

MARMALADE

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MMARMALADE making is not much different from jam making, except that the thick rinds of the citrus fruits take a longer time to cook than the softer fruits from which jam is made. The pectin which causes the cooked fruit to jelly is contained in the pith, and a recipe which said in the directions "with a sharp spoon tear out the white pith which is useless and indigestible" was fundamentally wrong, for the white pith is the most important part of the orange in making a marmalade of good jelly-like consistency.

THE acid which helps to bring the pectin into solution is present in the pulp and juice in sufficient quantities in the early part of the season, but should the marmalade making be delayed until the oranges are very ripe and so contain less acid, an extra quantity of lemon juice can be put with the peel and pulp when the water is added.

General Directions

Cutting up the fruit: The consistency of the marmalade can be varied by the method of cutting the rinds; for those who like plenty of chunky pieces the peel can be coarsely sliced; for those who like fine shreds in jelly the rinds can be scraped with a marmalade shredder, and for very busy people who need quick methods the fruit can be put through a mincer. For the marmalade to jelly well the pectin in the pith must be brought into solution, and naturally the thinner the peel is cut the more readily this will occur. However, when fine shreds are required the pith can be more coarsely cut than the rind, tied in a muslin bag, soaked and cooked with the pulp, and

removed before the sugar is added. The pips also should be soaked in some of the water, as they help to form jelly.

Soaking the fruit: A comparatively large amount of water is added to the fruit to allow for the evaporation which takes place when cooking to soften the skins. Soaking for 24, 36, or even 48 hours helps to soften the peel and pith, but equally good results can be obtained by making the first boiling period longer. Often pulp is left to stand for a further 24 hours after the first cooking and before the sugar is added, but this is not necessary and is wasteful of time and fuel, though occasionally it may be a convenient plan when it is not possible to finish the whole process at one time.

Boiling the pulp: After soaking, the fruit, pulp, and water should be turned into a preserving pan and boiled steadily. Most of the cooking should be carried out before the sugar is added; the skins will then be transparent and soft and the total amount in the preserving pan will be greatly reduced. This first cooking will take from two to three hours, according to the quantities being used. When the reduction of the pulp is well advanced before the sugar is added, the second cooking will take very much less time and a marmalade of good colour and flavour is obtained.

Boiling the pulp with sugar: To save fuel and time the sugar should be warmed thoroughly in the oven, when it will not reduce the temperature of the pulp so much and will dissolve more readily. Put it in the oven in a clean baking tin or mixing bowl, stir occasionally, and watch carefully to prevent it scorching. Add the required quantity to the pulp, stirring continually until the sugar is dissolved. Bring to a rapid boil, stirring occasion-