

Preserves

Contributed by Administrator
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Preserve

Sweet Marrow Pickle

8lb/4kg prepared marrow

5 cups/2 pints/ 1 ltr white vinegar

3lb/1.5kg sugar

2in/5cm cinnamon stick

1 tablespoon/1/2 oz/15g whole cloves

Peel the Marrow then scoop out pith and seeds, cut into pieces about 1 1/2in x 1/2in.

Put the vinegar sugar and spices into a saucepan and bring to the boil. Add marrow and cook gently stirring occasionally until the marrow is translucent and tender (but not Broken).

Drain the marrow and cool it. Keep the vinegar syrup and boil again, include any liquid that runs from the marrow while it is cooling.

Put marrow into clean jars.

Reduce the vinegar syrup to 4 cups/1 1/2 pints/ 750ml, remove the spices and pour the boiling liquid on to the marrow.

Cover tightly with vinegar proof lids

Courgettes

Courgettes are suitable to freeze and store for later use.

Prepare

Trim of the ends of firm young courgettes, wash and cut into 1/2 in pieces (12mm). Blanch for 1 minute, cool and dry.

Alternatively, fry the sliced courgettes in a little butter and cool quickly.

Pack into small bags or rigid containers, then cover with strained blanching water leaving 1/2 in (12mm) headspace.

When you require to cook them a method is to thaw partially and fry in a butter.

Marrow and Apple Chutney

4lb/2kg prepared marrow

3/8 cup/30z/75g block cooking salt

2lb/1kg apples

11b/500g shallots or small onions

2 tablespoons/1oz/25g dried chilies

2 tablespoons/1oz/25g black peppercorns

2tablespoons/1oz/25g root ginger

8 cups/3pints/1.5 liters vinegar

1lb/500g sugar

Peel Marrow, remove pith and seeds. Cut the marrow into small pieces and sprinkle with salt between layers in a bowl.

Leave to stand for about 12 hours and drain thoroughly.

Peel apples and shallots and cut them into small pieces. Add to the marrow.

Tie the chillies, peppercorns and ginger into a piece of cheesecloth and suspend in a saucepan with the marrow, simmer over a low heat until the marrow is soft. Stir in the vinegar and sugar and simmer until the mixture is of the consistency of jam.

Remove the spices. Pour into clean jars and cover tightly with vinegar proof lids.

Green Tomato Chutney

2lb/1kg green tomatoes

2lb/ 1kg apples

2/3 cup/4oz/100g shallots

2 tablespoons/1oz/25g garlic

2 cups/1lb/500g soft brown sugar

1 tablespoon/ 1/2 oz/15g salt

1 1/2 teaspoons/ 8g cayenne pepper

1 1/3 cups / 8oz/ 225g seedless raisins

Juice of 2 lemons

2 2/3 cups / 1pint/ 500ml vinegar

If shallots are not obtainable, small onions may be used in this recipe.

Do not peel but chop the tomatoes finely.

Peel apples and shallots then chop them finely.

Peel and chop garlic.

Mix all ingredients together and simmer gently for 2 1/2 hours, stir frequently. The chutney will be rich brown in colour and consistency of jam. Put into clean jars and cover tightly with vinegar proof lids.