

The background features a stylized illustration of a recipe book with a yellow cover and a blue bicycle. The book is open, showing a page with the word 'Recipes' written in a cursive font. The bicycle is positioned below the book, and the entire scene is set against a light blue circular backdrop. A red horizontal band is positioned across the middle of the image, containing the title text.

# COOKING WITH ENERGY

## Jams and Jellies

## CONSERVING ENERGY WITH OVEN MEALS

When using the oven, select three, four or five foods which can be cooked in the same oven at the same time.

In cooking an oven meal, the oven is generally on about one-third of the time and expends less energy than cooking the same length of time on the range top.

Depend on oven thermostat and timer instead of opening oven door and lifting covers.

When cooking several foods in the oven, stagger pans on the racks so heat can circulate.

---

When cooking meat or poultry, add one of the following to use the oven to capacity:

- Baked Irish Potatoes - 350°F. oven for 1 1/4 hours.
- Baked Sweet Potatoes - 350°F. oven for 1 hour.
- Oven-Cooked Rice - 350°F. oven for 45 minutes.
- Baked Apples - 350°F. oven for 45 minutes.

APPLESAUCE

6 pounds green apples      2 cups water  
1 1/4 cups sugar

Wash, pare and core apples. Quarter and place in slightly salted water to prevent discoloration. Drain. Combine apples and water in enamel or granite-ware saucepan. Cook over medium heat until soft (8 to 10 minutes). Stir. Press through strainer. Add sugar to apples and bring to boil over medium heat. Pack boiling hot sauce into clean hot jars. Process in water bath 15 minutes at simmering temperature. Yield: 2 quarts.

SPICED PEACHES

1 teaspoon broken      1/2 cup peach juice  
    cinnamon sticks      1 tablespoon lemon juice  
1/2 teaspoon whole cloves      1 pound peaches, peeled  
1/4 teaspoon whole allspice      and sliced  
1 cup sugar

Tie spices in cheesecloth bag. Combine all ingredients except peaches and bring to boil. Add peaches and continue boiling 5 minutes. Remove spice bag. Pack peaches in hot jars, pour syrup over, seal and process 10 minutes in water bath at simmering temperature. Yield: Approximately 2 pints.

BLACKBERRY JAM

Wash and crush berries. Add 1/4 cup water for each quart berries; cook until thoroughly heated. If desired, sieve to remove seeds. Add 3/4 cup sugar to each cup of berries; cook until thick, not over 20 minutes. Seal in hot, sterilized glasses. Process 10 minutes.

BLACKBERRY JELLY

Wash, stem and crush berries. If berries are not very juicy, add 1 to 4 tablespoons water to each quart of berries. Cook gently for 10 to 15 minutes. Drain juice from fruit through jelly bag or several thicknesses of cheesecloth. Bring 4 cups juice to boil; add 3 cups sugar. Stir until sugar is dissolved. Boil rapidly to jelly stage. Skim to remove foam. Pour, boiling hot, into hot sterilized jars and seal. Yield: 3 to 4 eight-ounce glasses.

*Note:* Preserves, jams, conserves and butters should be processed at simmering (180° F. - 185° F.) in water-bath canner. Use canning jars and tops; do not use paraffin.

FIG JAM

2 quarts chopped figs      6 cups of sugar  
3/4 cup water      1/4 cup lemon juice

To prepare chopped figs, pour boiling water over about 5 pounds of figs. Let stand 10 minutes. Drain, stem and chop figs. Measure 2 quarts and add water and sugar. Slowly bring to boiling, stirring occasionally, until sugar dissolves. Cook rapidly until thick. Stir frequently to prevent sticking. Add lemon juice and cook 1 minute longer. Pour boiling hot into sterilized jars. Process 10 minutes at simmering temperature in hot water bath. Yield: 5 pints.

FIG PRESERVES

Pour six quarts boiling water over six quarts figs. Let stand 15 minutes. Drain and rinse figs in cold water. Prepare syrup by mixing 8 cups sugar with 3 quarts water. Bring to boil; boil 10 minutes and skim. Slowly drop figs into syrup, a few at a time, so as not to cool syrup. Cook rapidly until figs are transparent, about 30 to 45 minutes. Lift out and place in shallow pans; boil syrup down until thick, pour over figs and let stand overnight. Pack into clean jars. Process 20 minutes at simmering temperature in hot water bath. For alternate method: after figs have been in syrup overnight, bring to boil, pack into sterilized jars and seal. Sliced lemon or preserved ginger may be added. Yield: 5 pints.

GUAVA JELLY

1 1/2 cups guava juice      1 1/2 cups sugar  
1 tablespoon lemon juice

Cut guavas into small pieces without removing skins. Cover with water and boil 5 minutes. Strain juice through jelly bag. Strain second time, if necessary, to clear juice. Measure juice and bring to boil. Add sugar and juice. Boil rapidly to jelly stage. Pour into sterilized jelly glasses. Yield: 2 eight-ounce glasses.

### HOT PEPPER JELLY

3 large green peppers, quartered  
 3 pods hot pepper (green or red)  
 1 bottle liquid pectin  
 1 1/2 cups cider vinegar  
 6 1/2 cups sugar  
 Green or red food coloring

Remove seeds from peppers. Put vinegar and peppers into blender jar. Cover and blend until finely chopped. Pour into saucepan and add sugar. Bring to a rolling boil and boil for 3 minutes, stirring occasionally. Remove from heat and let cool for 2 minutes. Remove foam. Add pectin and food coloring to desired shade of green or red. Stir for 2 minutes. Pour into hot, sterilized glasses and seal. Yield: 6 eight-ounce glasses.

### KUMQUAT PRESERVES

2 pounds whole kumquats (after cooking)  
 1 quart water  
 4 cups sugar

Sprinkle fruit with baking soda (1 tablespoon to 1 quart fruit). Cover with boiling water and let stand until cool. Pour off soda water, and rinse fruit through 2 or 3 changes of cold water. Drain well and prick each kumquat to prevent bursting. Cover kumquats with boiling water and cook 10 to 15 minutes or until tender; drain. Boil sugar and water for 10 minutes. Add kumquats and cook until fruit is transparent. Carefully place fruit into trays; pour syrup over fruit and allow to remain overnight to plump. Pack into hot jars and seal. Process 10 minutes. Yield: 5 half-pints.

### LOQUAT JAM

Wash and seed whole ripe fruit; remove blossom end and any imperfections. Put through food chopper. Barely cover with cold water and cook until tender. Measure and add equal amount of sugar. Cook until thick over low heat. Pour into sterilized jars and seal. Process 10 minutes.

### LOQUAT PRESERVES (JAPANESE PLUMS)

Wash, scald and seed 1 quart loquats. Cook in a syrup of 1 1/2 cups sugar and 1 cup water until fruit is transparent. Pour into hot sterilized jars, seal and process 15 minutes.

### MAYHAW JAM

2 pounds mayhaw pulp  
 3 1/3 cups sugar

Wash and sort berries. Cook berries covered with just enough water to keep from scorching. Cook until tender. Press berries through sieve or colander. Weigh. Bring pulp to boil; add sugar. Cook until jam flakes from spoon. Pour into sterilized jars and seal. Process 10 minutes. Yield: 4 half-pints.

### MAYHAW JELLY

3 pounds mayhaws (4 cups juice)  
 3 1/2 cups sugar

Wash and sort berries. Barely cover with water. Cook slowly, covered, until tender. Strain. Add sugar to juice. Bring to boil. Skim during cooking. Cook rapidly to jelly stage. Skim. Pour into sterilized jelly glasses immediately. Yield: approximately 5 eight-ounce glasses.

### MOCK STRAWBERRY JAM (FIGS)

6 cups ripe figs, peeled  
 3 cups sugar  
 2 packages (3 ounces each) strawberry flavored gelatin

Combine all ingredients in large saucepan. Cook, stirring constantly, until thick (about 40 minutes). Pour into sterilized jars and seal immediately. Yield: 4 to 5 pints.

### PEACH PRESERVES

3 1/2 cups sugar  
 2 cups water  
 5 cups sliced, peeled, firm ripe peaches (about 5 large)

Cook sugar and water until sugar dissolves. Add peaches; cook rapidly until fruit becomes clear; stirring occasionally. Cover and let stand 12 to 18 hours in cool place. Drain fruit and pack in hot jars, leaving 1/4 inch head space. Cook syrup rapidly 2 to 3 minutes, or longer if too thin. Pour over fruit, leaving 1/4 inch head space. Adjust caps. Process half-pints and pints 20 minutes in water bath at simmering temperature. Yield: about 6 half-pints.

PLUM JAM

Wash 3 pints plums and remove pits. Add 4 cups sugar and cook until thick and clear. Pour immediately into hot, sterilized jars and seal. Process 15 minutes.

PLUM JELLY

Wash plums, cover with cold water and boil until soft. Press through jelly bag. Strain and measure juice. Bring juice to boil; add 1 cup sugar for each cup of juice and boil rapidly to jelly stage. Pour into sterilized jelly glasses.

PUMPKIN BUTTER

3 1/2 cups cooked pumpkin    1 box powdered pectin  
1 tablespoon pumpkin pie spice    4 1/2 cups sugar

In a large saucepan, combine pumpkin, spice and pectin; mix well. Place over high heat and stir until mixture comes to a hard boil. Immediately add sugar and stir. Bring to a full rolling boil and boil hard for 1 minute. Remove from heat; ladle quickly into glasses. Cover with 1/8-inch hot paraffin. Yield: 7 (6-ounce) glasses.

QUICK APPLE BUTTER

4 cups apple pulp    1/4 teaspoon cloves  
1/4 cup vinegar    1/4 teaspoon allspice  
3 cups sugar    1 teaspoon cinnamon

(To prepare apple pulp, remove stem and blossom ends; quarter apples, but do not pare or core. Cook using only enough water to prevent scorching. Then put through a food mill or colander.) Combine all ingredients and cook until thickened. Place in hot jars and seal.

SPICY GOURMET JELLY

1 cup water    3 cups sugar  
1/3 cup lemon juice    3 ounces liquid pectin  
2 teaspoons Tabasco pepper sauce    Red or green food coloring

In a large saucepan, combine water, lemon juice, pepper sauce and sugar. Bring mixture to boil, stirring constantly. Add pectin and small amount of food coloring. Stir until mixture comes to full rolling boil. Boil hard, about 1/2 minute. Remove from heat; skim. Pour into hot sterilized glasses. Cover with 1/8-inch melted paraffin. Yield: 4 five-ounce glasses.

STRAWBERRY PRESERVES

2 quarts strawberries, stemmed    7 cups sugar

Berries with hollow cores should not be used. Combine strawberries and sugar; let stand 3 to 4 hours. Bring slowly to boiling, stirring occasionally, until sugar dissolves. Then cook rapidly until berries are clear and syrup thick, about 12 minutes. Pour into a shallow pan. Let stand, uncovered, 12 to 24 hours in cool place. Shake pan occasionally to distribute berries through syrup. Pack into hot jars, leaving 1/4-inch head space. Process half-pints and pints in hot-water bath 20 minutes at simmering temperature. For Alternate Method: After strawberries have been in syrup overnight, bring to boil, pack into sterilized jars and seal. Yield: 4 half-pints.

WATERMELON RIND PRESERVES

4 pounds rind (11 cups)    4 lemons, sliced  
9 cups sugar    4 teaspoons stick cinnamon  
8 cups water    4 teaspoons whole cloves

Select melons with thick rinds. Peel off all green portion using only white part of the rind; dice or cut into 2-inch strips. Soak in mild salt water overnight (1/2 cup salt to 1 gallon water). Drain and cook rind in clear water about 30 minutes or until tender. Drain well. Make syrup of sugar, water, lemons, and spices (tied in cheesecloth bag). Boil syrup and spices 5 minutes; add rind. Cook until transparent. If desired, a few minutes before removing from heat, add enough green or red food coloring to tint preserves. Remove spice bag; pour into sterilized jars and seal. Process 10 minutes. Yield: 12 half-pints.

