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FRUITFIELD RECIPES

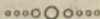
by

Maura Laverty


Culinary History Pamphlets

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Introduction



THE manufacturers of Fruitfield Preserves are proud of their acknowledged leadership in the making of jams of unsurpassed quality.

This reputation was achieved during half a century of steady endeavour in perfecting methods of manufacture. To this has been added the foresight which envisaged vast fruit farms directed by highly skilled experts.

Enterprise and energy and experience were needed to materialise that vision. Hundreds of Irish workers had to be trained in specialised methods of cultivation that were new to this country.

With the whole machine of cultivation and manufacture working smoothly through the war years Fruitfield Jams are to-day more popular than ever.

The clearest proof of their quality lies in that purity and freshness so particularly desirable in the making of cakes and pastries.

The few choice recipes in this small pamphlet will be a special delight for your friends and family if you use Fruitfield Jams in preparing them.

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RECIPE

DUBLIN INSTITUTE OF TECHNOLOGY



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STRAWBERRY CREAM PIE

Ingredients :

FOR PIE CASE $\frac{3}{4}$ lb. short crust pastry.

FOR FILLING 2 tablespoons butter or margarine.

2 tablespoons flour.

2 egg yolks.

$\frac{3}{4}$ pint of milk.

$\frac{1}{4}$ teaspoon of salt.

4 tablespoons of Fruitfield Strawberry Jam.

FOR MERINGUE 2 egg whites,

2 tablespoons fine sugar.

Method : Roll the pastry to fit a shallow flan tin, leaving an inch to spare. Put the pastry in the ungreased tin, turn in the surplus dough to make a double fold, and flute it with finger and thumb. Brush fluted border with a little beaten egg yolk mixed with water. To make the filling, melt the butter in top of double boiler. Stir in the flour, and cook, stirring well, for three minutes. Scald the milk, add it gradually and continue to cook, stirring constantly, until mixture is smooth and thick. Add salt, remove from the heat and add beaten egg yolks and jam. Pour the mixture into prepared pie case, and bake 30 minutes in a moderate oven. Beat egg whites until stiff. Beat in sugar gradually, heap on cooked pie and return to oven for 12 minutes, or until the meringue is firm and peaks are golden brown.

To make strawberry cream, cook the mixture for a further 3 minutes after adding the egg yolks. Use this as a gorgeous filling for sandwich cakes or use it to make strawberry sundae—pile it in glass custard cups. When cold, top with a spoonful of whipped cream and on top of this dab a ruby of strawberry jam.

I find Fruitfield so hard to get that it seems a shame to use it for cooking—it's so chock full of strawberries. But do keep searching, it makes such a difference to this recipe.

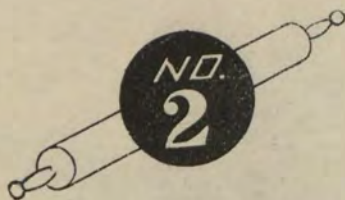


Cultivating between the rows of blackcurrant bushes at our Donabate fruit farms. In the distance is the farmhouse.



Strawberries, just strawberries, red and ripe and luscious. Acre upon acre of them almost as far as the eye can reach.

RECIPE



RASPBERRY SPONGE

Ingredients :

- 4 oz. margarine.
- 9 oz. sugar.
- 5 tablespoons Fruitfield Raspberry Jam.
- 8 ozs. flour.
- 2 eggs.
- 2 teaspoons baking powder.
- $\frac{1}{4}$ teaspoon salt.
- 4 tablespoons milk.

Method : Sift together flour, baking powder and salt. Cream margarine until fluffy. Gradually add sugar. Beat in a little of the flour mixture. Add beaten egg, mixing well. Add flour alternately with milk. Put the jam in a thick layer in the bottom of a well greased bowl. Pour in the pudding mixture, cover with a greased paper. Steam two hours.

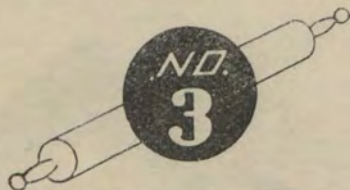
Note : This mixture makes a nice raspberry sandwich. Put it in two greased sandwich tins and bake for 25 minutes in a moderately hot oven and when cool fill with raspberry jam and whipped cream. Spread a layer of jam on top and decorate with piping of whipped cream

Of course, other varieties of Jams, such as Apricot or Apple and Raspberry, can be substituted according to taste or availability. But do try to get Fruitfield Raspberry. I can assure you from experience that it makes a world of difference to the recipe.



Close-up of a couple of the pickers. It is happy work, and it is healthy work.

RECIPE



APRICOT PINWHEELS

(Rolypoly slices baked in rich Apricot syrup).

Ingredients :

$\frac{3}{4}$ lb. short crust pastry.

3 tablespoons water.

2 tablespoons fine sugar

$\frac{1}{2}$ lb. Fruitfield Apricot Jam.

2 tablespoons butter.

$\frac{1}{2}$ teaspoon cinnamon.

Method : Roll the dough in a square, $\frac{1}{4}$ inch thick. Spread with Apricot Jam, keeping back three tablespoons for the syrup. Roll up as for rolypoly, and cut the roll in slices $1\frac{1}{2}$ inches thick.

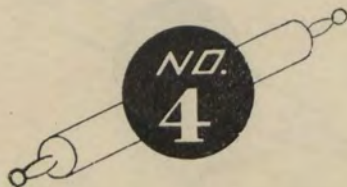
Boil together for 5 minutes the water and Apricot Jam. Pour this syrup into a baking tin just large enough to take the rolls, and place the rolls in the syrup, cut side down. Spread each roll with the softened butter, sprinkle with the sugar mixed with the cinnamon. Bake 25 minutes in hot oven (450). Serve hot, pouring over the rolls any syrup from the tin.

As an alternative to Fruitfield Apricot Jam any variety of Fruitfield Marmalade may be used. But whichever you prefer—Jam or Marmalade, I consider Fruitfield is important to the recipe's success.



Here is one strawberry that will never see the inside of a pot of jam.

RECIPE



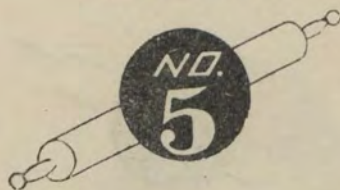
LEMON CURD SOUFFLE

Ingredients :

- 3 *tablespoons butter.*
- 4 *tablespoons flour.*
- 1 *cup milk.*
- 2 *ozs. sugar.*
- 4 *tablespoons Fruitfield Lemon Curd.*
- $\frac{1}{8}$ *teaspoon salt.*
- 3 *egg yolks.*
- 3 *egg whites.*
- 1 *teaspoon lemon essence.*

Method : Melt butter in top of double saucepan. Blend in flour. Stir in scalded milk and cook until thickened. Add sugar and salt. Cool slightly and add well-beaten egg yolks. Cool. Fold in stiffly beaten egg whites and flavouring. Place the lemon curd in bottom of buttered baking dish. Pour souffle mixture over lemon curd and place dish in a pan of hot water. Bake in moderate oven (375) until firm—about 40 minutes. Serve with a creamy lemon sauce made by beating two tablespoons lemon curd into half-pint ordinary white sauce. I find Fruitfield Lemon Curd adds a special flavour to the recipe. So, even if you find it difficult to get, do keep searching.

RECIPE



MARMALADE PUFF

Ingredients :

- 1 cup breadcrumbs.
- 1 cup scalded milk.
- 4 tablespoons Fruitfield Marmalade.
- 2 tablespoons sugar.
- 2 egg yolks.
- 4 egg whites.
- $\frac{1}{8}$ teaspoon salt.

Method : Cover crumbs with scalded milk. Add Marmalade combined with beaten egg yolks. Add salt to egg whites and beat until stiff. Beat in sugar. Fold into first mixture and place in greased dish. Stand dish in pan of hot water. Bake in a moderate oven until firm (about 40 minutes). Serve with Amber Cream Sauce :

- 2 tablespoons butter.
- 4 tablespoons sugar.
- $\frac{1}{8}$ teaspoon salt.
- 2 egg yolks (left over from the pudding).
- $\frac{1}{2}$ cup milk.
- 2 tablespoons Fruitfield Marmalade.

Place butter, sugar, salt and milk in top of double boiler. When melted, add egg yolks and grated rind. Cook, stirring constantly, until thickened. Add marmalade.

A really first-class marmalade is important for the success of this recipe. I find that Fruitfield Marmalades can always be relied upon for uniform high quality.

RECIPE



RASPBERRY SURPRISE

Ingredients :

- $\frac{1}{4}$ lb. margarine.
- $\frac{1}{4}$ lb. sugar.
- 3 eggs.
- 3 tablespoons Fruitfield Raspberry Jam.
- $\frac{1}{2}$ lb. flour.
- 2 teaspoons baking powder.
- 3 tablespoons milk.

Method : Cream margarine. Gradually beat in sugar. Sift flour and baking powder three times. Sprinkle a little of the flour on the creamed mixture and beat in. (This is to prevent the mixture curdling when the eggs are added). Add the eggs, one at a time. Mix in the flour alternately with the milk. Put half of the mixture in a well greased bowl. Put in the jam. Add remainder of mixture. Cover with a greased paper and steam 2 hours.

In these days it may seem a pity to use a first-class jam for cooking purposes, but I can assure you that Fruitful Raspberry Jam does produce a delightful result and you cannot be sure of this with every jam.

