

Pickles and Relishes

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Pickles and relishes have little food value, but they point up a dinner, add a party air to a buffet luncheon or a picnic supper, and if served only occasionally are a special treat for a family meal. Their clear color, crisp texture and tart flavor stimulate the appetite. They should *not* be used to replace fresh or cooked vegetables or fruits. Because of their high flavor, they should *not* be included in the diets of children or given frequently to people who are not vigorous or have digestive difficulties.

Good pickles have a spicy tart flavor throughout the vegetable or fruit, they have a clear bright color and most vegetable pickles should be crisp.

For home use all pickles and relishes might be grouped under four types, namely:

1. Brined or Cured Pickles.—Vegetables are held in a 10% salt solution or brine until they are properly cured which takes from 2 weeks to 2 months. The best sweet, sour, dill, mustard, or mixed vegetable pickles, are made from these brined or cured pickles. Sauerkraut and other vegetables which are cured in a brine made from their juice and salt are included in this group.

2. Fruit Pickles.—These are the easiest type to make and probably the most desirable type for family meals. Canned, dried or fresh fruit is heated in a spicy sweet-sour sirup and allowed to stand some time to develop flavor before serving.

3. Quick-Process Pickles.—Vegetables are mixed with salt and allowed to stand over night. The salt is then soaked out and sugar, spice and vinegar are added. They are not as crisp, as well colored, nor do they have the fine flavor of properly cured pickles, but they are less trouble to make.

4. Relishes.—This group includes catsup, chili sauce, chutney, and chopped fruit or vegetables. Vinegar, sugar and spices are added to the finely chopped vegetables and they are cooked down to a sauce.

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Essentials for Making Pickles

To make good pickles or relishes, time and care in preparation are necessary, as well as good material to begin with. For good pickles it is essential to have fresh, sound, thoroughly cleaned vegetables or fruit, a good grade of vinegar, fresh, whole spice, pure salt, and the proper equipment for making and sealing up the pickles.

Pure Salt.—The grade of salt sometimes called barrel or coarse salt is preferable for making pickles to table salt or other salt to which materials have been added to prevent it from lumping. A cup of salt is 10 ounces or $\frac{3}{4}$ lb. Salt when added to fruits, vegetables or meats draws out their juices, hardens their tissues and checks the action of organisms which might otherwise cause spoilage. If too much is used the product will shrivel. If the solution is not too strong, particularly not at the beginning, the vegetable or fruit will absorb the salt solution and become firmer and crisper than it was in its natural state. If a fourth as much salt as vegetables, by weight is used, the vegetable will keep without spoilage, but the salt will need to be soaked out of the product before it is used. If as little salt as $2\frac{1}{2}\%$ of weight of the vegetable is used, as in the making of cabbage or turnip sauerkraut, the sugar drains out of the vegetable with the juice and ferments, forming lactic acid. This acid, with the salt, will preserve the product and give it a characteristic flavor. A 10% salt solution (6 tablespoons to 1 quart water, which will just float a fresh egg) will permit slow fermentation with formation of lactic acid and in this brine pickles will keep months if they are kept under the brine in a cool place. It is desirable to protect the top of the brine from the action of the air so paraffin or other wax or oil may be added.

Vinegar.—Vinegar is a condiment containing from 3 to 7% of acetic acid, averaging about 5%. This acid has a preservative action which helps control the type and amount of fermentation. It gives the desired acid taste to pickles and relishes and increases their crispness. Too much or too strong a vinegar will cause pickles to shrivel. The percent of acid in vinegar is always printed on the label if the vinegar is shipped from one state to another. Sometimes it is given in grains rather than percent—40 grains of acetic acid indicates 4% while 50 grains indicates 5%, etc. A 5% vinegar should be used when following standard recipes. All the recipes in this circular are based on a 5% or a medium vinegar and adjustments should be made if a very strong or a very weak vinegar is used.

There are two types of vinegar. Fruit vinegars are usually made from apple juice, though peaches, grapes and other fruits are some-

times used. These vinegars have a fruity flavor and aroma. They are all colored except that made from white grapes and so are not the most desirable for use with very white pickles as onion, horseradish or cauliflower.

Distilled, white malt or "commercial white" vinegars are made as a by-product in the manufacture of yeast. They have a plain sharp taste, are colorless, have a more constant acid content, and they cost less than fruit vinegars. They do lack the pleasant fruity flavor and aroma of good cider vinegar.

Soft Water.—For making the brine for pickles, soft water is preferable as the presence of large amounts of calcium and other salts found in many "hard" waters may interfere with the fermentation process and thus prevent proper curing. One-fourth of a cup of vinegar to a gallon of water may be used with hard water if soft water is not available. Large amounts of iron in the water may cause a blackening of the pickles. Cold water is preferable to hot in brining the cucumbers as the heat may hinder the growth of the desirable bacteria which aid in forming lactic acid.

Sugar and Spices.—Just enough sugar and spice should be used to bring out the flavor of the pickle. White sugar gives a clearer color than brown sugar, but some people prefer the flavor of brown sugar for some products. Too much sugar will cause the solution to become thicker than the juice of the fruit or vegetable, the juice will come out but the solution will not go in, and the product will shrivel.

Whole spices give a better color than ground spice which will darken the pickles. Spices that stand on the shelves will lose their flavor. Black, white, and cayenne pepper, cloves, allspice, cinnamon, celery seed, caraway, dill, yellow mustard, cardamom, bay leaves, coriander, tumeric, ginger, horseradish root, and mace are the spices used for pickling.

Allspice, black pepper and ground cloves may darken the product.

Pickle Troubles

1. Soft or slippery pickles may be due to having too weak a brine or too little acid, which allowed for the growth of spoilage organisms. In curing the pickles the brine is diluted by the juice which comes out of the pickle and it will be too weak if more salt is not added as the curing process continues. Pickles that are exposed above the brine may become soft or slippery. If the brine is kept in a warm place and exposed to air after the fermentation period is complete, spoilage organisms may grow and cause the pickles to become soft and slippery.

2. Shrivelled pickles may be due to too strong a salt, a sugar or a vinegar solution. Start with a mild solution and add the *extra* salt, sugar or vinegar on successive days or weeks.

3. Poor color is usually due to scalded or poor-colored cucumbers, to too much spice or ground spice, or to iron in the water. Overcooking will dull and darken the color of pickles and relishes especially pickled fruits, catsup, and chili sauce.

4. Hollow pickles are usually due to faulty development in cucumbers or to letting cucumbers stand too long before brining. They should be brined within a few hours after picking.

SCORE CARD FOR PICKLES

| | |
|--|----|
| Package | 10 |
| Sealed jars of uniform size, clean, and neatly labeled. | |
| Product | 60 |
| Size | 10 |
| Whole or in pieces of suitable and uniform size. | |
| Color | 20 |
| Uniform, characteristic of the kind. | |
| Consistency | 30 |
| Pickled fruits—tender, plump, unbroken skins or flesh. Not shriveled or overcooked | |
| Cucumber pickles—uniformly crisp and firm, not shriveled from excessive salt, sugar, acid. | |
| Flavor | 30 |
| Pickled fruits—characteristic of the kind, blended through- out, free from excessive acid, spiciness, sweetness, or overcooked flavor. | |
| Cucumber pickles—characteristic of the kind of pickles, blended throughout, free from excessive acid, spiciness or sweetness. | |

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I. BRINED OR CURED PICKLES

Curing Cucumbers for Pickles

Wash and sort cucumbers, choosing cucumbers of desired size that have $\frac{1}{8}$ to $\frac{1}{4}$ " stem and no bruises. Pack the cucumbers in a stone jar and cover with a .10% salt solution (one which will float a fresh egg.) Cover the cucumbers with a cheese cloth and a board or plate that will go inside the jar, and on top of this place a weight heavy enough to keep the cucumbers well below the surface of the brine. Place where the temperature of the brine will be about 86° F.

The following day, add more salt at the rate of 1 pound for every 10 pounds of cucumbers used. At the end of the first week, and at the end of each succeeding week for five weeks, add one-fourth pound of salt. In adding salt always place it on the cover. If it is

added directly to the brine, it may sink and as a result the salt solution at the bottom will be very strong, while that near the surface may be so weak that the pickles will spoil.

Remove any scum (made up usually of wild yeasts and molds) which forms on the surface of the brine. The cloth and plate should be washed and scalded, or a clean one used. Do not stir the brine as the air which would be added then might make for spoilage. The time for curing the cucumbers will vary with the temperature and the size of the cucumbers, but it usually takes from 6 weeks to 2 months. They are properly cured when on breaking the cucumber no white or opaque spots or streaks are seen.

When they are cured they may be taken from the brine and pickled, or the brine may be completely covered with paraffin or other wax or fat to exclude all air. If the well cured cucumbers in the brine are sealed with paraffin and kept in a cool place they will keep for months.

Making Pickles from Cured Cucumbers

After the cucumbers have been cured in brine, the excess salt must be removed before they are made into sour, sweet, or mixed pickles. Place the pickles in a suitable vessel, cover them with water, and heat them slowly to about 120° F., at which temperature they should be held for from 10 to 12 hours, being stirred frequently. The water is then poured off, and the process is repeated until the pickles have only a slightly salty taste. Pickles keep better when the salt is not entirely soaked out.

For *sour pickles* drain well and then cover with a 5% acetic vinegar. After a week or two drain off this vinegar which has become diluted with the brine from the pickles and cover with fresh vinegar and seal.

For *sweet pickles* proceed as for sour pickles only to the second vinegar, add sugar and spice in the desired amounts. Usually 4 lbs. sugar and 1 oz. of mixed spices are added to each gallon of vinegar. If these pickles are not sweet enough add more sugar a week later, as too much sugar at the beginning will shrivel the pickles.

Recipes

SPICED VINEGAR FOR SWEET PICKLES

| | |
|--|----------------------------|
| 1 quart vinegar | 1 teaspoon cloves (whole) |
| $\frac{3}{4}$ pound, or 1 $\frac{1}{2}$ cups sugar | 1 tablespoon white mustard |
| 1 teaspoon allspice (whole) | seed |
| 1 tablespoon cinnamon (whole) | |

Mix the vinegar and the sugar. Add the spices tied loosely in a cheese-cloth bag, heat the mixture to the boiling point, and boil it in a covered saucepan, for 5 minutes. Allow the spices to stand in the vinegar overnight. The kind and quality of spices and quantity of sugar may vary to suit the taste, but too much sugar shrivels the pickles.

SPICED VINEGAR FOR SOUR PICKLES

Allow about 1 quart for each 2 quarts of pickles.

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|--------------------------------------|---------------------------------------|
| 1 quart cider vinegar | $\frac{1}{2}$ tablespoon whole cloves |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ tablespoon mustard seed |
| $\frac{1}{2}$ tablespoon celery seed | $\frac{1}{2}$ tablespoon peppercorns |

Mix the vinegar and the sugar. Add the spices tied loosely in a piece of cheesecloth, heat the mixture to the boiling point and boil it for 5 minutes. Allow the spices to stand in the vinegar overnight.

PICKLED BEETS

Cook small beets until tender. Plunge them into cold water and slip off the skins. Cover the beets with spiced vinegar for sweet pickles. Simmer the mixture for 15 minutes. Pack the beets into clean, sterile, hot jars. Cover the beets with boiling spiced vinegar, and partially seal the jars. Process the jars for 20 minutes in a boiling-water bath, then complete the seal.

Very small carrots, stems of Swiss chard, and Golden Wax beans may be pickled in the same way as beets.

SWEET MIXED PICKLES

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| 1 quart sliced cucumbers | 1 pint cauliflower, cut in sections |
| 1 pint sliced onions | |
| 1 pint snap beans, cut | 1 pint sliced green tomatoes |
| $\frac{1}{2}$ pint sliced sweet red peppers | 1 pint sliced green peppers |

Cure the vegetables as given under "Curing Cucumbers for Pickles". Remove extra salt in the vegetables by the usual method of soaking them, and drain off all the liquid. Pour over them a pickling mixture made as follows:

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|---------------------------|---------------------------------|
| 3 cups vinegar | 1 tablespoon mustard seed |
| 1 cup water | 2 hot red peppers |
| $1\frac{1}{2}$ cups sugar | 1 tablespoon mixed pickle spice |
| 1 tablespoon celery seed | |

Mix and bring to the boiling point and pour while boiling hot over the vegetables. Seal the pickles in sterilized, airtight jars, and store in a cool place.

KOSHER PICKLES

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|------------------------------|---|
| 1 quart vinegar | 1 red pepper (hot) for each jar |
| 7 quarts water | |
| 3 cups salt | $\frac{1}{2}$ clove garlic for each jar |
| 1 piece of dill for each jar | 1 bushel medium sized cucumbers |

Bring water, vinegar, and salt to the boiling point. Place chopped dill, pepper, and garlic in jars. Pack clean cucumbers in jars, and cover with cooled liquid. Seal immediately and set away for three or four weeks before using.

DILL PICKLES

Place in the bottom of a 5 gal. stone jar a layer of grape leaves, dill and one-half ounce of mixed spice. Then fill the jar, to within 2 or 3 inches of the top, with washed cucumbers of as nearly the same size as practicable. Add another half ounce of spice and layer of dill and a layer of grape leaves. Grape leaves make a suitable covering and have a greening effect on the pickles.

Pour over the pickles a cold brine made of 1 lb. of salt, 1 pint vinegar, 2 gal. water and 4 tablespoons of sugar.

Cover with a plate with sufficient weight on top to hold the cucumbers well below the brine. Keep at a temperature of about 86°F. for 10 days to 2 weeks. Skim off the scum which soon forms on the surface and which consists usually of wild yeast, molds and bacteria. Seal with paraffin or put in smaller sterilized containers. Make sure pickles are covered with brine. Seal and store in a cool place.

SAUERKRAUT

Select only mature, sound heads of cabbage. After removing all decayed or dirty leaves, quarter the heads, slice off the core portion, and weigh. Shred the cabbage fine—shreds to be not more than $\frac{3}{4}$ " wide. Weigh out 1 lb. salt for every 40 lbs. of cabbage. The salt may be distributed as the cabbage is packed in the jar or it may be mixed with the shredded cabbage before being packed. The distribution of 2 ounces of salt with every 5 lbs. of cabbage probably is the best way to get an even distribution.

Pack the cabbage firmly, but not too tightly in 4, 5 or 6 gallon stone jars. When full, cover with a clean cloth and a board or plate. On the cover place a weight heavy enough to cause the brine to come up to the cover.

Place the jar where the temperature will be about 86°F. (uncomfortably warm). Skim off all scum which forms on the surface of the brine as this scum tends to destroy the acidity and may affect the flavor and texture of the cabbage. If kept at 86°F., the fermentation should be completed within 10 days.

After fermentation is complete, set the sauerkraut in a cool place. One can tell when the kraut is made by pounding the side of the jar. If no bubbles rise to the top the fermentation is completed.

Pour a layer of hot paraffin over the surface making sure all the sauerkraut is airtight *or* after the fermentation is complete, heat the sauerkraut to a simmer (160°F.), pack in jars, adding enough of the "kraut" brine, or a weak brine made by adding an ounce of salt to a quart of water, to completely fill the jars. Partially seal and process 5 minutes in a water-bath.

TURNIP SAUERKRAUT

Turnip sauerkraut is not intended to take the place of cabbage kraut, but it may be made to add variety to the diet.

The turnips used should be of the Purple Top variety and in perfect condition. They should be young and tender, as well as sweet and juicy. The turnips are shredded and after thoroughly mixing with 2.3% of salt by weight, packed in stone jars. This is at the rate of 4 ounces, or 6 tablespoons of salt for each 10 pounds of turnips. After the material has been pressed down thoroughly a liberal sprinkling of salt may be spread over the top of the turnips. This will aid in keeping the product. A plate or other cover should then be fitted inside the jar and weighted down. If the turnips used are of prime quality there should be enough juice to cover the top in about 24 hours. From 15 to 20 days will be required for the fermentation to be completed which should be carried out at a temperature of about 86°F. The jar should then be stored in a cool place or the fermented kraut packed in glass jars and stored. The product should be kept submerged in the brine to prevent discoloring and drying.

II. FRUIT PICKLES

Pickled fruits are much like preserves and should be cooked no longer than necessary, or the texture and flavor are impaired. With some fruits it is best to let them stand overnight in the sweet-sour sirup after first cooking, then drain the sirup from the fruit and boil it down separately, and pour again over the fruit. This way the sugar has a chance to draw out the fruit juices, while the fruit slowly absorbs the spicy sirup without shriveling or breaking up.

Pickled fruit may be made from canned fruit by draining the sirup from the canned fruit, adding the vinegar, spice and sugar to it, let it come to a boil, pour over the canned fruit and let stand 48 hours or longer before serving.

Dried apricots, prunes or raisins may be pickled. Soak 1 lb. dried fruit in 1 qt. of water. Simmer 1 hr., add from $\frac{1}{2}$ to 1 cup of sugar,

whole cloves, allspice and cinnamon, simmer $\frac{1}{2}$ hr. longer, add $\frac{1}{2}$ cup vinegar, simmer 10 minutes and let stand several hours before serving.

PICKLED PEACHES

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|------------------|---------------------------|
| 8 pounds peaches | 8 two-inch stick cinnamon |
| 4 pounds sugar | Cloves |
| 2 quarts vinegar | |

Select firm peaches preferably white clingstones. Wash them well, remove the thin skin with a sharp knife, and stick 2 cloves into each peach. Cook the vinegar, cinnamon and sugar together for 10 minutes, or until the sirup is fairly thick. Add the peaches, cook them gently until tender, but not broken, and let stand in the sirup overnight. In the morning drain the sirup from the peaches and pack the fruit into sterilized jars. Boil the sirup rapidly until thick and pour over the peaches in the jars. Seal, label, and store in a cool place. Allow the pickled peaches to stand several weeks to develop flavor before serving.

PICKLED PEARS AND CRABAPPLES

| | |
|-------------------------|-----------------------------------|
| 8 pounds prepared fruit | 10 two-inch pieces stick cinnamon |
| 4 pounds sugar | 2 tablespoons whole cloves |
| 1 quart vinegar | 2 tablespoons whole allspice |
| 1 pint water | more spice if desired |

Seckel pears. Wash the pears, leave on the stems and scrape off the blossom ends. Boil the pears for 10 minutes in water to cover, and pour off the water. Prick the skins of the pears. Boil for 5 minutes the vinegar, water, sugar, and spices tied loosely in cheesecloth. Add the pears and boil for 10 minutes or until they are tender. Allow the fruit to stand in the sirup overnight. Drain, remove the spice bag and pack the pears in sterilized jars. Bring the sirup to the boiling temperature, pour over the fruit, seal, and store in a cool place.

Kiefer pears. Wash the pears, pare, cut in half or quarter, and core. Boil the pears for 10 minutes in water to cover. Use 1 pint of this water to dilute the vinegar for the sirup. Finish the same way as Seckel pears.

Crabapples. Follow the directions for Seckel pears, except omit cooking in the water and pricking the skin of the fruit.

PICKLED CHERRIES

| | |
|-------------------------------|---|
| 9 pounds pitted sour cherries | 10 two-inch pieces stick cinnamon (more or less as desired) |
| 7 pounds sugar | 1 tablespoon whole cloves |
| | Vinegar |

Sprinkle the sugar over the pitted cherries and let stand overnight. In the morning, stir until the sugar is dissolved and then press the juice from the cherries. Tie the spices loosely in a cheesecloth bag, drop this into the juice, and boil it down until it is about three-fourths of the original quantity. Remove the spice bag. Fill sterilized jars with the drained cherries and pour the hot sirup over them. Add 2 tablespoons of vinegar to each pint. Seal and let stand for about 2 weeks to blend before using.

WATERMELON PICKLE

| | |
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| 4 pounds watermelon rind | 4 $\frac{1}{2}$ pounds granulated sugar |
| Limewater made with 2 quarts cold water and 2 tablespoons lime | 2 tablespoons whole allspice |
| 2 quarts vinegar | 2 tablespoons whole cloves |
| 1 pint water | 10 two-inch pieces stick cinnamon |

Select rind from a firm, not overripe melon, and before weighing trim off green skin and pink flesh. Cut in inch cubes and soak for 2 $\frac{1}{2}$ hours in the limewater. Drain, cover with fresh water and cook for 1 $\frac{1}{2}$ hours, or

until tender, and add more water as it boils off. Let stand overnight in this same water, and next morning drain. Bring to the boiling point the vinegar, 1 pint of water, the sugar, and the spices tied loosely in cheese-cloth. Add the drained watermelon, and boil gently for 2 hours, or until the sirup is fairly thick. Remove the spice bag, pack the watermelon pickle in sterilized glass jars, seal airtight, and store in a cool place.

SPICED GOOSEBERRIES

| | |
|-------------------------|------------------------|
| 5 quarts gooseberries | 2 tablespoons cinnamon |
| 2 cups vinegar | 1 tablespoon cloves |
| 8 cups sugar (4 pounds) | |

Wash and drain the berries, then remove the stems and blossom ends. Mix the vinegar, sugar and spices. Add the drained berries and heat the mixture slowly, stirring carefully until all the sugar is dissolved. Simmer the mixture until it is thick and the berries are clear. Pour the mixture into clean, hot jars, and seal the jars.

SPICED GRAPES

| | |
|------------------------------|----------------------------|
| 7 pounds grapes | 3 tablespoons whole cloves |
| 2 cups vinegar | 8 cups sugar (4 pounds) |
| 3 tablespoons stick cinnamon | |

Wash the grapes, remove the seeds, and drain the grapes. Mix the vinegar and sugar. Tie the spices loosely in a cheesecloth bag. Boil the vinegar, sirup, and spices for 5 minutes. Add the drained grapes. Simmer the mixture until it is thick. Pour the grapes into clean, sterile, hot jars, and seal the jars.

III. QUICK PROCESS PICKLES

For quick-process pickles the vegetables are salted down overnight to draw out the juices. Quick-process pickles are not so crisp as the long-brined pickles and the flavor is different, but they require much less work. The following recipes are typical:

BREAD AND BUTTER PICKLES

| | |
|----------------------------|--------------------------------|
| 6 medium size cucumbers | 1 teaspoon mustard seed |
| 3 large onions | $\frac{3}{8}$ teaspoon ginger |
| 1 $\frac{1}{2}$ cups water | $\frac{1}{8}$ teaspoon tumeric |
| $\frac{1}{2}$ cup salt | 1 clove of garlic |
| $\frac{3}{4}$ cup sugar | 1 $\frac{1}{2}$ cups vinegar |

Select fresh cucumbers with no blemishes. Wash and slice in $\frac{1}{4}$ inch circles. Peel and slice onions. Mix cucumbers and onions and cover with a brine made of 1 $\frac{1}{2}$ cups water and $\frac{1}{2}$ cup salt. Place a weight on vegetables to keep them under brine and let stand 2 hours. Drain well. Mix all dry ingredients, add to vinegar and garlic, and heat to boiling. Pour hot mixture over drained vegetables and simmer until tender and cucumbers look clear. Pack hot into sterilized pint jars and process 15 minutes at simmering temperature. Seal, cool, and store.

GREEN TOMATO PICKLES

| | |
|--|---------------------------------|
| 1 gallon green tomatoes | 3 pods red pepper |
| $\frac{1}{2}$ dozen large onions | 3 cups vinegar |
| 3 cups brown sugar | 1 tablespoon whole cloves |
| 1 tablespoon whole allspice | 1 tablespoon mustard seed |
| 1 tablespoon whole celery seed (crushed) | 1 tablespoon ground mustard |
| $\frac{1}{2}$ lemon | 1 tablespoon whole black pepper |

Slice the tomatoes and onions thin. Sprinkle over them $\frac{1}{2}$ cup salt, and let stand overnight in a crock or enameled vessel. Tie the pepper, cloves,

allspice, and celery seed in a cheesecloth bag. Slice the lemon and chop 2 pepper pods very fine. Drain the tomato and onion well. Add all of the seasoning except 1 pepper pod to the vinegar, and then add the tomato and onion. Cook for $\frac{1}{2}$ hour, stirring gently at intervals to prevent burning. Remove the spice bag to prevent darkening the product. Pack in sterilized pint jars, and garnish with slender strips of the other red pepper, placing them vertically on the opposite sides of each jar. Process pints for 15 minutes at simmering temperature. Seal, cool, and store.

MUSTARD PICKLES

| | |
|---|----------------------------------|
| 1 pint whole small cucumbers | 1 quart vinegar |
| 1 pint sliced cucumbers | 4 tablespoons flour |
| 1 pint small whole onions | $\frac{1}{2}$ cup sugar |
| 1 cupful string beans | 3 tablespoons powdered mustard |
| 3 sweet green peppers | $\frac{1}{2}$ tablespoon tumeric |
| 3 sweet red peppers | 1 teaspoon celery seed |
| 1 pint green tomatoes or 1 pint cauliflower | (crushed) |

Cut all vegetables before measuring. Cut tomatoes into small pieces, cucumbers into slices, string beans into $1\frac{1}{2}$ -inch lengths, and chop the peppers. All vegetables should be tender, and the whole cucumbers not longer than $2\frac{1}{2}$ inches. Put all vegetables into brine made by adding 1 cup of salt to each gallon of water and let stand overnight. The next morning freshen for 2 hours in several changes of clear water. Cover vegetables with a liquid of equal parts of vinegar and water, let stand for 15 minutes, and then heat to simmering point. Drain.

To make mustard dressing, rub all the dry ingredients together until smooth, and add the hot vinegar slowly, stirring to make a smooth paste. Cook over pan of water or in double boiler, stirring carefully, until the sauce thickens. Pour the hot mustard dressing over drained vegetables, mix well, and pack into sterilized pint jars. Process pints for 20 minutes at simmering temperature. Seal, cool, and store.

BRINED CORN

| | |
|--------------|------------|
| 12 cups corn | 1 cup salt |
| 1 cup sugar | |

Do not scrape cob when cutting corn from the cob. Add the sugar and salt and let set over night. The next morning add water as if to cook and serve. Cook 20 minutes or until done. Put in sterilized jars, filling brim full and seal immediately. Store in a cool dark place.

When ready to use, open can, drain well, add water to cover, bring to boil, pour off water and reheat with the preferred seasoning.

CUCUMBER AND ONION RINGS

| | |
|-----------------------------|---------------------------|
| 1 peck small cucumbers | 1 cup mustard seed |
| 2 quarts small white onions | 2 tablespoons celery seed |
| 1 cup salt | 2 tablespoons peppercorns |
| Vinegar | |

Slice the cucumbers and onions about $\frac{1}{4}$ inch thick, pack in a crock in layers with the salt sprinkled between, and let stand overnight. In the morning drain in a cheesecloth bag, and press out all the juice possible. Taste before adding the vinegar and if too salty rinse in cold water. Measure the onions and cucumbers, take half as much vinegar, heat to the boiling point, add the spices, and pour over the vegetables. Pack at once in sterilized glass jars, seal, and store in a cool place.

PICKLED ONIONS

| | |
|-----------------------------|------------------------------|
| 4 quarts small white onions | 2 tablespoons whole pickling |
| 1 quart white vinegar | spice |
| 1 pint water | 2 tablespoons salt |
| $\frac{1}{2}$ cup sugar | |

Dip the onions in boiling water and let stand 2 to 3 minutes. Cool immediately in water. Cut a thin slice from the root end of the onions and slip off the skin. Mix the vinegar, water, sugar, spice, and salt, and heat to the boiling point. Pour over the onions which have been packed in sterilized jars. Partially seal the jars and process in a boiling water bath for 30 minutes. Seal and store.

PEPPER MANGOS

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| Large red or green peppers with $\frac{1}{2}$ -inch stems | Cabbage relish, celery relish, or chopped pickle Spiced vinegar |
|--|---|

Soak fresh peppers for 24 hours in brine made by dissolving 1 cup of salt in 4 quarts of water, then drain them; wash the peppers in cold water, and drain again.

Carefully cut off and save a slice of pepper from the stem end and take out the seeds and white sections. Fill the peppers with cabbage relish, celery relish, or some other chopped pickle. Replace the tops and either fasten them on securely with toothpicks or tie them on. Pack the peppers, small end down, into a stone jar. Cover the peppers with boiling undiluted spiced vinegar used for sour pickles. Place a plate on top of the peppers and weigh it enough to keep the peppers covered with the vinegar. Store the pickles in a cool place.

SCORE CARD FOR RELISHES

| | |
|---|----|
| Package | 10 |
| Sealed jars of specified size, clean, neatly labeled. | |
| Product | 55 |
| Color | 25 |
| Characteristic of the kind. Free from discoloration, excessive spices, or overcooking. | |
| Consistency | 30 |
| Catsup—smooth and thick enough to prevent separation. | |
| Chilli Sauce—mixtures of chopped ingredients cooked to a uniformly thick sauce. | |
| Chutney—mixture of chopped fruits, nuts and vegetables, cooked until thick | |
| Chopped pickles—crisp, firm, fairly uniform pieces. | |
| Flavor | 35 |
| Appetizing, characteristic of the kind, free from excessive sweetness, spiciness, or flavor of overcooking. | |

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IV. RELISHES

CATSUP

| | |
|-----------------------------|----------------------------------|
| 10 pounds red ripe tomatoes | 1 teaspoon celery seed |
| 3 onions | 1 tablespoon salt |
| 2 sweet red peppers | 1 teaspoon whole allspice |
| 1 cup vinegar | 1 teaspoon whole cloves |
| $\frac{3}{4}$ cup sugar | 3 two-inch pieces stick cinnamon |
| 2 teaspoons paprika | |
| 1 teaspoon ground mustard | |

Wash the vegetables, slice and remove the seeds from the peppers. Cook the vegetables for about 30 minutes, then press through a fine sieve. Boil the pulp rapidly for about 30 minutes, or until somewhat thickened. Add the remaining ingredients after tying the allspice, cloves, and cinnamon in a piece of cheesecloth. Boil the mixture until thickened and stir frequently. Fill sterilized bottles with the catsup, use new cork stoppers, and dip the bottle tops into sealing wax or melted paraffin to make an airtight seal. Store in a dark cool place. This quantity of tomatoes will yield from 1 to 2 quarts of catsup.

CHILI SAUCE

| | |
|---|----------------------------|
| 5 quarts skinned chopped ripe tomatoes | 3 tablespoons salt |
| 2 cups chopped sweet red peppers | 1 cup sugar |
| 2 cups chopped green peppers | 3 cups vinegar |
| 1½ cups chopped onions | 1 teaspoon ground cloves |
| | 1 teaspoon ground allspice |
| | 1 teaspoon ground cinnamon |

Combine the chopped vegetables, salt, and sugar, and simmer until the mixture begins to thicken. Then add the vinegar and spices and cook the mixture down until it becomes a thick sauce. Pour into hot sterilized bottles, use new cork stoppers and dip the bottle tops into sealing wax, or melted paraffin. Store in a dark cool place. This recipe yields about 3 quarts of sauce.

DIXIE RELISH

| | |
|---------------------------------------|-----------------------------|
| 1 pint chopped sweet red peppers | 1 cup sugar |
| 1 pint chopped sweet green peppers | 4 tablespoons salt |
| 2 tablespoons mustard seed | 1 quart vinegar |
| 1 tablespoon celery seed | 1 quart chopped cabbage |
| | 1 pint chopped white onions |

Cut the peppers into quarters, discard the seeds and coarse white sections and soak overnight in a brine made of 1 cup of salt to 1 gallon of water. Freshen for an hour or two, then drain and chop. Heat the spices with the sugar, salt, and vinegar to the boiling point, then pour over the mixed vegetables. Pack the relish in hot sterilized jars, partially seal, and process for 15 minutes at simmering temperature (185°F). Seal airtight and store in a cool place.

BEET RELISH

| | |
|---------------------------------------|---------------------------|
| 1 quart beets, chopped | ½ cup grated horse-radish |
| 1 medium-sized white onion chopped | 2 cups vinegar |
| 2 red peppers, seeded and chopped | ¾ cup sugar |
| | 2 teaspoons salt |

Cook the beets until they are tender and the skins slip off easily. Chop and combine all the vegetables, then add the other ingredients. Boil the mixture until it is clear. Pour the mixture into clean, sterile, hot jars, and seal the jars.

CORN RELISH

| | |
|-----------------------|-----------------------------------|
| 1 doz. ears of corn | 1 cupful sugar |
| 1 small cabbage | 2 tablespoons ground mus- tard |
| 8 sweet peppers—green | 1 tablespoon celery seed |
| 8 sweet peppers—red | 1 tablespoon salt |
| 1 quart vinegar | |

Cook corn 8 minutes, cool, cut from cob. Clean and chop pepper and cabbage. Add sugar, vinegar and spices. Cook all ingredients until tender—about 20 minutes. Can boiling hot.

APPLE CHUTNEY

| | |
|--|----------------------------|
| 3 quarts sliced apples | 2 pounds sultana raisins |
| 3 lemons, sliced and seeded | 1 tablespoon ground ginger |
| 2 chili peppers, with seeds removed | 1 teaspoon paprika |
| 1 quart brown sugar | 1 teaspoon salt |
| 1 quart cider vinegar | 1 onion, chopped |
| 1 quart dates, stoned and chopped | 2 cloves garlic |
| | 1 pint tarragon vinegar |

Chop the apples with the lemons as the acid will help to keep the apples from turning dark. Mix all the ingredients. Boil gently until the apples are soft and stir the mixture occasionally with a fork. Pack while hot in sterilized jars, seal, and store in a cool place.

UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE AND THE UNITED STATES DEPARTMENT OF AGRICULTURE COOPERATING

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