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# *The* Good Life

ALL THINGS PRESERVING

**WARES**  
— of —  
*Knutsford*

SPRING/SUMMER 2018

RECIPES, TIPS,  
CUSTOMER  
LETTERS &  
INSPIRATION!

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Inside:

-  It's Jam Season!
-  A Berry Delicious Summer
-  Viva l'Italia! Some delicious oil recipes
-  The Ultimate Guide to Canning

Thank you for your order  
and welcome to your  
new look customer magazine!  
[waresofknutsford.co.uk](http://waresofknutsford.co.uk)





**WARES**  
— of —  
*Knutsford*

# Hello all!



Welcome to the Spring & Summer edition of our customer magazine 'The Good Life'. In these pages we try to put together some really useful information and tips on preserving, together with some delicious recipes to keep and try when you have time.

The world of preserving food is fascinating and in this edition we review how it has changed over the centuries. We also look at oil making in Italy and cover off the basics of canning or bottling for those of you keen to preserve fruits for jamming and baking later on. We have also added in some ideas on using jars and bottles for different meals, useful for restaurants and cafés, and we provide some inspiration on uses for your summer fruits with some delicious berry recipes.

We have also included some information on, both, lovely new products and the best products to use for different recipes and techniques. Here at Wares we work very hard on sourcing new and unusual glass products to give your preserves extra appeal. We do, of course, also sell a large range of kitchenwares and enamelwares for those of you wanting quality cooking and baking products.

This edition, our sixth, has a new look and feel to it because of the talents of one of our customers, Sally Seeley, a Graphic Designer at Drab Ltd, – herself a keen preserver. We hope you like it and would love to receive your feedback.

If you would like extra copies of the magazine to give to friends or club members please do ask – we will be happy to send you some.

Remember! At Wares we are always here to help – our customer service is, quite simply, the best in the business.

Many thanks for your order, we don't take your custom for granted and good luck with your preserving adventures.

All the very best to you and yours and here's hoping we have some lovely weather this summer!

*Valerie Byles*




Remember we sell almost all our products at bulk prices. Please contact us for a quotation or come and see us and browse the showroom

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# the Good Life Contents

SPRING/SUMMER 2018

3. Ask Miss Matty
4. It's Jam Season!
5. The Ultimate Guide to Canning
7. A Berry Delicious Summer...
9. Preserving: A 15,000 year history!
11. Viva l'Italia! Living the Italian Preserving Dream
13. Jars and Bottles are Good For You!

Welcome to your free preserving magazine. If you would like more copies to give to friends or club members do let us know! Info@waresofknutsford.co.uk

## Handy Kitchen Conversion Charts

tbsp	ml	tsp	ml
1	15	1/2	2.5
1	15	1	5

tsp	tbsp	fl oz	cup	pint	quart	gallon
3	1	1/2	1/16	1/32	-	-
6	2	1	1/8	1/16	1/32	-
12	4	2	1/4	1/8	1/16	-
18	6	3	3/8	-	-	-
24	8	4	1/2	1/4	1/8	1/32
36	12	6	3/4	-	-	-
48	16	8	1	1/2	1/4	1/16
96	32	16	2	1	1/2	1/8
-	64	32	4	2	1	1/4
-	256	128	16	8	4	1

oz	ml	cup	ml	oz	g	lb
2	60	1/4	60	2	58	-
4	115	1/2	120	4	114	-
6	150	2/3	160	6	170	-
8	230	3/4	180	8	226	1/2
10	285	1	240	12	340	-
12	340			16	454	1

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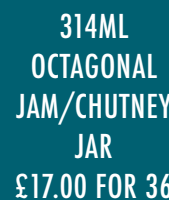


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# Ask Miss Matty

Miss Matty has been used throughout our website to symbolise tradition and value for money. She was a well loved fictional character in the novel Cranford written by the famous Victorian authoress Elizabeth Gaskell who lived in Knutsford at the beginning of the 1800s.



## How to sterilise jars and bottles?

When preserving food good hygiene is essential to avoid contaminating produce. Sterilising jars and lids and all preserving equipment is essential and should be undertaken alongside food preparation, meaning jars are washed and sterilised just as the food is ready. Before starting to make your preserves, simmer funnels, spoons and tongs in boiling water for 10 minutes and leave to dry and cool before use. There are a number of methods for sterilising the jars. Some customers prefer sterilising in a microwave or dishwasher but our recommended method is as follows:

1. Pre-heat the oven to 120°C
2. Thoroughly wash the jars and lids/seals in hot soapy water and rinse.
3. Leave the jars upside down on a clean tea towel to drain. Put the lids on a separate clean tea towel, spreading them out upside down.
4. After a few minutes, place on a clean oven tray with the jars in the upright position.
5. Place the jars in the oven and pop the lids and seals into a pan of boiling water, around 10 -15 minutes before you think your jam/preserves will be ready.
6. Remember it doesn't matter if the jars are in the oven longer - as setting point

can be unpredictable.

7. So, once setting point is reached, remove the pan from the stove and carefully remove the lids from the pan with tongs and the jars from the oven with gloves and allow to cool just a little.

8. Transfer still warm produce to the still warm jars and seal with waxed discs (wax side down) and pop on the seals/lids. Of course modern lids have a heat sealable band and lining and so wax discs are in fact optional. A damp cloth is handy for handling the jars. The process for bottles is just the same, being sure to remove any non-glass feature of the bottle such as rubber seals or stoppers. Small quantities of jars can also be sterilised by submerging them in cold water and bringing the pan to the boil for 10 minutes.

## What are heat-sealable lids?

The majority of our jam jars come complete with a choice of coloured heat-sealable and vinegar proof lids. This is a fantastic feature which ensures that your produce is securely sealed in your jars until you are ready to enjoy it! The heat seal is a small resin ring built into the inside of the lid - simply fill warm jars with warm produce, and the steam from your jam will activate the seal when the lid is put on.

## Can I freeze my produce in glass jars and bottles?

Lots of our customers ask us about freezing food and drinks in glass jars and bottles. Although manufacturers don't promote or guarantee their jars for freezing, a lot of our customers successfully freeze all manner of produce; simply follow these top tips:

- Always use a good quality, wide-necked container.
- Avoid jars with large "shoulders" - since the contents will freeze from the top down (so if the jar has shoulders, as the lower layers freeze, they expand and push upwards which may cause cracks in the glass.)
- Always leave at least an inch at the top of the jar for expansion during freezing!
- Defrost in the fridge overnight - the more gradual the temperature change, the better.

## Which jars should I pick?

At Wares, we stock literally hundreds of different jars and bottles, from the economical "supermarket-style" 1lb jam jar, to pharmaceutical containers and large decorative sweet shop storage jars. Generally speaking, the jar you pick is down to personal preference; make sure that you consider the amount of produce that you need to package, storage space available and your preferred container style. Heat-sealable lids are best for fresh produce and we also sell a great range of specific canning jars such as Kilner and Mason for longer-term preserving. Our jars and bottles are categorised on our website for easy browsing, and our friendly customer services team members are always on hand to offer advice in finding the best product for your needs.





# It's Jam Season!

Nothing says "Summer" quite like the sweet taste of fruity jam. In our opinion, there are few better pastimes than spending a morning making your own preserves from scratch... and an afternoon enjoying them with homemade scones, cream and a lovely cup of tea!



## SUMMER JAM

### Ingredients

- 250g Blackcurrants
- 250g Redcurrants
- 250g Raspberries
- 250g Strawberries
- 1kg Sugar

### Method

1. Wash all the fruit and remove stems from blackcurrants and redcurrants.
2. Put the blackcurrants into a pan with very little water and simmer until tender.
3. Add the remaining fruit and simmer for 10 mins.
4. Stir in the sugar over a low heat until dissolved.
5. Boil hard to setting point, pour into hot sterilised jars and cover.

## TIP

Proportions of fruit may be varied slightly depending on what you have although the taste will differ. Do not use too high a proportion of strawberries to other fruit or the jam will not set.

## RHUBARB AND STRAWBERRY JAM

Rhubarb & Strawberry Jam has a lovely fresh and delicate flavour - perfect for using up a glut of fruit.

### Ingredients

- 950g Rhubarb - sliced into 2cm pieces
- 600g Strawberries - stalks removed & halved
- Granulated sugar to weigh same as prepared fruit
- 7 tsp Lemon juice

### Method

1. Place the rhubarb and strawberries into a glass bowl, top with the sugar and lemon juice, cover with cling film and leave overnight.
2. The next day, sterilise 4 x 450ml jars or equivalent.
3. Place 3 saucers in the



freezer for testing.

4. Heat the fruit and sugar gently in a preserving pan (or large deep pan) until all the sugar has dissolved (stirring with a wooden spoon).
5. Bring to a rolling boil and time for 14 minutes, stirring and squashing the strawberries with the back of the wooden spoon occasionally, then take off the heat.

6. Place a few drops of jam on a cold saucer and place in fridge for a minute.

7. Remove saucer from fridge and run finger through the jam, if it feels tacky ie not wet and runny then it's ready, if not keep boiling for 2 minutes at a time and testing until ready.

8. Remove any scum with a spoon.

9. Pot into the warm jars using a small fruit ladle and place lids on immediately.

10. Label when cool.



## BLACKBERRY AND PEAR JAM

Want an alternative blackberry jam recipe? After a morning spent scouring the hedgerows, turn your foraged finds into this delicious blackberry and pear jam. Use creative packaging and present them as tasty gifts for friends and family.

### Ingredients

- 1 kg pears, peeled, cored and chopped
- 1 kg blackberries
- juice of 1 lemon
- 2 kg granulated or preserving sugar

### Method

1. Place 2 or 3 saucers in the freezer to test for a set later on. Put the pears in a large

pan with 350ml water. Bring to the boil, then simmer for 10-15 minutes. Add the blackberries and lemon juice, then cook for a further 5 minutes until soft.

2. Add the sugar and heat gently until all the sugar crystals have melted.
3. Bring to the boil and cook steadily for 10-15 minutes until the setting point is reached - stir from time to

time. After 10 minutes, put a teaspoon of the jam on a cold saucer from the freezer (take the pan off the heat). Leave for 1-2 minutes,



then push the jam with your finger - it should wrinkle. If not, keep boiling and testing for a set every 5 minutes.

4. Turn off the heat and leave to stand for 15 minutes. Skim off any scum and ladle the blackberry and pear jam into hot sterilised jars. Cover the surface with discs of waxed paper (the waxy side should be jam side down) and seal.

5. Label the jars when completely cold.







# The Ultimate Guide to Canning

Canning or Bottling is an activity that we tend to associate with the USA more than we do this country - perhaps due to their use of the all-American Ball Jars (which we stock) and the rural nature of much of the states where home growing and preserving is a way of life for many families. In rural America, larders are full of rows and rows of bottled fruit, vegetables and ready meals.

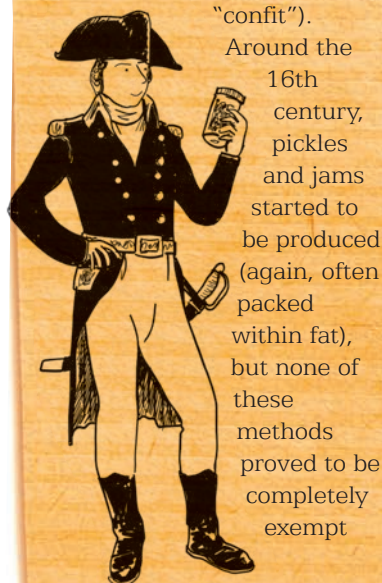
Canning is a widely used preserving technique involving the processing of fruits, vegetables, meat, fish, soups and stews in large jars designed especially for the job. Rather than cooking the produce only in a pan and then decanting it into jars

and bottles, it is prepared first and then heated in the jars themselves. This means that - for example - peaches, cherries or strawberries can be bottled and held in 'suspended animation' - ready to be used in any recipe you like later in the year. Better, perhaps, than always turning all your fruit into jam, pies or purees right away. Here, we try to give you a starting point for adventuring into the world of bottling or canning.



## HOW DID IT ALL START?

Humans have been preserving food for many thousands of years, from early techniques such as smoking and drying, to the fermentation and cooking/storing in fat (now known as a "confit").



Around the 16th century, pickles and jams started to be produced (again, often packed within fat), but none of these methods proved to be completely exempt

from spoilage and a more reliable process was needed.

In 1809, following an appeal from Napoleon Bonaparte to find safely and reliably preserved food for army and navy troops, a French cook named Nicolas Appert developed a new preserving technique. This marked the introduction of the packing, heating and sealing techniques which we use in canning today. The basic process of canning hasn't changed and is still in use by the food manufacturing industry today. On a small scale it can be replicated for fruits and vegetables at home using a water bath method and for more elaborate meals using a special pressure canning machine. Here we explain a little more....

## TIP

Think about what you'll realistically eat. Take into account the food your family enjoys. Plan for meals based on what's in your pantry, and make substitutions to recipes to include what you've preserved.





## THE SCIENCE OF CANNING

A little appreciation of the science behind bottling will help you to understand why it is such a tried, trusted and useful method of preserving. In a nutshell, the aim of canning is to apply enough heat to destroy any harmful bacteria in the produce whilst it is in the jar or bottle, and then immediately seal the produce in an airtight container to preserve. There are two different approaches to consider, the first being 'pressure canning' which is suitable for non-acidic products such as meat and vegetables. If you wish to preserve in this way, you will need to invest in a "pressure canner" – many different varieties are available online and a lot more information can be found in the "pressure canning" section of the website [freshpreserving.com](http://freshpreserving.com). We would also recommend the US Dept. of Agriculture's book "Complete Guide to Home Canning and Preserving" which is available from Amazon UK.

However, the simplest method (and the one that is most appropriate for many of our customers) is 'water bath canning', in which jars with two-part lids are filled with the more acidic foods such as berries, tomatoes or cucumbers in vinegar. The flat disc part of the lid is placed on the top of the jar, with the screw band loosely fitted around the rim. This allows the air to escape as the produce heats in a water bath. When the jars are removed from the water (according to the time given in the recipe), the cooling produce creates a vacuum which pulls the disc down tighter and tighter; enabling the screw band to be firmly tightened. The beauty of these jars is that provided the flat disc part of the jar remains firmly down, you know that the jar has kept a full seal. The lids act like the buttons you see on top of some supermarket jars these days. Pam Corbin's YouTube video on bottling fruit offers an easy to understand tutorial.

So – water bath canning is the perfect place to start if you wish to preserve many fruits, crunchy pickles, or indeed long-lasting jams and jellies – with a shelf life of up to 2 years in some cases. Once experienced, some customers advance to "pressure canning"; a technique which requires more specialised equipment

but provides the opportunity to preserve whole meals. We focus here on the water canning technique as it does not require you to purchase an expensive pressure canning machine. We would recommend the [pickyourown.org](http://pickyourown.org) website for great hints and tips on advanced techniques.

## A RECIPE FOR PRESERVED APPLES (courtesy of All Recipes UK)

### Ingredients

- 900g caster sugar
- 125g cornflour
- 1 dessert spoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 dessert spoon of salt



- 2.25L water
- 3 tablespoons lemon juice
- 3kg apples – peeled, cored and chopped

### Method

1. In a large pan, mix sugar, cornflour, cinnamon and nutmeg. Add salt and water and mix well. Bring to a boil and cook until thick and bubbly. Remove from heat and add lemon juice.
2. Pack the sliced apples into hot sterilised jars, leaving a 2cm space at the top.
3. Fill jars with hot syrup, and gently remove air bubbles with a knife.
4. Place lids on jars and process in a water bath for 20 minutes until sealed.

## WATER BATH BOTTLING/CANNING EQUIPMENT:

To get started, you will need the following basic equipment:

1. A pan with large enough capacity to immerse your jars fully, plus a little extra space. This should be a heavy bottomed pan.
2. Jar lifting tongs (available from Wares: [www.waresofknutsford.co.uk/jar-lifting-tongs/](http://www.waresofknutsford.co.uk/jar-lifting-tongs/) – your hands will thank you later!



3. A set of good quality canning jars (we stock a wide range of sizes and varieties – please see above).

- Shop local and shop fresh! As with any food preparation, to have the best culinary experience we would recommend that you start with the freshest ingredients possible, and organic if preferred. Think carefully about which fruits and vegetables are in season at the moment (simply consult our guide) and this will, in turn, influence some super

seasonal recipes. If you have a local Farmers' Market, it's well worth a trip – speaking to people who deal with fruit and vegetables every day will help to broaden your knowledge!

## BASIC STEPS FOR STRESS-FREE CANNING!

1. Source and prepare your fresh ingredients and brine or syrup as per your recipe (fruit, vegetables, herbs, spices).
2. Fill the jars and wipe the rims until they are clean and dry.

3. Pop on the flat disc lids and loosely add the screw bands.
4. Place in your pan and boil.
5. Remove and cool slowly until the seals have formed.





WARES  
— of —  
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# A Berry Delicious Summer...

With dark and chilly winter nights now a distant memory, it's time to embrace the long, warm Summer days and make the most of the abundance of British-grown fruit available at this time of year. Not only are strawberries, blackberries and blueberries sweet and delicious - they also provide a nutritious, vitamin-rich basis for a lot of super recipes!

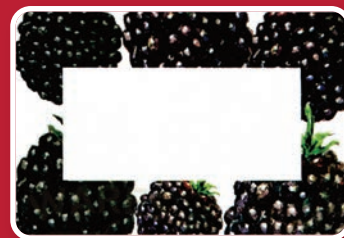
INDULGENT STRAWBERRY, BASIL  
AND MASCARPONE TART



## Succulent Strawberries: FACT FILE

- British strawberry season tends to run from May-October. However, these days strawberries are available in supermarkets all year round, with winter fruit being imported from Israel, Egypt and Morocco.
- It is believed that strawberries were first grown by the Romans as early as 200BC. In the 16th century, they were sold in straw cones, making them one of the earliest pre-packed foods.
- Strawberries contain high levels of vitamin C and iodine which aid the immune system, brain function and help keep our hearts healthy.
- If you suffer from high blood pressure, strawberries can help. With a high magnesium and potassium content, they can help to reduce blood pressure as part of a healthy, balanced diet.

Check out our summer berries related items at [waresofknutsford.co.uk](http://waresofknutsford.co.uk)



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There are few things more satisfying than using fresh, sweet fruit to create a summer jam. This can be enjoyed by the whole family, given away as a thoughtful edible gift or be marketed as a best-selling favourite for artisan producers. Alongside preserving, there are endless other uses for summer fruits, and we have selected just a few to whet your appetite!

### INDULGENT STRAWBERRY, BASIL AND MASCARPONE TART serves 8

(adapted into British measures from The Gourmet RD)

#### CRUST

- 130g old-fashioned rolled oats
- 85g salted butter, cubed
- 2 tbsp. honey
- 90ml cold water

#### STRAWBERRY FILLING

- 10g granulated sugar
- 2 tsp. balsamic vinegar (or lemon juice if preferred)
- 680g strawberries, hulled and sliced

#### MASCARPONE WHIP

- 120ml single cream
- 225g mascarpone
- 2 tsp. vanilla extract
- 1 tbsp. honey
- A pinch of fresh basil & mint to garnish

#### Method

1. To make crust: Preheat oven to 170°C/gas 3-4. Place oats, butter and honey in a food processor. Pulse while adding one tablespoon of cold water at a time, until the mixture forms a dough. Remove tart dough and place in an ungreased 12-inch tart

tin. With your fingers, press the dough into the pan, taking care to push the crust into the indentations in the sides. Pat until the crust is even. Bake for 20-25 minutes, until crust is crispy and browned on the edges. Allow to cool.

2. For the strawberry filling: In a bowl, mix sliced strawberries with balsamic vinegar and sugar.

3. To make the whip: Using a hand mixer, whip the half and half until fluffy. Add a dollop of mascarpone at a time until the mixture is smooth and creamy. Mix in the vanilla essence and honey until incorporated. Mixture should be smooth, creamy and stiff like whipped cream.

4. To assemble tart: Fill cooled tart shell with  $\frac{3}{4}$  of the strawberry filling. Top with mascarpone whip and garnish with remaining strawberries and the basil and mint. Remove tart from the tart pan, slice and serve.



### OVERNIGHT OAT AND BLUEBERRY JARS

single serving (from Anita Bean, Nutritionist and Health Writer)

#### Ingredients

- 40g rolled oats
- A pinch of cinnamon
- 75g (3fl. oz.) plain Greek yogurt
- 125ml (4fl. oz.) any milk
- 1 – 2 tsp maple syrup or honey (to taste)
- A handful of blueberries
- A few walnuts

#### Method

1. Mix together the oats, cinnamon, yogurt, milk, maple syrup or honey and blueberries in a Mason Jar. Cover and put in the fridge overnight so the oats absorb all the liquid.

2. In the morning, remove from the fridge, top with the walnuts and enjoy!

### PEAR AND BLACKBERRY CRUMBLES

serves 4

(from James Martin via BBC Good Food)

#### Ingredients

- 4 large ripe English pears, peeled and cubed
- 100g golden granulated sugar
- 250g blackberries
- 200g plain flour
- 100g unsalted butter, cold, cut into cubes
- 85g pistachio, shelled and roughly chopped
- 100g Demerara sugar
- Ice cream or custard to serve

#### Method

1. Heat oven to 190°C/gas 5. Place the pears in a medium-size pan, add the granulated sugar and cook on a medium heat until the fruit starts to soften and releases its juices (about 10 mins). Add the blackberries

## Brilliant Blueberries: FACT FILE

- British blueberry season lasts from June-September. However, the USA is the biggest producer in the world with a vast range of different varieties!
- Too many blueberries? Don't worry, they keep well and freeze in just 4 minutes!
- Blueberries are high in antioxidants called anthocyanins – these are the compounds which colour them dusty blue.
- Blueberries are in fashion and consumption has more than doubled since 2007. Recognised by health organisations as a "Superfood", they are recommended by nutritionists to help fight disease and reduce inflammation.

and bring back to the boil, then remove from the heat. Spoon the fruity mixture into 4 individual ovenproof ramekins, or 1 large traditional enamel baking dish (both available from Wares' Kitchen department).

2. Place the flour, butter and a pinch of salt in a large bowl and rub together with your fingers until the mixture resembles coarse breadcrumbs. Add the pistachios and demerara sugar, then stir to combine.

3. Sprinkle crumble evenly over the cooked fruit. This can be done up to 1 day ahead, or frozen for up to 1 month. Bake for 20-25 mins if small, 40 mins if large, until golden. If baking from frozen, add 15 mins cooking time. Remove from the oven, cool slightly, then serve with ice cream or custard.

## Beautiful Blackberries: FACT FILE

- There are two distinct types of blackberry; European and the North American. British blackberries are available from June until November, and the combined sources mean that the fruit is available in almost constant supply.

- Blackberries have many different names! They can be known as brambleberries, bramble, thimbleberry, dewberry and lawers.

- The fruit is dark blue because it contains high levels of anti-oxidants, well known for reducing the risk of certain diseases.
- Like most fruit and veg, the berries are best consumed in their natural state to ease intestinal inflammation and boost the immune system.



# Preserving: A 15,000 year history!

Looking back over the ages helps us to understand how food preservation has changed dramatically. From a necessity for survival to an industry-led phenomenon and perhaps now how the tide is turning back toward home grown and home preserved for better health



12,000BC

Preserving started naturally and probably accidentally in the Middle East as early as 12,000BC, with wind and sun naturally drying exposed foods. Historical evidence in other cultures shows that the earliest preserving methods and tools were largely reflective of the foods (from livestock) and materials available to people at that time.

10,000BC

Historians record a shift in human behaviour around 10,000BC, with mankind developing more of a structured working role as e.g. farmers growing barley, amongst other crops. It is thought that the first beer was probably discovered when barley grains were exposed to the rain, fermenting starch-derived sugars into alcohol. This basic process has of course become a template for fermenting fruit to make wine, cabbage to make sauerkraut and so on. Fermentation was an extremely valuable preservation method in ancient times as it helped to produce tastier foodstuffs which, by virtue of the fermentation process, were also richer in vitamins and more nutritious than ever before.

1780BC

The preserving method of 'freezing' began in ancient times with 'ice pits'. These were holes in the ground which filled naturally with snow and were useful (albeit seasonally) for food storage. Historical records from 1780BC show that the first 'ice house' was constructed in the town of Terqa by the King of Mari. This was a much more sophisticated invention and became the basic model for the modern refrigerators and freezers that we take for granted today.

753BC

Advancing from natural drying of meat and fish, it was discovered that fruit and vegetables could also be effectively preserved using this method - and the Romans were the pioneers. The Middle Ages saw the development of 'still houses' in areas where there was not enough heat or sunlight for drying to work effectively. Fires were lit to dry fruit, vegetables and herbs along with fish and meat - thus leading to the start of the 'smoking' method that is still observed in smokehouses today. Two other key natural products in the history of preserving were honey and sugar. Following on from the initial methods of the Ancient Greeks, the Romans combined quince and honey, cooking them together to form a solid texture.

1500s

Food preservation methods continued to develop over the centuries, with a huge move forward in the 16th century as foodstuffs began to be shipped more widely and effectively into Europe and worldwide. For example, Ketchup began in Asia as a fish brine which reached America (via Europe) and was combined with sugar to make a more palatable condiment. The addition of oriental spices to these meat- and fish-based sauces soon led to a much wider production of mustards, chutneys, relishes and more. It is believed that Worcester Sauce was created by accident after a barrel of relish was mistakenly left to mature for much longer than planned in the basement of a chemist's shop!

## TIP

There are lots of useful videos on drying fruit at home using the oven on YouTube - have a google



Check out our website for a huge range of preserving options  
[waresofknutsford.co.uk](http://waresofknutsford.co.uk)



## A TRADITIONAL PRESERVING RECIPE

Nothing says 'traditional preserving' quite like good-old fashioned Pickled Onions. With onions in season between July and October in the UK, there is no better time to get creating so that the fruits of your labour will be ready in time for when the nights draw in and the festive season draws near.

This recipe is shared from our expert pickling friends at Sarson's. Don't forget to explore our huge range of clip top, Kilner and screw-top

preserving jars which are perfect for pickled onions.

### Ingredients

- 600ml Sarsons Malt vinegar
- 500g small pickling onions
- 25g table salt
- 100g granulated sugar
- 10 peppercorns
- 2tsp mustard seeds
- 1tsp coriander seeds
- 2 bay leaves

### Method

1. Put the onions in a large bowl and tip over a kettle of boiling water. Leave for 20 seconds then pour into a colander, return to the bowl

and pour over lots of very cold water. The skins should now peel off very easily.

2. Once peeled, layer in a bowl and sprinkle each layer with salt. Cover and leave overnight or up to 24hrs.

3. Meanwhile, pour the vinegar and sugar into a large saucepan with the peppercorns, mustard seeds

and bay leaves. Put the lid on the pan, bring to the boil then remove from the heat and set aside to allow the spices to infuse.

4. The following day, rinse the onions well and pat dry.

5. Pack the onions into sterilised preserving jars then use a jug to pour over the vinegar, including the mustard, peppercorns and bay, completely covering the onions. Seal and allow to mature for 6 weeks.



## 1790

The key 'modern' preserving method of 'canning' was pioneered by Nicolas Appert in 1790 (you can read more about this in our canning article.) Appert made the great discovery that heat applied to foods in sealed glass bottles would seal and preserve it for much longer. Appert's findings were trialed on the French navy across a wide range of foods with very positive results.



Above: Nicolas Appert  
Right top: Ice house  
Right: Birdseye refrigerating apparatus

## 1810

Inspired by Appert's invention of canning, Peter Durand developed the method further by applying heat to seal food in tin cans. This is the method still used for all our tinned goods today!

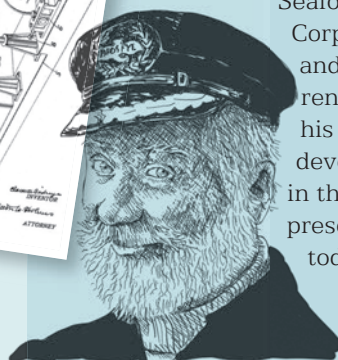
## 1834

The first vapour-compression refrigeration system was built, marking the beginning of mechanical refrigeration. This was much more sophisticated than the original ice pits/houses and a huge leap towards modern-day methods of refrigeration and freezing.



## 1912

Businessman and inventor Clarence Birdseye visited the Arctic as part of a fur-trading expedition. He observed Inuit people freezing freshly-caught fish extremely quickly using the natural elements of wind and ice and concluded that the speed of this process meant that the fish remained completely fresh until thawed. Following his return home, Birdseye developed the 'Quick Freeze Machine' for meat, fish and vegetables, based on the principles that he had observed. Shortly afterwards in 1924, he started the 'General Seafood Corporation', and is still renowned for his developments in this area of preservation today!

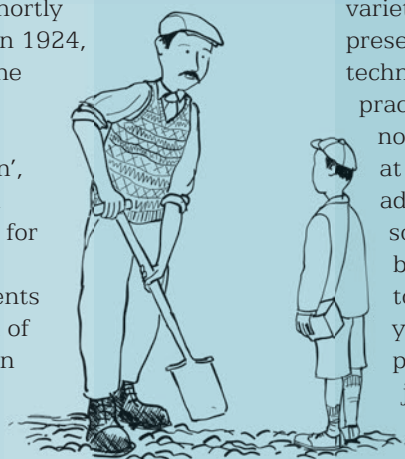


## WORLD WARS I AND II

Canning was heavily promoted as a method of preservation during both World Wars as it allowed people to 'save' fresh foods for an uncertain future. The cultivation of communal 'war gardens' (later known as "victory gardens") allowed people to grow fresh fruits and vegetables which were then canned and made into pickles and jams to be eaten over the winter.

## MODERN DAY

There has been a huge revival in preserving in recent years, with uncertainty in our economic climate and a feeling of comfort and satisfaction from being self-sufficient in a world which is becoming dominated by technology. Demand for allotments is at a record high, and people are striving to eat more fresh fruit and vegetables for good health and nutrition. We are extremely lucky to have the technology at our fingertips to put a variety of preserving techniques into practice at home nowadays, and at Wares we can advise and source the very best equipment to assist you on your preserving journey.





# Viwa l'Italia!

## Living the Italian

## Preserving Dream

When it comes to eating... most would agree that the Italians know how to blend fantastic flavours to make delicious traditional dishes. From crusty bread and olive oil to thin, crispy pizzas, and from rich creamy desserts to good old mozzarella, there really is something to suit every appetite and taste.

### THE HISTORY OF OLIVE OIL

Olives are a classic starter in all Italian restaurants, a staple in the Mediterranean diet, and of course the basis of olive oil which is so widely used in Italian cooking (and beyond!) Historians believe that olive trees actually first grew in Ancient Greece and then spread throughout the Mediterranean region as the Greeks explored and travelled further from home. The pressing of olives dates back to around 3000 BC and still continues in full force today! At Wares, we stock a wide range of oil bottles, all of which are very popular with our customers; from restaurateurs and artisan producers to individuals making flavoured oils for gifts. Most of our oil bottles are available in a range of

sizes and colours, and with a choice of standard or oil-pourer caps making them very versatile.

Whilst delicious in its original form, olive oil also provides a fantastic basic foundation to add flavours to, as the following lovely summertime recipe demonstrates. It is really easy to create, and makes an ideal homemade gift for all occasions!

### DELICIOUS LEMON AND FENNEL OIL (Good Housekeeping)

- 500ml extra virgin olive oil
- 2 large lemons
- 2 tsp. fennel seeds

#### Method

1. Put 500ml extra virgin olive oil, the pared rind of both lemons and 1 tsp. lightly crushed fennel seeds into a non-metallic bowl. Cover with cling film and store in a cool dark place to infuse for a week.
2. Strain through a sieve lined with kitchen paper into a jug and then pour into sterilised bottles. Add additional fennel seeds and lemon peel to decorate.

**Notes:**  
Store in a cool, dark place. Oil will keep for up to 3 months.



goats cheese are just a few foods perfect for olive oil preservation - and these top tips from [feastingathome.com](http://feastingathome.com) will help you to explore this technique:

### PRESERVING FOOD IN OLIVE OIL

Olive oil has so many fantastic uses, from dipping crusty bread to cooking, drizzling on summer salads and even preserving food! Historically, in regions where olive trees grew, people were heavily reliant on olive oil as part of their food preservation processes, allowing them to keep meat, fish and vegetables fresh to be consumed out of season when food supply was much more scarce.

Preserving food 'sott'olio' ('under the oil') is a fantastic alternative to using vinegar for a change! Oil is a natural preservative and prevents spoilage by isolating food from the air by forming a seal which delays deterioration and mould formation. Peppers, sun-dried tomatoes, lemons and

- Vegetables must be cooked. You can grill, roast or blanch them.
- An ideal marinade consists of 2 parts olive oil to 1 part acid (vinegar), salt and pepper. The acid and salt help to keep unhealthy bacteria at bay.
- Marinated vegetables must be stored in the fridge and will keep for 3-4 months as long as vegetables are fully submerged and there are no raw components.
- Be aware that olive oil will harden in the fridge! If this doesn't seem to be happening, the fridge may not be cold enough.



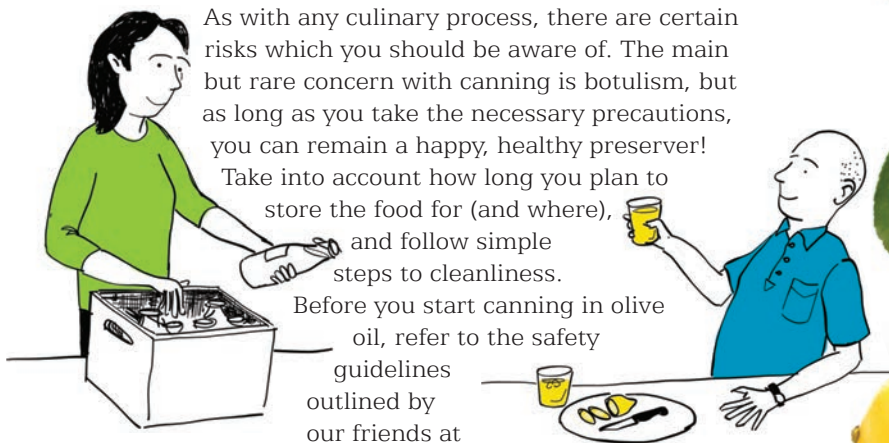
## STAY SAFE WHEN PRESERVING WITH OLIVE OIL

As with any culinary process, there are certain risks which you should be aware of. The main but rare concern with canning is botulism, but as long as you take the necessary precautions, you can remain a happy, healthy preserver!

Take into account how long you plan to store the food for (and where), and follow simple steps to cleanliness.

Before you start canning in olive oil, refer to the safety guidelines outlined by our friends at

[www.oliveoilsource.com](http://www.oliveoilsource.com)



## PRESTO PESTO - BEYOND PASTA!

Classic Italian pesto is mouth-watering with fresh pasta... but this humble yet rich and nutty concoction can be paired with much, much more. Try drizzling on pizza, adding to mashed potato, or mixing into soups or salads for a Mediterranean twist to even the most British of dishes! This summer, why not try Jamie Oliver's fresh and herby recipe and awaken the Italian in you...

### Ingredients

- 1/2 clove of garlic
- 1 big bunch of fresh basil
- A handful of pine nuts
- A handful of grated parmesan
- Dash of extra virgin olive oil
- Juice of 1 lemon (optional, to taste)

### Method

1. Peel the garlic, then pound in a pestle and mortar

with a pinch of sea salt.

2. Pick, roughly chop and add the basil leaves, then bash to a paste (or pulse in a food processor.)

3. Add the pine nuts to the mixture and pound again, then stir in half the parmesan.

4. Drizzle in some oil - you need just enough to bind the sauce and get it to an "oozy" consistency.

5. Add most of the remaining cheese, then season to perfection with salt and black pepper. Taste, and keep adding a bit more cheese or oil until you are happy with the taste and consistency.

6. Add a squeeze of lemon juice at the end to give it a little twang, if you like!



We sell two different oil pourer caps that will fit many of the bottles we sell, so you can be creative on your containers!  
Just call us and we will tell you whether they will fit your choice.  
01477 537 224

## WHEN LIFE GIVES YOU LEMONS....

Now that you have eaten your pesto-drizzled pizza, dipped your bread in infused olive oil and preserved your vegetables the Mediterranean way, there is a possibility that you may just have space for a sweet grown-up treat! Nothing marks the end of an Italian meal quite like a glass of Limoncello (and an optional strong black coffee of course.)

Limoncello is a zesty and refreshing summer liqueur which gets it's delicious flavour from the skins of lemons (or other citrus fruits when making variations!) It can be enjoyed either neat, with ice and a mixer or drizzled over ice cream or sorbet. This delicious treat is almost as easy to make as it is to drink; just follow this super recipe shared from our friends at

**Delicious Magazine:**

### Ingredients

- 6 large lemons (unwaxed if possible)
- 750ml bottle 100% proof vodka
- 200g granulated sugar

### Method

1. Wash the lemons well. Peel the zest from the lemons with a potato

peeler, taking care not to remove any of the white pith underneath. Place the zest in a large sterilised screw-top or clip-top jar and cover with half the vodka. Seal and set aside for 2 weeks.

2. Two weeks later, put 225ml water and the sugar together in a saucepan over a low heat until the sugar has completely dissolved. Leave the sugar syrup to cool completely. (This is very important because if the sugar syrup is warm it will produce a cloudy limoncello.)

3. Pass the lemon-infused vodka through a very fine or muslin-lined sieve into a jug and mix with the remaining vodka and the sugar syrup. Pour the mixture into a sterilised bottle and seal tightly with a cork or airtight lid. Set aside in a dark cool place for 10 days, for the flavours to develop.
4. To serve as a liqueur, chill in the freezer for several hours before drinking.

We may not all have the luxury of a sunny holiday to look forward to (or any chance of a Mediterranean climate at home), but embracing the Italian techniques of preserving and cooking will certainly help bring a European twist to your kitchen!



# Jars and Bottles are Good For You!

In this day and age, health and nutrition are high on our list of priorities and there are now many businesses in the 'wellbeing' sector. So, what does being healthy mean to you...and how can we effectively embrace good all-round health without spending a fortune?

We believe that good health starts with the foundations you build at home. As you may already know, Wares of Knutsford is a family-run business; and although we are not all 'officially' related, we really are one big happy family! We place great importance on relationships with our customers and strive to offer the highest possible quality of service and assistance. Hand-in-hand with the sense of psychological wellbeing that we strive for, we also place great importance on physical health and nourishment.



## I MADE IT MYSELF!

There are few things more satisfying than taking the

time to go 'back to basics' and create something from scratch... and the humble jam jar (or bottle) is a great place to start. You don't need to be a chef or nutritionist to have an understanding of good food and simple recipes. A basic knowledge of seasonal produce (which we hope to help with throughout this edition) and a passion for culinary experimentation will make the perfect foundations to help you get started. Glass containers are favoured by many; not only because they are completely recyclable but also because some plastic packaging contains BPA, a chemical proven to be harmful to human health.

## A (HEALTHY) DAY IN THE LIFE OF A GLASS JAR

Mason Jars are used widely by our American friends for preserving and also canning entire meals for safe storage. Here, we will demonstrate how you can use a set of 500ml Mason Jars to house a delicious range of meals to last throughout the day. See the Mason jar category of our website.



## BREAKFAST - FRUITY OVERNIGHT OATS (BBC Good Food)

### THE SOAKING PROCESS

To make this classic morning meal, simply pop your desired portion of oats into a Mason Jar and soak in either apple juice or natural yoghurt. Jumbo oats will add more texture than porridge oats, or why not try a combination? For extra flavour, toast some or all of the oats for a couple of minutes in a dry non-stick pan. Just cool before using!

### FRUITY FUN AND TERRIFIC TOPPINGS

The world is your oyster! You could use coarsely grated apple or pear, strawberries or our favourite superfood - blueberries. For extra bite,

try pomegranate or chia seeds too. This is such an easy way to make a big contribution to your 5-a-day without even trying. Leave your oats and fruit to soak overnight in your jar in the fridge. All that's left to do in the morning is add that final flourish; pop in some more fresh fruit, a spoon of granola, honey or nuts and your vibrant, nourishing breakfast is ready to go.

## KITCHEN, TRAIN OR OFFICE?

Our Mason jars are great quality and airtight, making this breakfast perfect to eat on the move or transport to work. You will soon be the envy of friends and colleagues!



**Save 10% off MASON JARS**

Quote **HEALTHYMASON** and you will receive a 10% discount off your next Mason Jar order at: [waresofknutsford.co.uk](http://waresofknutsford.co.uk)





## LUNCH - SALAD IN A JAR (The Telegraph)

*Top Tips for creating a salad jar*  
(adapted from The Telegraph)

- Packing a salad jar is a combination of chemistry and engineering. Start with the dressing in the bottom, making sure it is punchy enough to season and flavour the whole salad.
- Next add robust vegetables such as root veg, fennel or cabbage. Sliced thinly, this should lift the rest of the ingredients out of the liquid, preventing saturation.
- Third in line is the fairly firm veg that won't mind the weight of a few more ingredients on top. Green beans, peas and cucumber are perfect.
- After that, add rice, noodles, beans or couscous, or whatever starch you want to add. Another layer of vegetables can go on top, more delicate things such as roasted aubergines or peppers.
- A layer of protein such as cheese, chicken or fish is essential in a balanced diet - these jars are the perfect way to use up your leftovers. Season it lightly at this stage and why not pop in pumpkin seeds for added bite?
- Finally, fill the top of the jar loosely with fragile salad leaves and herbs, where they won't get squashed.



## DINNER - 7-VEG TOMATO SAUCE makes 4 litres (Jamie Oliver's Superfood Family Classics)



We know that this isn't strictly dinner in a jar - but this tasty, super-nutritious sauce provides the perfect accompaniment to all manner of meals from pasta to chicken and hearty stews or bakes. It's a great way to incorporate 5+ a day into your diet and especially good for children who may be less keen on eating their veggies! Once cooled, store in easy-to-handle portions in Mason Jars. If you wish to freeze this sauce, this can also be done in glass jars - just leave at least an inch between the top of the sauce and shoulder of the jar to allow for a little expansion!



## SHOPPING LIST:

- 2 small onions
- 2 small leeks
- 2 sticks of celery
- 2 carrots
- 2 courgettes
- 2 red peppers
- ½ a butternut squash (600g)
- 2 cloves of garlic
- olive oil
- 2 teaspoons dried oregano
- 4 x 400 g tins of plum tomatoes

## Method

1. Start with your veg. prep - you can either do this by hand or, in batches, rattle it all through a food processor.
2. Peel the onions, wash and trim the leeks, celery, carrots and courgettes, deseed the peppers and squash (there's no need to peel it), then finely chop it all. Peel the garlic and finely chop by hand.

## STRAWBERRIES AND CREAM CHEESECAKE JARS serves 8 (BBC Good Food)

Good health and nourishment is all about 'balance'. Whilst Mason Jars are perfect for a summertime rainbow fruit salad, we would also like to share the recipe for this indulgent Strawberries and Cream Cheesecake. Summer is the perfect season for British strawberries, so why not put them to good use in this delicious dessert for a weekend treat or summer picnic?

## Ingredients

- 200g digestive biscuits
- 200g cream cheese
- 200ml double cream
- 6 tbsp. icing sugar
- 2 tsp. vanilla extract
- 500g strawberries, halved or quartered

## Method

1. Blitz the biscuits to crumbs in a food processor or in a bowl with the end of a rolling pin. Divide the biscuit crumbs between the jars.
2. In a large bowl, whisk the cream cheese, cream, 5 tbsp icing sugar and the vanilla extract until softly whipped. Tip half the strawberries and the remaining sugar into another bowl and crush with a fork to a purée. Ripple the purée through the cream and divide between the jars. Top each cheesecake with remaining strawberries, secure the lids and chill until ready to pack up. Transport in a cooler bag.

# DID YOU KNOW?

Wares of Knutsford stock Mason Jars in a range of brands and sizes to suit all recipes and budgets.

Check them out at:  
[waresofknutsford.co.uk](http://waresofknutsford.co.uk)  
and search Mason jars

3. Put a super-large pan on a medium heat with 2 tablespoons of oil. Add the garlic and oregano, fry for 1 minute, then add all the prepped veg.
4. Cook with the lid on for 25 minutes, or until the vegetables are soft but not coloured, stirring regularly.
5. Pour in the tinned tomatoes, breaking them up with a wooden spoon, then just under half-fill each tin with water, swirl around and pour into the pan.
6. Simmer for 25 minutes, or until the sauce has reduced. Leave to cool a little, then blitz until smooth, taste, and season to perfection.



Have you made a recipe in a Mason Jar? Why not share your recipes and pictures with our friendly social media community on Facebook, Twitter or Instagram!





# Looking to buy in bulk?

Do you regularly buy larger bargain packs of jars from us?

Perhaps you are looking to expand your much-loved home-preserving projects into Artisan Markets or Farm Shops, or you are already an established business looking for a new, reliable supplier. Good news – we can help!

We have over 350 glass jars and bottles in our range, available at competitive wholesale prices. We offer a flexible 'Mix and Match' service, allowing you to make up a wholesale order from various different items, and also supply single-item bulk pallets if preferred. We pride ourselves on offering excellent customer service, quick and reliable lead times and clear, competitive prices. Visit the wholesale department of our website, send us an email or give us a call for more details and to obtain a copy of our wholesale pricelist.

**WARES**  
— of —  
*Knutsford*

## ...and finally

### Do you live or work in the North West?

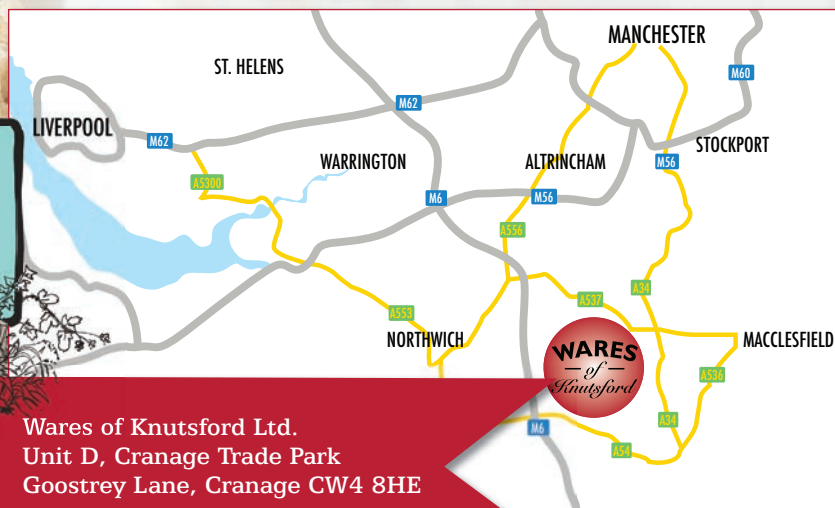
We love meeting customers face-to-face and hearing about your preserving projects. Many local people who come to visit us don't even know we are here, so we would love to spread the word.

Although we mainly sell online and over the telephone, we operate from a warehouse in the rural village of Goostrey, Cheshire – just a 10-minute drive from junction 18 of the M6 and around 25 miles south of Manchester. We also have a lovely showroom here where customers can browse our

entire range, handle the products, ask for advice and take away samples or full orders at the same time.

Our warehouse and showroom are part of a larger complex, 'Goostrey Home and Leisure' which is a huge garden centre and gift emporium selling everything from balloons to wellington boots and craft materials to antiques. With a lovely café and children's play area too, it is well worth a day out adventuring in the Cheshire countryside.

**WELCOME TO  
GOOSTREY**



[waresofknutsford.co.uk](http://waresofknutsford.co.uk)

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