



The Preserving Pantry

EASY MICROWAVE MARMALADE

1 large navel orange, unpeeled

1 cup (250 mL) sugar

Cut orange into chunks. In a food processor, process orange chunks, using an on/off motion, until coarsely chopped. There should be about 1 1/2 cups (375 mL) chopped orange. Place chopped orange in a microwave-safe bowl. Stir in sugar. Microwave on high for 6 - 8 minutes, stirring every 2 minutes, until mixture is thick and translucent. Serve warm or at room temperature. May be refrigerated for up to 2 weeks.

Makes 1 1/4 cups (300 mL).

OUR SIGNATURE PEPPER JELLY

For a delicious hors d'oeuvre, spoon Our Signature Pepper Jelly over cream cheese and serve with crackers.

2 cups (500 mL) green bell pepper pieces (1 inch/2.5 cm)

2 cups (500 mL) red bell pepper pieces (1 inch/2.5 cm)

1 1/2 cups (375 mL) apple cider vinegar

6 1/2 cups (1.625 L) sugar

2 tsp (10 mL) red pepper flakes

2 pouches liquid pectin

In a blender, pulse bell peppers with vinegar until peppers are finely chopped and mixture is slushy in consistency. Measure 4 cups (1 L) pepper mixture into a Dutch oven. Add sugar and red pepper flakes; stir to combine. Bring mixture to a full rolling boil over high heat, stirring constantly. Immediately stir in liquid pectin. Continue to stir over high heat until mixture returns to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat and skim foam, if necessary. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process in a boiling water bath for 10 minutes. Makes about 7 cups (1.75 L).

Cook's Note: *Many recipes for pepper jelly produce inconsistent results. The highly variable moisture content of bell peppers may be a factor in these inconsistencies.*

FRESH RHUBARB CHUTNEY

1 cup (250 mL) sugar

1/2 cup (125 mL) raspberry vinegar or red wine vinegar

2 cinnamon sticks, broken

2 tbsp (25 mL) grated fresh ginger

1 1/2 tsp (7 mL) grated orange peel

1/2 tsp (2 mL) cardamom

1/4 tsp (1 mL) salt

4 cups (1 L) diced rhubarb

3/4 cup (175 mL) raisins

1/2 cup (125 mL) chopped green onions

Combine first 7 ingredients (sugar through salt) in a saucepan. Bring to a boil over medium heat, stirring occasionally to dissolve sugar. Add rhubarb, raisins and onions; return to a boil. Reduce heat and simmer until rhubarb is tender but still intact; cool to room temperature. Discard cinnamon sticks. Cover and refrigerate for at least 2 hours. May be refrigerated for up to 1 week or frozen for up to 1 month. Makes about 4 cups (1 L).

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REFRIGERATOR GREEN TOMATO PICKLES

1 1/2 cups (375 mL) water	3/4 cup (175 mL) apple cider vinegar
1/4 tsp (1 mL) salt	2/3 cup (150 mL) water
3 cups (750 mL) green tomato slices, 1/4 inch (6 mm) thick	1/4 cup (50 mL) sugar
1 jalapeno pepper, thinly sliced	1 1/2 tsp (7 mL) dill seed
	1 tsp (5 mL) salt

Combine 1 1/2 cups (375 mL) water and 1/4 tsp (1 mL) salt in a saucepan. Bring to a boil over medium heat. Add tomatoes and return to a boil. Cover and boil for 1 minute. Drain; rinse with cold water and drain thoroughly. Layer tomatoes and jalapeno pepper in a sterilized 1 quart (1 L) jar. To prepare pickling liquid, combine vinegar, 2/3 cup (150 mL) water, sugar, dill seed and 1 tsp (5 mL) salt in a small nonreactive saucepan. Bring to a boil over medium heat; reduce heat and simmer for 5 minutes. Pour hot pickling liquid over tomatoes and jalapeno pepper. Cover and refrigerate for at least 8 hours or up to 2 weeks. Makes 1 quart (1 L).

Cook's Note: *Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.*

REFRIGERATOR PICKLED BEETS

These pickled beets are easy to prepare. They do not require processing but must be stored in the refrigerator.

10 medium beets, unpeeled	1 tbsp (15 mL) cinnamon
2 cups (500 mL) apple cider vinegar	1 tsp (5 mL) allspice
2 cups (500 mL) water	1 tsp (5 mL) cloves
1 3/4 cups (425 mL) sugar	

Cook beets in boiling water until barely tender, about 25 - 30 minutes. Drain beets; cover with cold water and let stand until cool enough to handle. Trim and peel beets. Cut into thick slices or wedges. To prepare pickling liquid, combine remaining ingredients (vinegar through cloves) in a nonreactive saucepan. Bring to a boil; reduce heat and simmer 5 minutes. Add beets to pickling liquid and simmer 15 minutes; cool. Spoon beets and pickling liquid into a sterilized container. Cover and refrigerate for up to 3 weeks. Makes 8 cups (2 L).

BRUSCHETTA IN A JAR

*Adapted and printed with permission from
"Tomatoes Canning & Specialty Recipes" by Bernardin Ltd.*

1cup (250 mL) dry white wine	5 cloves garlic, chopped
1cup (250 mL) white wine vinegar	2 tbsp (25 mL) basil, crumbled
1/2cup (125 mL) water	2 tbsp (25 mL) oregano, crumbled
2tbsp (25 mL) balsamic vinegar	2 tsp (10 mL) pickling salt
2tbsp (25 mL) sugar	9 cups (2.25 L) diced seeded Roma tomatoes

Combine all ingredients except tomatoes in a nonreactive Dutch oven and bring to a boil. Add tomatoes and return to a boil. Reduce heat and simmer 5 minutes. Using a slotted spoon, lightly pack tomatoes into hot sterilized jars, leaving 3/4 inch (2 cm) headspace. Pour hot liquid from Dutch oven over tomatoes, leaving 1/2 inch (1.25 cm) headspace. Remove air bubbles with a narrow rubber spatula or plastic knife; add additional liquid, if required. Wipe jar rims thoroughly with a clean damp cloth. Seal and process in a boiling water bath. Process 25 minutes at altitudes of 1001 - 3000 feet (305 - 914 m); process 30 minutes at altitudes of 3001 - 6000 feet (915 - 1829 m). Store in a cool dry place for up to 6 months. Drain bruschetta before serving.

Makes 8 half-pint (250 mL) jars.

Cook's Note: *Use as an appetizer by topping a toasted baguette with cheese and drained bruschetta. For a quick dinner, combine a jar of bruschetta with cooked pasta; add olive oil, sliced olives, grated Parmesan cheese and freshly ground pepper.*

PICKLED GARLIC

1 lb (0.5 kg) garlic heads, separated into
cloves but not peeled
1/4 cup (50 mL) thinly sliced fresh ginger
1/2 cup (125 mL) pickling salt

1 cup (250 mL) vinegar
1 cup (250 mL) dry white wine
2 tbsp (25 mL) mustard seed
3 dried red chili peppers

In a large saucepan, combine garlic with enough water to cover; bring to a boil over medium heat. Let boil 2 minutes; drain thoroughly. When cool enough to handle, peel each clove without crushing. Transfer to a nonreactive bowl; add ginger and salt with enough water to cover. Refrigerate mixture for 2 days. Drain garlic mixture and rinse thoroughly in cold water; drain again. To prepare pickling liquid, combine vinegar, wine and mustard seed in a nonreactive Dutch oven. Bring to a boil. Pack ginger and garlic evenly into hot sterilized jars. Add 1 chili pepper to each jar. Pour boiling pickling liquid over garlic, leaving 1/2 inch (1.25 cm) headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. Add additional pickling liquid, if required, to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process in a boiling water bath. Process 15 minutes at altitudes of 1001 - 3000 feet (305 - 914 m). Process 20 minutes at altitudes of 3001 - 6000 feet (915 - 1829 m). Makes 3 half-pints.

FREEZER MINCEMEAT

3 cups (750 mL) diced peeled Golden
Delicious apples
3/4 cup (175 mL) packed dark brown sugar
1/4 cup (50 mL) water
1/2 tsp (2 mL) cinnamon
1/4 tsp (1 mL) ginger
1/8 tsp (0.5 mL) cloves
1/8 tsp (0.5 mL) nutmeg
2 3/4 cups (675 mL) dark raisins

1 cup (250 mL) cranberries
1 cup (250 mL) toasted slivered almonds,
chopped
1/2 cup (125 mL) brandy
1/4 cup (50 mL) fresh orange juice
1/4 cup (50 mL) fresh lemon juice
1 tsp (5 mL) grated orange peel
1 tsp (5 mL) grated lemon peel

Combine first 7 ingredients (apples through nutmeg) in a large saucepan. Bring to a boil over medium heat. Reduce heat and simmer, covered, for 5 - 7 minutes or until apples are tender. Add remaining ingredients (raisins through lemon peel). Simmer, uncovered, until thickened, about 15 - 20 minutes; cool. Spoon mincemeat into a freezer container. Cover and freeze for up to 1 month. Makes 4 cups or enough mincemeat for one 9 inch (23 cm) pie.

RASPBERRY VINEGAR

2 cups (500 mL) fresh raspberries
2 cups (500 mL) white wine vinegar or cider vinegar

Sugar

Wash raspberries lightly and drain thoroughly. Place in a large glass or ceramic container. Pour vinegar over raspberries; cover and let stand undisturbed at room temperature for 5 - 7 days until colour and flavour have been extracted from raspberries. Strain vinegar through a coffee filter-lined sieve. Discard solids. Measure and pour vinegar into a nonreactive saucepan. Add 3 tbsp (40 mL) sugar for each 2 cups (500 mL) vinegar. Quickly bring to the boil and boil 3 minutes. Pour vinegar into hot sterilized bottles. Cover with tight fitting lids. Store in a cool dark place. Makes about 2 cups (500 mL).

Cook's Note: *This recipe may be doubled or tripled. Boil vinegar in several batches, making sure the depth of the vinegar does not exceed 4 inches (10 cm). This will ensure a boil is reached quickly, thereby preserving colour and flavour. If recipe is doubled or tripled, the filter may have to be changed several times.*

SASKATOON KETCHUP

2 cups (500 mL) saskatoons	1/4 tsp (1 mL) allspice
1/3 cup (75 mL) chopped sweet onion	1/4 tsp (1 mL) salt
1/4 cup (50 mL) balsamic vinegar	1/8 tsp (0.5 mL) freshly ground nutmeg
1/4 cup (50 mL) ketchup	3 tbsp (40 mL) water
3 tbsp (40 mL) sugar	

Combine all ingredients except water in a nonreactive saucepan. Bring to a boil over medium heat. Reduce heat to low and simmer, stirring occasionally, for 15 minutes. Remove from heat and let cool for 15 minutes. Transfer mixture to a blender; add water. Puree mixture until smooth. Cover and refrigerate for up to 1 week or freeze for up to 1 month. Serve with pork, lamb, chicken or grilled potatoes. Makes 1 1/2 cups (375 mL).

REFRIGERATOR PICKLED TURNIPS

6 - 8 medium white turnips	1/4 cup (50 mL) thinly sliced fresh ginger
2 cups (500 mL) apple cider vinegar	1/2 tsp (2 mL) whole cloves
2 cups (500 mL) water	4 bay leaves
1 cup (250 mL) red wine vinegar	4 cloves garlic, thinly sliced
1 cup (250 mL) sugar	2 tsp (10 mL) mustard seed
1 1/2 tsp (7 mL) salt	1/2 tsp (2 mL) black peppercorns

Peel turnips and cut into sticks 2 1/4 inches (5.5 cm) long and 3/8 inch (1 cm) thick. There should be about 6 cups (1.5 L). To prepare pickling liquid, combine remaining ingredients (apple cider vinegar through peppercorns) in a large nonreactive saucepan. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, for 5 minutes. Cool completely. Place turnips in two sterilized 1 quart (1 L) jars. Pour pickling liquid over turnips. Cover and refrigerate for at least 24 hours or up to 3 weeks. Makes 2 quarts (2 L).

REFRIGERATOR ASPARAGUS PICKLES

4 cups (1 L) vinegar	1 tsp (5 mL) red pepper flakes
3 cups (750 mL) water	1 tsp (5 mL) dill weed
1/2 cup (125 mL) sugar	3 cloves garlic, peeled
1/4 cup (50 mL) pickling salt	2 lb (1 kg) asparagus spears, trimmed
1 tbsp (15 mL) mixed pickling spice	

To prepare pickling liquid, combine all ingredients except asparagus in a large saucepan. Bring to a boil over medium heat, stirring to dissolve sugar and salt. Add asparagus and cook, uncovered, for 2 minutes. Using tongs, remove asparagus from brine and place, tips up, in 2 sterilized 1 quart (1 L) jars. Cool pickling liquid completely. Pour pickling liquid over asparagus. Cool to room temperature. Cover and refrigerate for at least 8 hours or up to 1 week. Makes 2 quarts (2 L).

FREEZER PICKLES

*This recipe does not require processing as it is a freezer pickle.
It uses table salt rather than pickling salt.*

8 cups (2 L) thinly sliced English cucumbers	1 cup (250 mL) vinegar
2 cups (500 mL) thinly sliced onions	1/3 cup (75 mL) water
2 tbsp (25 mL) salt	1 tbsp (15 mL) mustard seed
2 cups (500 mL) sugar	

Combine cucumbers, onions and salt in a bowl; set aside. In a saucepan, combine sugar, vinegar, water and mustard seed. Bring mixture to a boil over medium heat, stirring until sugar is dissolved. Pour over cucumber mixture. Stir until thoroughly combined. Cover and refrigerate for 24 hours. Spoon into freezer containers and freeze. Pickles may be frozen for up to 6 weeks. Thaw pickles in refrigerator. Thawed pickles may be kept refrigerated for up to 1 week. Makes about 12 cups (3 L).