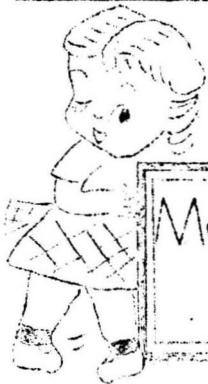


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Home Economics Circa

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Marmalade, Preserves, Conserves,
 Butters and Fruit Sirup



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Marmalade is a clear, jelly-like, and transparent sirup containing small bits of fruit.

Preserves contain large pieces of fruit or whole fruits in a thick, transparent sirup.

Conserve is usually a mixture of one or more fruits and is similar to jam in consistency; it may contain nut meats and raisins.

Butters are made by cooking fruit pulp and sugar to a rather thick consistency; less sugar is used than in jam.

Fruit Sirup is a mixture of fruit juice or sauce and sugar cooked to a honey-like consistency. It is used on griddle cakes, on ice cream and puddings, or in fruit milk shakes.

It is thrifty to make these fruit products from home-grown or wild fruits. If you have any surplus fruit, use it to make these delicacies, popular with every family.

How Much To Preserve

Estimate how much your family may use per year from the following table:

Size of Family	Jellies, Jams, etc., Per year	
	Pints	Glasses
2	24 to 36	48 to 72
3	36 to 64	72 to 128
4	48 to 72	96 to 144
5	60 to 90	120 to 180
6	72 to 108	144 to 236
7	84 to 126	168 to 252
8	96 to 144	192 to 288
9	108 to 162	236 to 324

When more foods are preserved than the family needs the jars can be gift wrapped and given to friends and neighbors.

R E C I P E S



Carrot Marmalade

2 large oranges
2 lemons or large ripe limes

2 cups grated carrots
Sugar
 $\frac{1}{2}$ teaspoon salt

Select citrus fruit which has smooth skin free from blemishes. Remove the peel and grind it, using medium knife, or chop, or slice very thin. Add a quart of cold water, parboil for 5 minutes, and drain. Repeat once more and drain. Remove the thick white parts from the peeled fruit. Cut the fruit into thin slices and remove the seeds. Scrape carrots, cut them in thin strips or chop or grind them, using medium knife in food grinder. Combine parboiled citrus peel, carrots, and sliced fruit. Measure. To each cup, add 2 cups water and boil rapidly for about 30 to 40 minutes, or until the peel is tender. Measure and add 1 cup sugar for each cup of mixture. Add $\frac{1}{2}$ teaspoon salt. Stir until all sugar is dissolved. Boil rapidly until the mixture gives the jelly test. Stir very often when the mixture gets thick, as the fruit settles to the bottom. Cool slightly, place in sterilized glasses, seal and store in a cool, dry place.

Orange Marmalade

Take any number of oranges, the small thin-skinned oranges are the best to use. Allow one lemon to every 4 or 5 oranges. Wipe fruit with damp cloth, cut in quarters and then cut each quarter in very thin slices, removing all seeds. Take 3 pints of water to each pound of prepared fruit. Let fruit stand in water 24 hours or overnight. Cook until peel is tender. Let stand again until next morning. Weigh and add $\frac{3}{4}$ of a pound of sugar to each pound of fruit. Cook until the sirup jellies. Pour into hot sterilized glasses and seal with paraffin.

*Guava Marmalade I

Yield: $1\frac{1}{4}$ pints

2 pounds whole ripe guavas
(25 medium-sized guavas)
3 cups sugar
1 cup water

$\frac{1}{8}$ cup thin lemon slices or
lime slices cut in halves
 $\frac{3}{4}$ teaspoon grated green
ginger root

Wash guavas, remove blossom end and blemishes. Cut fruit into halves. Remove soft inner pulp and seeds with a spoon. Cut guava shells into strips $\frac{1}{3}$ -inch wide, cover with sugar, add water, and allow to stand 3 to 4 hours. Add ginger root and lemon or lime. Boil until sirup is slightly thick, but not until it gives a jelly test.** Pour into hot sterile jars and seal at once.

Pulp can be cooked, strained, and used for ice cream or cake icing.

*Guava Marmalade II

Yield: 5 pints

4 pounds guavas
8 cups sugar
2 cups water

1/4 cup thin lemon or lime
slices, cut in halves
1 1/2 teaspoon grated green
ginger root

Wash guavas, remove blossom end and blemishes. Cut fruit in halves and remove soft inner pulp and seeds with a spoon. Add 1 1/2 cups of water to the inner pulp and seeds, and cook until seeds separate from pulp. Force through a fine colander, then put through poi cloth to remove small seeds. Cut guava shells in strips 1/3 inch wide, pour sieved pulp and sugar over them, and allow to stand 3 to 4 hours.

Add 1/2 cup of water to sliced lemon or lime, allow to stand about 3 hours, and then boil gently until rind is clear. Add cooked lemon or lime and ginger root to guavas and cook until the mixture gives a slight jelly test.** Pour into hot sterile jars and seal at once.

*Guava-Pineapple Marmalade

Yield: 1 1/4 pints

4 cups sliced guava shells
(about 25 guavas)
3 1/2 cups sugar
3/4 teaspoon finely chopped
fresh ginger root

1/4 cup thinly sliced lemon or
3 1/2 tablespoons lime juice
2 cups shredded fresh pineapple
1 cup water

Prepare guava shells and cook as directed in recipe for Guava Marmalade I. Add pineapple at beginning of the cooking period.

*Papaya and Ginger Marmalade

Yield: 2 quarts

2 lemons or limes thinly sliced and
cut into halves
1 teaspoon fresh ginger root,
chopped fine

4 cups water
4 cups sugar
8 cups sliced firm ripe papaya

Cook lemons or limes in 2 cups of water for 30 minutes, or until they become transparent. Boil the ginger, sugar, and 2 cups of water together to make a sirup. Add the sirup to the other ingredients and boil slowly for 30 minutes. Pour into hot sterile glasses and seal with paraffin.

*Roselle Marmalade

Yield: 1 pint

6 cups roselles
1 1/2 cups water

1 1/2 to 1-3/4 cups sugar

Wash the fruit thoroughly, remove the stems, and measure the fruit. Add water and cook until fruit is soft. Add sugar and heat until it is dissolved. Cook mixture slowly until thick, but not until it gives the jelly test.**



*Poha Preserves

Yield: 2 1/4 quarts

- 6 pounds pahas before husking
or 4 quarts after husking
- 2 lemons or limes cut into thin
half-slices

- 1/3 cup sugar
- 1-1/8 cups sugar to 1 cup
cooked poha pulp and juice

Husk and wash pahas. Place in kettle and cook without adding extra water. Cook over a low heat. Stir frequently until there is sufficient liquid to keep the fruit from scorching. Cook for 30 minutes, or until fruit is soft. Drain the juice from the fruit. Pour 1 cup of juice over the lemon or lime slices, add 1/3 cup of sugar, and allow to stand overnight. Cook the lemon or lime in this liquid until the rind is transparent. Add lemon or lime and liquid to pahas. Measure and add 1-1/8 cups of sugar to each cup of poha mixture. Cook until this mixture thickens slightly but not until the juice gives the jelly test.** Pour into hot sterilized jars and seal with paraffin.

Spiced Watermelon-Rind

- 2 pounds watermelon rind
- 2 pounds sugar
- 1 pint vinegar
- 1 pint water

- 1 lemon or lime sliced thin
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 1 teaspoon allspice.

Soak the watermelon-rind overnight in salt water (1/4 cup salt to 1 quart water). Drain off the brine. Cook the watermelon-rind in clear water until it is tender. Make a hot pickling solution of the other ingredients, add the drained rind, and boil rapidly until it becomes clear. The spices should be tied in bags and removed before the pickle is bottled. Seal it in clean, hot jars.



*Pineapple Conserve

Yield: 6-3/4 cups

- 2 cups orange sections
- 6 cups diced pineapple
- 3/4 cup water
- 1 cup broken walnut meats

- 1/2 cup finely sliced orange peel
- 1 cup seedless raisins
- 6 tablespoons lemon or lime juice
- 3/4 cup sugar for each cup of
cooked mixture

Remove rind from the oranges and scrape out the inner white pulp with a spoon or dull knife. Cut rind into very narrow strips. Remove the membrane from the orange sections.

Combine the diced pineapple and water and cook until pineapple begins to soften. Add all the remaining ingredients except the sugar. Measure this fruit mixture, and for each cupful add $\frac{3}{4}$ cup of sugar. Cook over a slow heat until the mixture thickens, stirring frequently. Pour into hot sterile jars and seal at once.

*Grape Conserve (Isabella Grape)

Yield: $2\frac{1}{2}$ quarts

4 pounds grapes (6- $\frac{2}{3}$ cups pulp and skins)	5 cups sugar
$2\frac{1}{2}$ cups seedless raisins	$2\frac{1}{2}$ cups chopped walnut meats

Wash, pick over, and remove skins of ripe grapes. Place pulp in kettle without adding any water. Heat pulp slowly until soft enough so that seeds can be pressed out by rubbing pulp through a sieve. After seeds are removed, combine pulp and skins. Look over raisins, remove stems, and wash. Combine grapes, raisins, and sugar. Boil for 5 minutes. Add nuts and cook 5 minutes longer. Pour into hot sterile jars and seal with paraffin.



*Guava Butter

Yield: $1\frac{1}{2}$ quarts

8 cups cooked strained guava pulp (pulp left from jelly-making may be used)	3 tablespoons grated fresh ginger root
6 cups sugar	$\frac{3}{4}$ teaspoon ground allspice
6 tablespoons lemon juice (2 lemons) or	$\frac{3}{4}$ teaspoon ground cinnamon
4 tablespoons lime juice	

Place strained guava pulp into kettle. Add remaining ingredients. Cook slowly until thick, stirring frequently to prevent burning. Pour into hot sterile jars. Cool and cover with paraffin.



Fruit Sirup

3 cups fruit juice
1 cup water

2 cups sugar
Lemon or lime juice if desired

Guava, grape, passion fruit, carambola, surinam cherry, blackberry, mulberry, pineapple, or almost any fruit makes excellent sirup, regardless of whether the fruit contains pectin. Prepare the fruit as for jelly. Strain off the juice and combine it with all other ingredients. Boil rapidly until of the consistency of thick sirup. Pour into hot sterilized bottles, cap, and store in a cool dry place.

*Recipes taken from University of Hawaii Agricultural Experiment Station
Bulletin 96 by Carey D. Miller and Katherine Bazole.

**To test when jelly is done, dip in large spoon; tilt spoon until sirup runs over side. When jelling stage is reached, liquid will stop flowing in a stream and divide into two distinct drops that run together and leave edge of spoon in one large flake or sheet.

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