

STRAWBERRY RECIPES

minutes. Cover the saucepan and set it aside for at least 4 hours or over night. Pack the strawberries into clean jars, filling them to within lin. of the top. Scald the sealing skin and tie it tightly over the jars. Set them in a vessel of water, having at least lin. of water over the tops of the jars, bring the water to the boil, and maintain it at boiling point for 10 minutes. (Detailed instructions for using skin seals were published in the "Journal" for November, 1948.)

Recipe 2

Select firm, well-coloured strawberries, and stem and weigh them. For every lb. of berries allow $\frac{1}{2}$ cup of sugar. Cover the strawberries with the sugar and stand them overnight, or for several hours at least. Put them into a pan, bring them to the boil, and let them boil rapidly for 10 minutes, removing scum as it forms. Pack the strawberries boiling hot into sterilised jars and seal them at once. Fill and cover one jar at a time, having the jars thoroughly sterilised and scalding the skin just before tying it on the jar.

Strawberry Desserts

Strawberries can be used in a variety of ways to make desserts fit to grace any occasion. Here are some recipes:

Strawberry Pie

1 pastry shell	About 1lb. of strawberries
1 dessertspoon of cornflour	1 dessertspoon of sugar

Make a pie shell of short crust pastry and leave it to cool. Wash and stalk the strawberries and set half aside, choosing even-sized fruit. Mash the other half, add $\frac{1}{2}$ cup of water, and heat them slowly to boiling point. Strain them through a sieve, measure the juice, and make it up to 1 cup with extra water if necessary. Bring the juice to the boil again and add the sugar and cornflour, ready blended to a smooth paste with a little cold water. Cook the mixture, stirring constantly, until it is transparent.

Cut the whole strawberries in halves lengthwise and cover the bottom of the pie shell with them, reserving some berries for garnishing. Pour the prepared glaze over them and set the pie aside until it is cold. Decorate it with whirls of sweetened mock cream, with a berry in each.

Strawberries in Jelly

2 tablespoons of gelatine	$\frac{1}{2}$ pint of water
$\frac{1}{2}$ pint of strained lemon juice	1 to 2 tablespoons of sugar

Soften the gelatine in 2 tablespoons of cold water; boil the remainder of the water and pour it over the gelatine. Stir in the sugar and lemon juice. Rinse a basin or mould in cold water, pour in a little lemon jelly, and put it aside in a cool place until it is set slightly; keep the rest of the jelly warm. Arrange a layer of hulled, washed, and dried strawberries on the semi-set jelly, pour over more jelly, and leave it to set again. Repeat the layers of jelly and berries until the mould is filled. Reserve some of the strawberries for garnishing the jelly when it is ready to send to the table.



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Strawberry and Ice Cream Shortcake

1 1/2 cups of flour	Salt
2 flat teaspoons of baking powder	$\frac{3}{4}$ cup of sugar
$\frac{1}{2}$ cup of milk	$\frac{1}{3}$ cup of butter
	1 egg

Sift the flour, baking powder, sugar, and salt, rub in the butter, add the milk, and beat the mixture well. Add the egg and beat again. Spread it in a greased and floured tin and bake it for 25 to 30 minutes in a moderately-hot oven (375 degrees). Cool the cake, split it in halves, and spread the lower half with vanilla ice cream and sliced strawberries. Put the other half on top and cover it generously with halved strawberries sprinkled with icing sugar.

Strawberry Fluff Sauce

2 teacups of small strawberries	Pinch of salt
1 teaspoon of lemon juice	$\frac{1}{2}$ teacup of icing sugar
	1 egg white

Mash the fruit well, then add the lemon juice and sugar. Beat the egg white with the salt until it is stiff, add the fruit puree, and whip the

sauce until it is light and fluffy. Use it at once with vanilla-flavoured junket, ice cream, blanchmange, spanish cream, or similar desserts.

Strawberry Ice Cream (1)

$\frac{2}{3}$ cup of sweetened condensed milk	1 cup of unsweetened mock cream
1 cup of crushed strawberries	$\frac{1}{3}$ cup of water
	$\frac{1}{2}$ cup of sugar

Mix the condensed milk and water and add the strawberries and sugar. Pour them into a freezing tray and place them in a refrigerator set at its lowest point. Chill them, then add the cream, mixing well. Cool the mixture rapidly until it is half frozen, scrape it into a basin, and beat it hard until it is smooth but not melted. Replace it in the refrigerator, and repeat the beating once more before the ice cream is completely frozen.

Strawberry Ice Cream (2)

1 pint of milk	1 dessertspoon of cornflour
2 eggs	2 tablespoons of sugar
2 teaspoons of gelatine	1 cup of crushed strawberries
Pinch of salt	

Make a custard with the egg yolks, cornflour, and sugar. Dissolve the gelatine in a little cold water and add it to the custard, mixing thoroughly. Pour it into the freezing tray and leave it until it is nearly frozen. Whip the egg whites with the salt until they are stiff. Crush the strawberries. Beat the custard, add the pulped fruit, then fold in the egg whites. Put the ice cream back into a refrigerator until it is frozen.

Strawberry Roll

4 eggs, separated	1 teaspoon of baking powder
$\frac{1}{2}$ teaspoon of vanilla essence	1 cup of sweetened mock cream for filling
Pinch of salt	
$\frac{1}{2}$ cup of sugar	
$\frac{3}{4}$ cup of flour	

Beat the yolks until they are pale and add the sugar gradually while continuing to beat. Whisk the whites until they are stiff, fold in the yolk mixture, and add the vanilla essence.



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