

a few seconds; then strain through a large gravy strainer into a large, heated jug. Pour into clean, heated jelly jars and cover.

Bottled Black Currants

Black currants may be preserved in syrup, in water, or in their own juice. Bottling in water only, where the washed and picked-over currants are placed in jars and processed in a water bath, is more economical and the skins become softer. Sugar added before the skins have been cooked tends to toughen the skins.

Bottling in Boiling Water or Syrup

Remove the stalks from the currants, wash them, and pack them in clean, warmed jars. Stand the jars on a folded dry cloth or, preferably, a wooden slatted rack in the bottom of the pan in which they are to be processed. Cover the fruit with hot syrup or boiling water. The level of the contents of the jar should not be less than $\frac{1}{2}$ in. from the top of the jar for self-sealing or plastic skin lids.

Seal the jars (which should not be touching each other or the sides of the pan) according to the type of lid being used. Fill the pan with water as hot as the hand can stand, heat it to boiling point, and process until small bubbles appear on the fruit in the jars (about 20 minutes). Remove the jars at once from the water bath and seal again if necessary as follows:—

Zinc tops: Screw tightly and invert.

Glass lids with wire clips: Tighten lower clips and invert.

Self-sealing lids: Do not touch or invert.

Thick preserving plastic: Do not touch or invert.

Bottling in Own Juice

Allow 2oz. of sugar to each pound of fruit and put the prepared fruit and sugar in warmed jars in layers. Fill the jars to within $\frac{1}{2}$ in. of the top, lower them gently into a warm-water bath, and process as in the preceding recipe.

Bottled fruit should be stored in a cool, dark, dry place, as sunlight causes foods to fade and destroys vitamins.

Using Bottled Black Currants

Bottled black currants, either by themselves or in combination with other fruit, are suitable for pies, tarts, steamed puddings (where the pudding basin is lined with pastry, filled with fruit, covered with pastry and buttered paper, and steamed for $2\frac{1}{2}$ hours), sponge puddings and similar mixtures. The presence of pastry, sponge crust, or similar accompaniment helps to make the fruit more acceptable to those who find the taste of black currants too tart. When black currants are bottled in water and the sugar is added at the time of use the currants are softer and the tartness is

not so pronounced as with the freshly stewed fruit.

Black Currant Juice

Fruit for the preparation of juice must be dead ripe—too ripe for either preserving or making into jam. Juice should be bottled in sterilised bottles with crown seals or corks. New corks should be boiled for 15 minutes or used ones for 1 hour. It is advisable to use bottles of not more than $\frac{1}{2}$ pint capacity, so that once the bottle has been opened the juice will not ferment before it can be used. Bottles should be sealed finally by having the corks and the first inch of the necks dipped in paraffin wax.

Heat and mash about 4lb. of currants in 2 pints of water and cook gently with a lid on until the fruit is tender and well broken up. Press this through a colander or jelly bag (the latter will give a clearer juice, but with lowered vitamin C content). Re-heat the liquid and bottle in sterilised bottles, cork, and when cool dip the bottle necks in paraffin wax. Juice can be used later for making jelly or for combining with other fruits when they become available.

Black Currant Syrup

Juice will keep without sugar, but converting juice into syrup by the addition of sugar helps to retain the flavour and makes it ready for use when opened.

BLACK CURRANTS

Allow 8oz. of sugar to each pint of juice. Add the sugar to the strained juice, stir until the sugar is dissolved, and then boil for 1 minute. Pour into sterilised bottles and cork as directed in the preceding recipe.

Spiced Black Currants

1lb. of currants	$\frac{1}{4}$ teaspoon of ground
$\frac{1}{2}$ cup of vinegar	cinnamon
$\frac{1}{2}$ cup of water	$\frac{1}{2}$ teaspoon of cloves
1lb. of sugar	$\frac{1}{2}$ teaspoon of allspice

Remove the berries from the clusters and wash well. Place the fruit, vinegar, water, and sugar in a saucepan. If the spices are added directly, reserve $\frac{1}{2}$ cup of the sugar, mix it with the spices, and stir these in 2 or 3 minutes before cooking of the fruit and other ingredients is finished. If the spices are not added directly to the product, double the amounts given, tie them in a cheesecloth bag, put the bag in the mixture, and remove it at the close of the cooking period. Cook the materials at moderate to rapid boiling rate until the hot product will mound up on the stirring spoon or until a small amount of free syrup will jell when tried on a cold saucer. Put the mixture into clean, warm jars and cover.

Black Currant Drinks

Black currant drinks help in the treatment of colds and other feverish conditions. If no black currant juice



Black currants can be preserved in a variety of ways.