn them into a sieve, and before they are cold lay them singly on dishes, and dry them very gradually, as directed for other fruits. When the cherries are quite ripe the stones may generally be drawn out with the stalks, by pressing the fruit gently at the same time; but when this method fails, they must be extracted with a new quill, cut round at the end; those of the *very* short-stalked, turnip-shaped cherry, which abounds, and is remarkably fine in many parts of Normandy, and which we have occasionally met with here, though it is not, we believe, very abundant in our markets, are easily removed with a large pin, on the point of which the stone may be caught at the stalk end, just opposite the seam of the fruit, and drawn out at the top, leaving the cherry apparently entire.

DRIED CHERRIES; (*superior Receipt.*)

To each pound of cherries, weighed after they are stoned, add eight ounces of good sugar, and boil them very softly for ten minutes; pour them into a large bowl, or pan, and leave them two days in the syrup; then simmer them again for ten minutes, and set them by for two or three days; drain them slightly, and dry them very slowly, as directed in the previous receipts. Keep them in tin cases, or canisters, when done. These cherries are generally preferred to such as are dried with a larger proportion of sugar; but when the taste is in favour of the latter, three quarters or a full pound can be allowed to the pound of fruit, which may then be potted in the syrup and dried at any time, though we think the flavour of the cherries is better preserved when this is done within a fortnight of their being boiled.

Cherries, stoned, 8 lbs.; sugar, 4 lbs.: 10 minutes. Left 2 or 3 days. Boiled again, 10 minutes; left 2 days; drained and dried.

CHERRIES DRIED WITHOUT SUGAR.

These are often more pleasant and refreshing to invalids and travellers than a sweetened confection of the fruit, their flavour and agreeable acidity being well preserved when they are simply spread on dishes or hamper lids, and slowly dried.* Throw aside the bruised and decayed fruit, and arrange the remainder singly, and with the stalks uppermost on the dishes.

MORELLA CHERRIES.

Take off the stalks but do not stone the fruit; weigh and add to it an equal quantity of the best sugar reduced quite to powder, strew it over the cherries and let them stand for half an hour, then turn them gently into a preserving-pan, and simmer them softly from five to seven minutes.

COMMON CHERRY CHEESE.

Stone the fruit, or if this trouble be objected to, bruise and boil it without, until it is sufficiently tender to press through a sieve, which it will be in from twenty to thirty minutes. Weigh the pulp in this case, and boil it quickly to a dry paste, then stir to it six ounces of sugar for the pound of fruit, and when this is dissolved, place the pan again over, but not *upon*, a brisk fire, and stir the preserve without ceasing, until it is so dry as not to adhere to the finger when touched; then press it immediately into small moulds or pans, and turn it from them when wanted for table. When the cherries have been stoned, a good common preserve may be made of them without passing them through a sieve, with the addition of five ounces of sugar to the pound of fruit, which must be boiled very dry both before and after it is added.

Other cherries without stoning: 20 to 30 minutes. Passed through a sieve. To each pound of pulp (first boiled dry), 6 ozs. sugar. To each pound of cherries stoned and boiled to dry paste, 5 ozs. sugar.

CHERRY PASTE. (FRENCH.)

Stone the cherries, boil them gently in their own juice for thirty minutes; press the whole through a sieve; reduce it to a very dry paste; then take it from the fire, and weigh it; boil an equal proportion of sugar to the candying point, mix the fruit with it, and stir the paste, without intermission, over a moderate fire, until it is again so dry as to form a ball round the spoon, and to quit the preserving-pan entirely; press it quickly into small moulds, and when it is cold, paper, and store it like other preserves.

STRAWBERRY JAM.

Strip the stalks from some fine scarlet strawberries, weigh, and boil them for thirty-five minutes, keeping them very constantly stirred; throw in eight ounces of good sugar, beaten small, to the pound of fruit, mix them well off the fire, then boil the preserve again quickly for twenty-five minutes. One pound of white currant-juice added in the first instance to four of the strawberries, will greatly improve this preserve, which will be quite firm, and sufficiently, but not over sweet.

Strawberries, 6 lbs.: 35 minutes. Sugar, 3 lbs.: 25 minutes. Or:

* The dishes on which they are laid should be changed daily.

strawberries, 4 lbs.; currant-juice, 1 lb.: 30 to 35 minutes. Sugar, 2½ lbs.: 25 minutes.

Obs.—We do not think it needful to give directions with each separate receipt for skimming the preserve with care, and keeping it constantly stirred, but neither should in any case be neglected.

STRAWBERRY JELLY.

This, when made with fine, full-flavoured, scarlet strawberries, is a very delicious preserve, and is by many persons preferred to guava jelly, which it greatly resembles. Stalk the fruit, bruise it very slightly, and stir it for a few minutes over a gentle fire; strain it without pressure, weigh, and boil it quickly for twenty minutes in a German enamelled stewpan, or preserving-pan, if possible, that the colour may not be injured; take it from the fire, and stir into it twelve ounces of sugar to the pound of juice; when this is dissolved, boil it again quickly for twenty minutes, clear it perfectly from scum, and pour it into jars or glasses. The preserve will be firmer, and require less boiling, if one-fourth of red or white currant juice be mixed with that of the strawberries, but the flavour will not then be quite so perfect. A superior jelly to this is made by taking an equal weight of juice and sugar, and by boiling the latter to candy-height, before the juice (which should previously be boiled five minutes) is added to it; and when they have been stirred together off the fire until this is entirely dissolved, boiling the whole quickly from ten to twenty minutes; the time required varying very much from the difference which is found in the quality of the fruit.

Fruit, simmered 4 to 5 minutes. Juice of strawberries, 4 lbs.: 20 minutes. Sugar, 3 lbs.: 20 minutes. Or, juice of strawberries, 4 lbs.: 5 minutes. Sugar, boiled to candy-height, 4 lbs.: 10 to 20 minutes.

ANOTHER VERY FINE STRAWBERRY JELLY.

Express the juice from the fruit through a cloth, strain it clear, weigh, and stir to it an equal proportion of the finest sugar, dried and reduced to powder; when this is dissolved, place the preserving-pan over a very clear fire, and stir the jelly often until it boils; clear it carefully from scum, and boil it quickly from fifteen to twenty-five minutes.

Equal weight of strawberry-juice and sugar: 15 to 25 minutes.

Obs.—This receipt is for a moderate quantity of the preserve: a very small portion will require much less time.

TO PRESERVE STRAWBERRIES OR RASPBERRIES, FOR CREAMS OR ICES, WITHOUT BOILING.

Let the fruit be gathered in the middle of a warm day, in very dry weather; strip it from the stalks directly, weigh it, turn it into a bowl or deep pan, and bruise it gently; mix with an equal weight of fine dry sifted sugar, and put it immediately into small, wide-necked bottles; cork these firmly without delay, and tie bladder over the tops. Keep them in a cool place, or the fruit will ferment. The mixture should be stirred softly, and only just sufficiently to blend the sugar and the fruit. The bottles must be perfectly dry, and the bladders, after having been cleaned in the usual way, and allowed to become nearly so, should be moistened with a little spirit on the side which is to be next to the cork.

Unless these precautions be observed, there will be some danger of the whole being spoiled.

Equal weight of fruit and sugar.

RASPBERRY JAM.

Bruise gently, with the back of a wooden spoon, six pounds of ripe and freshly-gathered raspberries, and boil them over a brisk fire for twenty-five minutes; stir to them half their weight of good sugar, roughly powdered, and when it is dissolved, boil the preserve quickly for ten minutes, keeping it well stirred and skimmed. When a richer jam is wished for, add to the fruit at first its full weight of sugar, and boil them together twenty minutes.

Raspberries, 6 lbs.: 25 minutes. Sugar, 3 lbs.: 10 minutes.

GOOD RED OR WHITE RASPBERRY JAM.

Boil quickly, for twenty minutes, four pounds of either red or white sound ripe raspberries in a pound and a half of currant-juice of the same colour; take the pan from the fire, stir in three pounds of sugar, and when it is dissolved, place the pan again over the fire, and continue the boiling for ten minutes longer: keep the preserve well skimmed and stirred from the beginning.

Raspberries, 4 lbs.; currant-juice, 1½ lb.: 20 minutes. Sugar, 3 lbs.; 10 minutes.

RASPBERRY JELLY FOR FLAVOURING CREAMS.

Take the stalks from some quite ripe, and freshly-gathered raspberries, stir them over the fire until they render their juice freely, then strain and weigh it; or press it from them through a cloth, and then strain it clear; in either case boil it for five minutes after it is weighed, and for each pound stir in a pound and a quarter of good sugar, reduced quite to powder, sifted, and made very hot; boil the preserve quickly for five minutes longer, and skim it clean. The jelly thus made will sufficiently sweeten the creams without any additional sugar.

Juice of raspberries, 4 lbs.: 5 minutes. Sugar, made hot, 5 lbs.: 5 minutes.

ANOTHER RASPBERRY JELLY. (*Very good.*)

Bruise the fruit a *little*, and draw the juice from it by four or five minutes gently simmering; strain and weigh it, boil it quickly for twenty minutes, draw it from the fire, add three-quarters of a pound of good sugar for each pound of juice, and when this is dissolved, place the pan again on the fire, and boil the preserve *fast* from twelve to fifteen minutes longer; skim it thoroughly, and keep it well stirred. This jelly is infinitely improved in colour and in firmness, though not perhaps in flavour, by mixing with the raspberry juice one-fourth, or even as much as a third of the juice of ripe white currants: the preserve will then require rather less boiling. When it jellies in falling from the spoon or skimmer, it is done. Nothing of tin or iron should be used in making it, as these metals will convert its fine red colour into a dingy purple.

Fruit, simmered 5 to 6 minutes. Juice of raspberries, 4 lbs.: 20 minutes. Sugar, 3 lbs.: 12 to 15 minutes. Or, juice of raspberries, 4 lbs.; juice of white currants, 2 lbs.: 20 minutes. Sugar, 4½ lbs.: 10 minutes, or less.

GREEN CURRANT JAM.

For each pound of currants take fourteen ounces of good sugar, in fine powder; bruise part of the fruit with a small portion of the sugar, and put it first into the preserving-pan, that the juice may flow from it sufficiently to prevent the remainder from being burned; it should be placed over a very gentle fire, and stirred constantly until it has yielded moisture enough for this. All the fruit and sugar may then be added, and the whole (well mixed and stirred) boiled from ten to fifteen minutes, or until it jellies strongly in falling from the skimmer. Some fruit will require less time, and some rather more.

To each pound of currants, stripped from stalks, 14 ozs. of sugar: 10 to 15 minutes.

RED CURRANT JELLY.

With three parts of fine ripe red currants freshly gathered, and stripped from the stalks, mix one of white currants; put them into a clean preserving-pan, and stir them gently over a clear fire until the juice flows from them freely; then turn them into a fine hair-sieve, and let them drain well, but without pressure. Pass the juice through a folded muslin, or a jelly-bag; weigh it, and then boil it *fast* for a quarter of an hour; add for each pound, eight ounces of sugar coarsely powdered, stir this to it off the fire until it is dissolved, give the jelly eight minutes more of quick boiling, and pour it out. It will be firm, and of excellent colour and flavour. Be sure to clear off the scum as it rises both before and after the sugar is put in, or the preserve will not be clear.

Juice of red currants, 3 lbs.; juice of white currants, 1 lb.: 15 minutes. Sugar, 2 lbs.: 8 minutes.

Obs.—An excellent jelly may be made with equal parts of the juice of red and of white currants, and of raspberries, with the same proportion of sugar and degree of boiling as in the foregoing receipt.

SUPERLATIVE RED CURRANT JELLY; (*Norman Receipt*.)

Strip carefully from the stems some quite-ripe currants of the finest quality, and mix with them an equal weight of *good* sugar reduced to powder; boil these together quickly for exactly eight minutes, keep them stirred all the time, and clear off the scum as it rises; then turn the preserve into a *very* clean sieve, and put into small jars the jelly which runs through it, and which will be delicious in flavour, and of the brightest colour. It should be carried immediately, when this is practicable, to an extremely cool but not a damp place, and left there till perfectly cold. The currants which remain in the sieve make an excellent jam, particularly if only part of the jelly be taken from them. In Normandy, where the fruit is of richer quality than in England, this preserve is boiled only one minute, and is both firm and beautifully transparent.

Currants, 3 lbs.; sugar, 3 lbs.: 8 minutes.

FRENCH CURRANT JELLY.

Mix one third of white currants with two of red, and stir them over a gentle fire until they render their juice freely, pour it from them, strain and weigh it; for every four pounds break three of fine sugar into large lumps, just dip them into cold water, and when they are

nearly dissolved boil them to a thick syrup; stir this without ceasing until it falls in large thick white masses from the skimmer; then pour in the currant juice immediately, and when the sugar is again dissolved, boil the whole quickly for five minutes, clear off the scum perfectly, pour the jelly into jars or warm glasses, and set it in a cool place.

Red currants, two thirds; white currants, one third; juice, 4 lbs.; sugar boiled to candy height, 3 lbs.; jelly boiled: 5 minutes.

Obs.—A flavouring of raspberries is usually given to currant jelly in France, the preserve being there never served with any kind of joint, as it is with us.

DELICIOUS RED CURRANT JAM.

This, which is but an indifferent preserve when made in the usual way, will be found a very fine one if the following directions for it be observed; it will be extremely transparent and bright in colour, and will retain perfectly the flavour of the fruit. Take the currants at the height of their season, the finest that can be had, free from dust, but gathered on a dry day; strip them with great care from the stalks, weigh and put them into a preserving-pan with three pounds of the best sugar reduced to powder to four pounds of the fruit; stir them gently over a brisk clear fire, and boil them quickly for exactly eight minutes from the first full boil. As the jam is apt to rise over the top of the pan, it is better not to fill it more than two thirds, and if this precaution should not be sufficient to prevent it, it must be lifted from the fire and held away for an instant. To many tastes, a still finer jam than this (which we find sufficiently sweet) may be made with an equal weight of fruit and sugar boiled together for seven minutes. There should be great exactness with respect to the time, as both the flavour and the brilliant colour of the preserve will be injured by longer boiling.

Red currants (without stalks), 4 lbs.; fine sugar, 3 lbs.: boiled quickly, 8 minutes. Or, equal weight fruit and sugar: 7 minutes.

VERY FINE WHITE CURRANT JELLY.

The fruit for this jelly should be very white, perfectly free from dust, and picked carefully from the stalks. To every pound add eighteen ounces of double refined sifted sugar, and boil them together quickly for six minutes; throw in the strained juice of a sound fresh lemon, or of two, should the quantity of preserve be large; boil it two minutes longer; pour it into a delicately clean sieve, and finish it by the directions given for the Norman red currant jelly (page 338).

White currants, 6 lbs.; highly refined sugar, 6½ lbs.: 6 minutes. Juice of 2 moderate-sized lemons: 2 minutes.

WHITE CURRANT JAM, A BEAUTIFUL PRESERVE.

Boil together quickly for seven minutes equal quantities of fine white currants, picked with the greatest nicety, and of the best sugar pounded and passed through a sieve. Stir the preserve gently the whole time, and be careful to skim it thoroughly. Just before it is taken from the fire, throw in the strained juice of one good lemon to four pounds of the fruit.

White currants, 4 lbs.; best sugar, 4 lbs.: 7 minutes. Juice, 1 lemon.

CURRANT PASTE.

Stalk and heat some red currants as for jelly, pour off three parts of

the juice, which can be used for that preserve, and press the remainder, with the pulp of the fruit, closely through a hair-sieve reversed; boil it briskly, keeping it stirred the whole time, until it forms a dry paste; then for each pound (when first weighed) add seven ounces of pounded sugar, and boil the whole from twenty-five to thirty minutes longer, taking care that it shall not burn. This paste is remarkably pleasant and refreshing in cases of fever, and acceptable usually for winter-desserts.

Red currants boiled from 5 to 7 minutes, pressed with one-fourth of their juice through a sieve, boiled from 1½ to 2 hours. To each pound add 7 ozs. pounded sugar: 25 to 30 minutes.

Obs.—Confectioners add the pulp, after it is boiled dry, to an equal weight of sugar at the candy height: by making trial of the two methods, the reader can decide on the better one.

BLACK CURRANT JELLY.

After having extracted the juice of the fruit in the usual way, proceed exactly with regard to the time of boiling, and the proportion of sugar as in the first receipt for red currant jelly in the present chapter. This is a most refreshing and useful preserve in illness; and in many cases no other will supply its place: it may be made with Lisbon sugar on occasion.

NURSERY PRESERVE.

Take the stones from a couple of pounds of cherries, and boil them twenty minutes; then add to them a pound and a half of raspberries, and an equal quantity of red and of white currants, all weighed after they have been cleared from their stems. Boil these together briskly for twenty minutes; mix with them three pounds and a quarter of common sugar, and give the preserve fifteen minutes more of quick boiling. A pound and a half of blackberries may be substituted for the cherries; but they will not require any stewing before they are added to the other fruits. The jam must be well stirred from the beginning, or it will burn to the pan.

Cherries, 2 lbs.: 20 minutes. Raspberries, red currants, and white currants, of each 1½ lb.: 20 minutes. Sugar, 3¼ lbs.: 15 minutes.

ANOTHER GOOD COMMON PRESERVE.

Boil together, in equal or in unequal portions (for this is immaterial), any kinds of early fruit, till they can be pressed through a sieve; weigh, and then boil the pulp over a brisk fire for half an hour; add half a pound of sugar for each pound of fruit, and again boil the preserve quickly, keeping it well stirred and skimmed, from fifteen to twenty minutes. Cherries, unless they be morellas, must be first stewed tender apart, as they will require a much longer time to make them so than other of the first summer fruits.

A GOOD MÉLANGE, OR MIXED PRESERVE.

Boil for three quarters of an hour, in two pounds of clear red currant juice, one pound of very ripe greengages, weighed after they have been pared and stoned; then stir to them one pound and a half of good sugar, and boil them quickly again for twenty minutes. If the quantity of preserve be much increased, the time of boiling it must be so likewise: this is always better done before the sugar is added.

Juice of ripe currants, 2 lbs.; greengages, pared and stoned, 1 lb.: ¾ hour. Sugar, 1½ lb.: 20 minutes.

GREENGAGE JAM, OR MARMALADE.

When the plums are thoroughly ripe, take off the skins, weigh, and boil them quickly without sugar for fifty minutes, keeping them well stirred; then to every four pounds add three of good sugar reduced quite to powder, boil the preserve from five to eight minutes longer, and clear off the scum perfectly before it is poured into the jars. When the flesh of the fruit will not separate easily from the stones, weigh and throw the plums whole into the preserving-pan, boil them to a pulp, pass them through a sieve, and deduct the weight of the stones from them when apportioning the sugar to the jam. The Orleans plum may be substituted for greengages, in this receipt.

Greengages, stoned and skinned, 6 lbs.: 50 minutes. Sugar, 4½ lbs.: 5 to 8 minutes.

PRESERVE OF THE MAGNUM BONUM, OR MOGUL PLUM.

Prepare, weigh, and boil the plums for forty minutes; stir to them half their weight of good sugar beaten fine, and when it is dissolved continue the boiling for ten additional minutes, and skim the preserve carefully during the time. This is an excellent marmalade, but it may be rendered richer by increasing the proportion of sugar. The blanched kernels of a portion of the fruit-stones will much improve its flavour, but they should be mixed with it only two or three minutes before it is taken from the fire. When these plums are not entirely ripe, it is difficult to free them from the stones and skins: they should then be boiled down and pressed through a sieve, as directed for greengages, in the receipt above.

Mogul plums, skinned and stoned, 6 lbs.: 40 minutes. Sugar, 3 lbs.: 5 to 8 minutes.

TO DRY OR PRESERVE MOGUL PLUMS IN SYRUP.

Pare the plums, but do not remove the stalks nor stones; take their weight of dry sifted sugar, lay them in a deep dish or bowl, and strew it over them; let them remain thus for a night, then pour them gently into a preserving-pan, with all the sugar, heat them slowly, and let them just simmer for five minutes; in a couple of days repeat the process, and do so again and again at an interval of two or three days, until the fruit is tender and very clear; put it then into jars, and keep it in the syrup, or drain and dry the plums very gradually, as directed for other fruit. When they are not sufficiently ripe for the skin to part from them easily, they must be covered with spring water, placed over a slow fire, and just scalded until it can be stripped off easily.

MUSSEL PLUM CHEESE AND JELLY.

Fill large stone jars with the fruit, which should be ripe, dry, and sound, set them into an oven from which the bread has been drawn several hours, and let them remain all night; or, if this cannot conveniently be done, place them in pans of water, and boil them gently until the plums are tender, and have yielded their juice to the utmost. Pour this from them, strain it through a jelly-bag, weigh, and then boil it rapidly for twenty-five minutes. Have ready, broken small, three