



The Good

Life

Winter 2015

'All Things Preserving'

In this issue:

Canning Explained
Marvellous Marmalade
Gifts and Party Special
The Origins of Chutney

Mrs Doubtfire's Household Management
Seasonal Recipes

WARES
— of —
Knutsford





Welcome to The Good Life!

Hello from the Wares of Knutsford team and a warm welcome to the second edition of our customer magazine.

We have had lovely feedback about the first edition, which is still available electronically on our website. In this edition we present articles and information appropriate to the season - winter and of course Christmas. We include some practical advice on the use of jars and bottles and ideas on topics we know our customers will enjoy. There are also plenty of recipes, tips and novel gift ideas.

Thank you for your custom, happy christmas and a healthy and happy new year to you all.



Valerie Byles
WARES
— of —
Knutsford



G H L

Goostrey Home
& Leisure

Visit our showroom in Cheshire if you are nearby:
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www.waresofknutsford.co.uk

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This Quarter Winter 2015



Canning In our frequently asked questions article this quarter we try to share the in's and outs of canning. Huge in the U.S and rapidly growing in the U.K.



Marmalade In our special feature we look at the remarkable history of marmalade across the ages and provide - we hope - some inspiration for the long winter months. We also let you know about the fantastic Dalemmain marmalade competition.

Gifts in Jars! A collection of ideas for the preserving enthusiast or budding crafts person. What to put in the jars and how to package them to make friends and relatives smile.



The Origins of Chutney are fascinating. Do you know the difference between chutneys and pickles? We explore the exotic roots of our favourite relishes.

Mrs Doubtfires Household Tips are most useful. This quarter she explores the many ways of maximising wardrobe space.



By Wares of Knutsford

Four pages of delicious seasonal recipes for you to file away and try.

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537224

Our Customer Services

At Wares we pride ourselves on good old fashioned customer service. All day long we receive many phone calls from customers with all sorts of jar and bottle related questions. Our lovely customer service team are very knowledgeable and can help you find the right jar or bottle for you. They can also help you with bespoke quantities, both retail and wholesale, that you won't find on the website.



What exactly is canning and how is it different from making preserves?



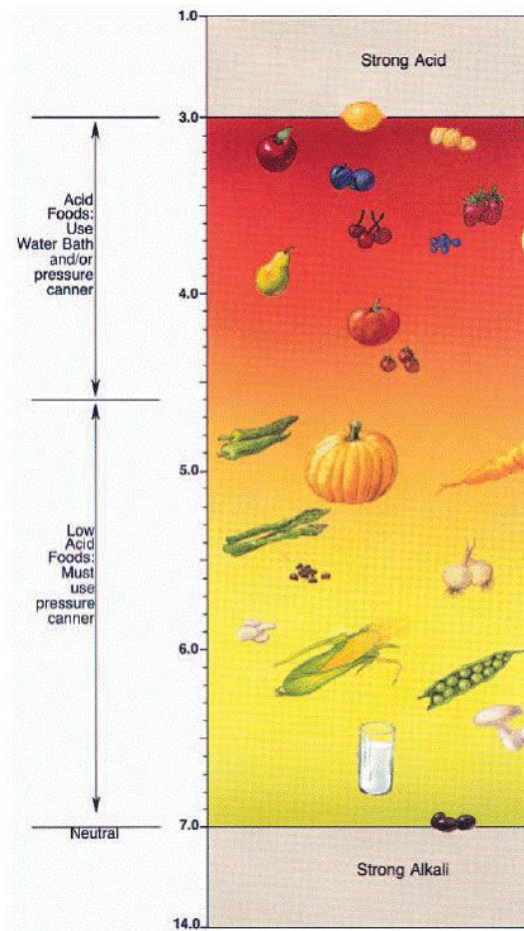
Canning (also known as 'bottling') is the storage of all manner of cooked and raw produce in glass jars or tins. This is the process that the food manufacturing industry uses and it can be replicated on a small scale at home. Indeed canning in jars - which has long been a very popular activity in the U.S.A - is fast becoming popular in this country too. Canning is rewarding and economical, it saves freezer space and cost, preserves food for upto 5 years, uses far less sugar and makes sharing produce easy.

The Water Bath Method

There are two approaches to canning, each appropriate for different foods. High acid content foods such as fruits and tomatoes are suitable for the simple 'water bath' method. This method is generally thought to be the place to start when setting out on canning at home. Fruits and tomatoes can be preserved raw, suspended in a light syrup (beautifully preserving their flavour) or cooked via a recipe into a sauce, pie filling, jam, chutney or pickle. The thing to remember is that high acidity means bacteria find it harder to grow and are destroyed more easily at lower temperatures when heated.

High acidity foods also set more easily to become conserves. These two benefits of acidity are why so many recipes we use include lemon juice and why pickles and chutneys use vinegar to safely preserve low acidity vegetables.

So, the waterbath method involves peeling, briefly cooking the fruit and decanting into still warm sterilised jars. Instead of adding sugar and bringing your fruit to a rapid boil, as you would do for jam making, you are decanting sliced fruit segments straight into the jars and adding a pre-boiled light juice, syrup or water in which the fruit will be suspended.



Taken from the USDA guidance on home canning



Kilner, Mason & Leifheit Jars

Useful links
&
Guidance



SimplyCanning
it's like being taught by your best friend

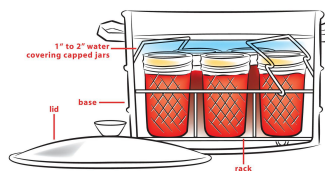


freshpreserving.com



Guidance

This process is known as **'hot packing'** and is useful for several reasons. It means the fruit will have shrunk and therefore is less likely to float in the jars. It means oxygen trapped inside the fruit will have dispersed and the heat from the cooked fruit will mean the seal on the jars is really good and the shelf life is therefore extended.



Having decanted fruit into the jars, leaving the correct headroom for your recipe and not over tightening the lids, you are then submerging the jars into a large pan of boiling water for the stipulated time. The process is exactly the same for sauces, jams and pickles - only the recipes vary. You can buy a special water bath pan and rack quite reasonably, or use your own deep pan.

The Pressure Cooking Method

This method is for low acidity foods and must be done using a special pressure canning machine. Although the machine is expensive it does open up a whole world of preserving raw and cooked meats, vegetables, soups, stews and much more. Low acidity foods require a period of heating at 240F/115C,



and ensures all microorganisms are destroyed. **Link to UK available machine.** A meal in a jar is there on the larder shelf. The internet is absolutely stuffy with recipes for canning fruit and tomatoes using the water bath method. So have a Google or follow these links. <http://www.canning-recipes.com/>
<http://www.canningacrossamerica.com/recipes/>

Lids Explained



Jars suitable for canning all use a special two part self sealing lid. This is key. The disc section has a special compound around its inside circumference. Before bathing or steaming your jars the disc is placed on top of the clean jar opening and held in place by the screw band section. In both methods the screw bands should just be tightened firmly but not with your full strength before processing, allowing any remaining air to escape. Once out of the water the lid will be progressively pulled tighter and tighter as the produce cools and the compound forms an airtight seal. After the jars are cool the lid should just be left and not re-tightened. You will hear a popping sound as the contents cool, this is the suction occurring. You will see the lid has a slight dip in the middle, so you can rest assured the seal is good and can check this periodically over time. Good Luck!

The Right Jars

We recommend Mason Jars (the same as the U.S 'Ball' Jar), Familia Wiss Terrines and Kilner Jars for canning. All good quality tempered glass and complete with their two part lids. Spare discs can also be bought for repeated jar use over the years.





Marvellous Marmalade



Marmalade is an essential in many of our homes, we think of it as very British preserve - Paddington Bear, Scotland and the perfect end to a full cooked english breakfast smothered on white toast. But marmalade in fact has a long and surprisingly exotic international history that is truly inspiring for the preserving enthusiast. It is so much more than oranges - thick cut or shredless. Happily marmalade offers a whole range of opportunities as the autumn jam making months pass and winter settles in.

The beginnings of what we now know as marmalade are with the Greeks and Romans as far back as the 9th century. They learned that quince fruit cooked with honey would produce a set jelly for them to enjoy at the end of a meal, their doctors prescribed it to help digestion. It was served with pepper and ginger and flavoured with rosewater and musk and sometimes spices such as cloves, parsley seed or spikenard.

Quince are small bitter oranges, high in pectin and so ideal for preserving. The tree actually originates from China where it grows on rocky slopes and the margins of woodlands. It came via the middle east to southern europe with Arab traders in the 10th century and is still grown in the south of France and Italy today. Quince fruit continues to be widely used in the making of jelly or 'Marmelo' - particularly in Portugal. 'Marmelo' (Greek for quince) is a thick set paste often eaten with soft cheese and it was this dish that in 1524 was presented in a box and served in slices to King Henry VIII by an ambitious Portugese nobleman. From then on, shipping records show that 'Marmelato' arrived in England from Portugal, Spain and Italy and was commonly seen on wealthy Tudor dining tables in the first half of the 16th century.



Recipes from the mid part of the 16th century are available today and so we know that at this point the nature of marmalade making in England became much more diverse. Indeed, it is from marmalade at this very time in Tudor England that 'jam' emerged. Learning from quince marmalade making, all manner of fruit; peaches, plums, prunes, damsons, apricots and apples were now recommended for boiling - the addition of sugar and re-boiling before placing in a jar for preservation. Again, the word jam, it is thought, came from the arab word for 'close-packed'.

So infact, it is only later in the 16th century that the first recipes for orange marmalade appear. First in England and then Scotland. Legend has it that a spanish cargo ship laden with Seville oranges was forced by a terrible storm to harbour in Dundee.



James Kellier, a quick thinking local grocer bought the entire cargo of Seville oranges only to discover they were sour. It was his wife who came up with the idea of using them instead of sweet oranges - and thus Dundee marmalade was born. Today, only McKays continue to manufacture authentic Dundee marmalade in the Dundee area using whole Seville oranges.

Five hundred years later Seville orange trees continue to adorn almost every middle eastern desert and are grown all along the coast of Lebanon. They are used in middle eastern cultures not only for preserving but for the making of orange blossom essence and syrups, used in arabic desserts and sweets. It was in the 12th century that the spanish region of Seville started to cultivate the sour, thick skinned oranges and hence the name we know today was created. Their sour taste is considered perfect for orange marmalade making.



BBC
Seville
Orange
Recipes Link

But we need not be confined to orange marmalade making. Far from it. These days the demarcation between jams and marmalades is clearer. Marmalade contains suspended fruit in jelly, jams have mushed fruit forming a thick paste.

So - delightfully - every possible combination of citrus fruit lies ahead for the marmalade maker; limes, kumquats, grapefruits, mandarins, bergamots, lemons and blood oranges are all there for the trying along with a world of accompaniments such as watermelon, tomato, pineapple and japonica as well as so many possible flavours - vanilla, chilli, rosemary, whisky, liqueurs, champagne and delicious ideas like 'christmas pudding marmalade' and 'chocolate orange marmalade' make lovely novel gifts.



Kumquats



Bergamots



Pink Grapefruits

Indeed, there is an **international competition for amateur marmalade making organised and run by the Dalemain country estate** in Cumbria. This wonderful institution works closely with Fortnum and Mason in London to collect entries from all over the world and judge the competition. The winning marmalade is put into manufacture and sold in the Fortnum and Mason store. All in aid of charity. A Wares of Knutsford customer has previously won the competition - so why not have a go! **Details of the competition can be found on the back page of this issue.**

Meanwhile here are some ideas on jars, labels and recipes from Wares. Good luck!



FORTNUM & MASON
PICCADILLY SINCE 1707

Dalemain marmalade competition



Lemon, Watermelon & Ginger Marmalade

(from Ann Wilson's Book below)

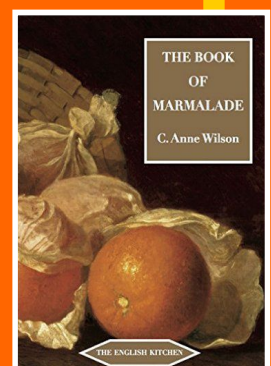
1 pink-fleshed watermelon (3-4lb)
2 lemons
3lb sugar
1 tablespoon minced root ginger

Method:

Cut up the melon flesh into cubes, reserving the pips. Peel off the lemon peel taking as little pith as possible and cut the peel into neat shreds. Squeeze out the lemon-juice and reserve. Heat the melon cubes gently until the juice begins to run, then add the lemon shreds and put into the pan a muslin bag containing the lemon and melon pips, the minced ginger and the inner peel and flesh of the lemons, roughly cut up. Cook gently for about half an hour. Put in the sugar and lemon juice and boil rapidly to setting point.

Jellied Quince Marmalade 17TH CENTURY

Take your quinces and quoddle them until tender, then take the juice of other grated quinces and wet your sugar, which must be the weight of that quantity of quoddled quinces you do, and make syrup, then put in your quoddled quinces sliced thin and boil it a pace until it will jelly.



Great read: Anne Wilson's 'The Book of Marmalade' - includes many historic recipes



New and Old Ideas for....

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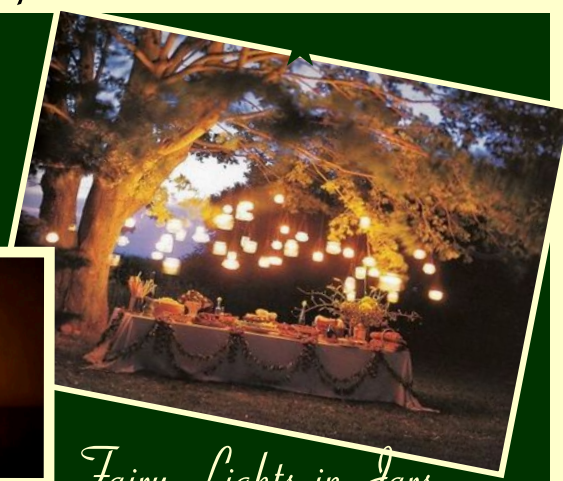
Christmas, Gifts and Parties

At Wares we hear from our customers all year round about their ideas for special and personal gifts as well as lovely ways to decorate their homes at Christmas and for parties, using our jars and bottles.

Here are a few of our absolute favourite with 'how to' links.



*Candles in
Mason Jars*



Fairy Lights in Jars



*DIY Lemon-Lime
Sugar Scrub*

Spa in a Jar



Sweet treats in Jars



*Hot
Chocolate
in Jars*



*Kits
in Jars*



Great website for jar gift ideas! dodoburd.com/diy-gifts-in-a-jar



Idea! Why not make your own labels from old or new Christmas Cards, that way you can make them fit any jar or bottle....



Discover our wide range of shapes and sizes, choice of packs.



Drinking Jars



Vanilla Extract



Home made liquers, Vodkas and Gins



Rum Cream Liqueur

This velvety liqueur is a combination of dark rum, dairy cream, flavours and extract.

Ingredients

- 14 ounce can sweetened condensed milk
- 1 Cup dark rum
- 1 Cup double cream
- 1/4 Cup chocolate-flavored syrup
- 4 teaspoons instant coffee powder (not freeze-dried)
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon homemade vanilla extract (see recipe in this site)
- 1/4 teaspoons coconut extract

Instructions

1. Combine all ingredients in blender or food processor. Whirl at high speed until well blended and smooth.
2. Serve immediately over ice, or cover tightly and store in refrigerator up to 2 weeks.
3. Stir before serving.

For more recipes see the back pages of the magazine. Enjoy!



Jams Chutneys & Pickles



WARES of Knutsford

Classic Jars for Gifts and Crafts!

Clip Top Jars



Coloured Jars

Sweet Jars



Designer Jars



Mason Jars



Small & Mini Jars



The Origins of Chutney



Many of you will know perhaps that the origins of chutney lie far away and in the wonderful, rich, exotic cultural history of India. If I'd been asked I would have said medieval Britain at a guess. But no, whilst pickling appears to originate from that time, we really do have ancient India to thank for chutney.

Chutney, Pickle or Relish?

Although perhaps subtle, in the west there is a clear conceptual difference between pickles, chutneys and relishes. Most straight forward is clear pickling, here the vegetable is stored raw in vinegar or oil, chopped or whole, as with pickled onions or gherkins.

Sweet 'pickles' such as piccalilli or Branston Pickle involve partially cooking the diced vegetables and thickening the sweet vinegar with cornflour to make a chunky paste. Both clear and sweet pickles generally have a shelf life of 2 years - it is of course the acid in the vinegar that prevents the growth of microorganisms.



Chutney (from the Hindi word Chatney or Chatni) however is an altogether different beast. Good chutney is as much art as it is science. It involves real commitment, cooking the fruit and vegetables for a long time - slowly adding all manner of sharp, sweet and rich spiced flavours to create what is a huge variety of potential tastes. We think naturally of green tomato or apple chutney with cheese, but there are so many choices - everything from lime, to mango, plum, marrow, rhubarb, beetroot, carrot and chillie. In the UK we tend to soften the taste of our chutney with sugar, which adds to shelf life, but is less healthy of course. Actually there are hundreds of more authentic, perhaps less commercial, recipes possible with the availability of indian herbs and spices in our shops never being better. Chutney offers rich rewards to the preserver willing to put in the time. For chutney is work, of that there can be no doubt. But, once made (it should be eaten not less than three months later when the flavour has developed) the shelf life of modern chutney is up to 4 years. Relishes on the other hand are often prepared freshly and when put in jars only have a shelf life of year.



So - onwards into the world of chutney.

India and Chutney

Chutney can be traced back as far as 500BC in India. The original Indian Chatni was - and still is - made freshly and eaten straight away or matured out in the sun for up to 2 weeks. It is eaten as a relish along side curry. Made with a mixture of uncooked fruit, often mango's, banana and apples to which chillies, green herbs, spices and tamarind juice are added.



Tamarind is a bizarre looking fruit bearing tree, widely grown around the temperate climates of the world and used in spiced cooking.

Today, the spectrum of Indian Chatni's is huge. The original recipe has morphed across the regions of the Indian subcontinent and indeed around the world.

Flavours vary region by region and by different religious groups. Cooked mango or papaya chutneys are common in the Caribbean, and chutneys are also widely used in South Africa. They have also become increasingly popular in the U.S, especially with the rise in popularity of Caribbean curries.



The first Indian chutneys to reach the West appeared as luxury imports in England and France during the 17th century. They were largely mango chutneys in sticky syrups and preserved in ceramic pots. These luxury goods, like Marmalade soon served as models for Western adaptations which appeared in cookbooks as "mangoed" fruit or vegetables.

The most popular substitutes were unripe peaches or melons.

By the 1800's many chutneys were manufactured in India specifically for export to Europe, among them Lucknow Chutney (a purée of salted limes), and various brand-name chutneys like Major Grey's or Bengal Club. All of these export products were created from recipes appealing to British rather than to Indian tastes, meaning that they were generally sweet and lacked the intense flavours, saltiness, or peppery heat preferred by Indians. Perhaps you would like to dabble into authentic Indian Chutney? Good luck.



Chutneys of India



Regional CHUTNEYS

Assam: coriander, spinach, tomato, curry leaf, chili, radish, carrot, cucumber, beetroot, lentil, chickpea, ghost chilli pepper chutneys

Andhra Pradesh: coconut, coriander, red chilli with grams (chana), tomato, onion, peanut, lemon, curry leaf, tamarind, green chilli, ginger, mint, mango chutneys

Odisha: coconut, mango, orange, tomato, dried fish chutneys

Gujarat: hot lime chutneys, garlic chutney
Haryana: tamarind chutney

Himachal Pradesh: guava and eggplant chutneys

Karnataka: coconut, chilli, peanut, tomato, tamarind, mango, urad dal (a kind of legume), pudina (mint), heeray kayi (ridge gourd), badane kayi (eggplant), uchellu (Niger seed), bende kaayi (okra or ladyfinger), agashi (flax seed), ginger chutneys

Kerala: coconut, mint, urad dal, mango, dry fish, shrimp, onion chutney

Punjab: pudina (mint) chutney, onion chutney, tamarind chutney, mango chutney

Tamil Nadu: Coconut, Coriander, Curry leaf, Red chilli, Green chilli, Garlic, Peanut, Tamarind, Tomato, Onion, Ginger, Radish, Mint, Mango, lentil chutneys

Telangana: coconut, peanut, tomato, lemon, curry leaf, tamarind, green chilli, ginger, mint, mango chutneys.

For a full list of all regions follow this link.

Jamie Olivers Easy Tomato Chutney

Ingredients:

- 250g red onions, finely sliced
- 500g mixed tomatoes, roughly chopped
- 1 red chilli, deseeded, sliced
- 75ml red wine vinegar
- 140g brown sugar

Method:

Put everything in a pan, season to taste and stir well to combine. Simmer for 30–40 mins or until jammy. Pour into a sterilised jar and leave to cool before transferring to the fridge. The chutney will keep in the fridge for up to 4 weeks.

Traditional Green Chatni with Pomegranate Seeds

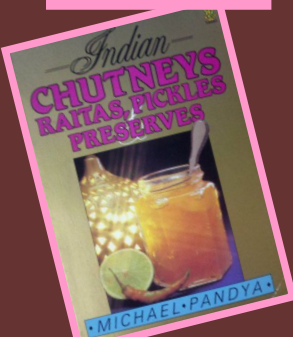
Ingredients:

- 150g fresh coriander leaves
- 100g fresh, young, mint leaves
- 2 green chillies, with stalks removed
- 2 ripe tomatoes, blanched, peeled and chopped
- 1 tbsp anardana
- salt to taste
- 1 tbsp cumin seeds (dry roasted and ground)
- 1 tsp amchoor

Method:

Add the tomatoes to a blender and purée before adding the coriander, mint and chillies. Blend until smooth then add the spices and salt. Blitz to mix

CHUTNEY JARS



Book: Available on Amazon



By Wares of Knutsford



Cocktails at Christmas

These cocktails have been given a seasonal twist to scream Christmas and look wonderfully wintery served in handled jars rather than traditional cocktail glasses.

Cranberry Christmas cocktail

200ml vodka
200ml Cointreau
600ml cranberry juice
400ml orange juice

Mix all the ingredients together well in a large jug. Fill the cocktail jars halfway with crushed ice, then pour over the cocktail. Garnish the glasses with a couple of strips of lime peel.

Christmas Cosmo

500ml vodka
500ml ginger wine
1 litre cranberry juice
5 limes
Slices of stem ginger

Slice strips of the zest from the limes and extract the juice from the fruits. Mix the vodka, ginger wine and cranberry and lime juices together in a large jug. Serve garnished with stem ginger slices and strips of lime zest.

Christmas Pimms

500ml Pimms
500ml brandy
1500ml apple juice
2 cinnamon sticks
1 apple and 1 orange, sliced

Combine all the ingredients together in a jug and serve in cocktail jars half filled with ice cubes.

Non-alcoholic cranberry and orange spritzer

500ml cranberry juice
500ml orange juice
400ml sparkling elderflower presse

Mix the cranberry and orange juices together in a large jug, then add the elderflower presse slowly so that it doesn't fizz over. Serve over ice cubes in drinking jars.



Handled Jars are all the rage at the moment!

Christmas Sauces

These Xmas sauce recipes can save you time when made ahead and make great home made alternatives to shop bought sauces.

Cranberry Xmas sauce

A basic cranberry sauce is very easy to make, but you can make yours unique and sophisticated by adding a few extra, complementary flavours. In this case, cinnamon, clementines and most importantly a bit of port, make for a punchy sauce which will add a light touch to a heavy meal.

450g cranberries, fresh or defrosted
2 tablespoons port
3 cardamom pods, bruised
1 cinnamon stick
Juice and grated zest of two clementines
75g sugar

Add all the ingredients into a saucepan on a gentle heat and stir until the sugar dissolves. Turn

the heat up a little, cover and allow to simmer for about five minutes or until the sauce thickens and the cranberries burst. Remove from the heat and allow to cool before removing the cardamom pods and cinnamon stick. Spoon into jars, label and decorate with Christmas ribbon.

Festive Custard

Not all custards respond well to being made in advance, but this citrusy take on the classic can be made ahead to save time on the day.

700ml full fat milk
200ml double cream
4 egg yolks
3 tablespoons cornflour
200g caster sugar
Juice and zest of three clementines

Add the milk and cream to a large, heavy based saucepan and heat gently – don't allow the mixture to reach boiling point. While that's happening, add the egg yolks, cornflour, caster sugar and the clementine juice and zest to a large bowl and whisk together thoroughly. Keep whisking as you add the not quite boiling milk and cream mixture. Once the mixture is well combined, pour it back into the saucepan and continue to heat gently, stirring all the while with a wooden spoon, until the mixture thickens and coats the spoon. Serve hot or cold. Store in the refrigerator in sealed jars.

Useful link

goodfood

LINK: <http://www.bbcgoodfood.com/recipes/collection/christmas-sauces>

Party Drinks Ideas



This is a fantastic 2 Gallon drink dispenser. For Christmas events, fill it with seasonal punch or use as a party cocktail dispenser – just make sure you provide plenty of glasses, ice and little bowls with garnishing ingredients. Here are a couple of Christmas cocktail ideas in large quantities to fit the dispenser!

Glass drinks dispenser Christmas punch

2 litres orange juice
350ml Benedictine liqueur
500ml whisky or cognac
750ml cranberry juice
3 vanilla pods, seeded
1 clementine, sliced horizontally
3 litres sparkling water

Refrigerate all the ingredients before preparing. Mix the ingredients together in the cocktail dispenser only just before you're ready to serve.

Glass drinks dispenser chocolate orange Christmas cocktail

Orange syrup:
1.5kg golden caster sugar
Zest of 10 oranges, in strips

Start by making an orange syrup. Add the caster sugar to a large pan with 1.5 litres of water and the orange zest. Heat gently until the sugar has completely dissolved, then bring to the boil and set aside to cool. Strain to remove the orange zest.

To make the cocktail..... Chocolate orange Christmas cocktail:

2 litres vodka
2 litres crème de cacao
800ml orange juice
1.2 litres orange syrup

Add the vodka, crème de cacao, orange juice and syrup to the cocktail dispenser and stir well to combine. Make sure there's plenty of ice available, plus glasses with rims dipped in grated dark chocolate



Pink Grapefruit Marmalade

Jam season has reached its end and now we have the arrival of citrus fruits rather than berries. Your preserving adventures don't have to end as the blackberries disappear, because marmalade comes next. Add a touch of sophistication by foregoing the traditional Seville oranges and make grapefruit marmalade instead.

Pink grapefruit marmalade ingredients:

750g pink grapefruits - about 2
1.5kg granulated sugar
2 lemons, juiced

You will also need six or seven jars, sterilised in boiling water or by placing them in the oven at 100C for at least 15 minutes. Use new lids, which should also be sterilised.

Pink grapefruit marmalade method:

Cut the grapefruits in half and juice them. The shells left behind are to be cut into thin or thick shreds, according to your preference. Place the shredded rind and juice into a large bowl, add 1.9 litres of water and allow the lot to soak overnight.

The next day, pour the mixture into a preserving pan - any large, heavy based pan will do if you don't have a preserving pan. Cook over a low heat until the rind softens and the liquid reduces by a about a third - this should take two or three hours.

Add the lemon juice and sugar to the pan and stir with a wooden spoon until the sugar has completely dissolved. Turn up the heat and bring the mixture to a rapid boil, holding it until the marmalade reaches setting point, probably about 15-30 minutes.

Remove the pan from the heat and give the mixture a gentle stir every couple of minutes until any bubbles have dispersed. Transfer the marmalade into warm, sterilised jars while still quite hot and seal immediately. The marmalade will keep for up to two years if stored in a cool, dark place.

Setting point

When you make grapefruit marmalade, you can check for a setting point the same way as you do for any other jam. Before you start, place a couple of small saucers in the freezer. When you are ready to test, spoon a drop of marmalade onto a frozen saucer and leave it for a minute, before using the tip of a clean finger to push the drop. If a skin has formed which wrinkles when you push it, the marmalade has reached setting point. If not, keep boiling and retesting regularly until the drop wrinkles when pushed.



The World's Original
Dalemain Marmalade
Awards & Festival
NEW DATES: 19th & 20th
March 2016 [@MarmaladeAwards](http://www.marmaladeawards.com)

Winter Warmers

Sweet Chilli Jam

Ingredients

8 red peppers, deseeded and roughly chopped
10 red chillies, roughly chopped
finger-sized piece fresh root ginger, peeled and roughly chopped
8 garlic cloves, peeled
400g can cherry tomatoes
750g golden caster sugar
250ml red wine vinegar

Method

Tip the peppers, chillies (with seeds), ginger and garlic into a food processor, then whizz until very finely chopped. Scrape into a heavy-bottomed pan with the tomatoes, sugar and vinegar, then bring everything to the boil. Skim off any scum that comes to the surface, then turn the heat down to a simmer and cook for about 50 mins, stirring occasionally.

Once the jam is becoming sticky, continue cooking for 10-15 mins more, stirring frequently so that it doesn't catch and burn. It should now look like thick, bubbling lava. Cool slightly, transfer to sterilised jars, then leave to cool completely. Keeps for 3 months in a cool, dark cupboard – refrigerate once opened.

We have tried this recipe and its just wonderful with goats cheese and crackers.



Credit BBC Good Food

Beetroot and Orange Chutney

Ingredients

1½ kg raw beetroot, trimmed, peeled and diced (wear gloves!)
3 onions, chopped
3 eating apples, peeled and grated
zest and juice 3 oranges
2 tbsp white or yellow mustard seeds
1 tbsp coriander seed
1 tbsp ground cloves
1 tbsp ground cinnamon
700ml red wine vinegar
700g golden granulated sugar

Method

1. In a preserving pan or your largest saucepan, mix together all the ingredients well. Bring to a gentle simmer, then cook for 1 hr, stirring occasionally, until the chutney is thick and the beetroot tender.

2. While the chutney is cooking, prepare your jars by running through a short hot wash in your dishwasher. Or wash thoroughly by hand, then put in a hot oven to sterilise for 10-15 mins. Once the chutney is ready, let it settle for 10 mins, then carefully spoon into the jars and seal while still hot. You can eat it straight away but it will be even better after a month. Will keep for up to 6 months in a cool dark place. Once opened, refrigerate and eat within 2 months

Caramelised Leek and Garlic Jam

The onion's more humble cousin, the leek, is sadly underrepresented in the preserving world. However this delicious recipe is a great way of preserving leeks, harnessing their pungent sweetness, and the result is a great way to lift your leftover Christmas turkey on Boxing Day.

Leek has a milder flavour than its relative's onion and garlic and has often been overlooked in the culinary world, but is starting to come back into favour in the UK.

Ingredients:

4 bulbs garlic
4 cups sliced leeks
2 onions, finely chopped
50g butter
180ml cider vinegar
120ml lemon juice
2 tablespoons Balsamic vinegar
1.5 teaspoons ground mustard
1 teaspoon salt
*teaspoon white pepper
*teaspoon ground ginger
600g-800g sugar, according to taste

(Vary the quantity of sugar depending on how sweet you want the jam to be.)

Method

First of all, roast the garlic by cutting off the top of the bulbs, drizzling them with olive oil and roasting at 220C for 35 minutes. Allow to cool.

Melt the butter in a large saucepan, add the leeks and onions and fry gently until soft and golden. Squeeze the garlic bulbs so the flesh comes out as a paste and stir it into the pan with the leeks and onions. Add the cider and Balsamic vinegars, lemon juice, mustard, ginger, salt and pepper and bring to the boil. Add the sugar, allow the mixture to come back to the boil and hold it for five to ten minutes, stirring all the time.

Spoon the jam into clean, sterilised jars while still warm, seal and store in a cool, dark place until ready to use.

Adding a touch of chilli gives an interesting bite to the jam!

Rainbow Cake in a Jar

Cooking in jars is becoming more and more popular, there are lots of recipes out there - this is a fun one for children or children at heart.

Ingredients

100g butter, unsalted and at room temperature
100g caster sugar

2 eggs, lightly beaten
100g self raising flour
6 different shades (or however many you want) of food colouring.

For the buttercream topping:
100g butter, unsalted and at room temperature
200g icing sugar
Sprinkles, Smarties or other cake decorations.

The quantities given make one cake in a 500ml jar, but you could easily split it into two 250ml jars or make larger quantities.

Method:

Preheat the oven to 180C. Cream the butter and sugar together until pale and fluffy, then keep beating as you add the eggs gradually, breaking in with a spoonful of flour occasionally to avoid the mixture curdling. Fold in the rest of the flour. Split the mixture into six small bowls, or as many as you have food colours.

Add the food colours drop by drop to each bowl, stirring in thoroughly until the colour is uniform. As the mixture bakes the colours will darken so don't be tempted to add too much.

Assemble the rainbow layers by spooning the first colour into the jars, making sure you don't touch the sides. Spread the mixture evenly over the bottom of the jar with a teaspoon. Repeat the same process for each colour.

Place the jar, left open, in a baking tin filled with about 3cm of water to keep the cake moist. Cook in the centre of the oven for about 40-50 minutes. The cake is done when a skewer inserted into the centre comes out clean. Remove from the oven and allow to cool completely.

Make the buttercream by beating the icing sugar into the butter until fluffy and light. Spread it over the top of the cake and decorate with your sprinkles and Smarties. Decorate your jar with ribbon and a label to serve.

Wares of Knutsford offers this recipe as a suggestion but cannot be held responsible for the effects of using jars in hot ovens. Please see item five on our list of terms and conditions



small bunch coriander, chopped
1 tsp grated ginger
1 tsp lemon juice

Method

Rinse the pearl barley and cook following pack instructions. When it is tender, drain and set aside. Meanwhile, heat the oil in a deep, heavy-bottomed pan. Fry the mustard seeds, cumin seeds, chillies, bay leaf, cloves, cinnamon and turmeric until fragrant and the seeds start to crackle. Tip in the onion and garlic, then cook for 5-8 mins until soft. Stir in the parsnip, butternut and sweet potato and mix thoroughly, making sure the vegetables are fully coated with the oil and spices. Sprinkle in the paprika, ground coriander and seasoning, and stir again. Add the lentils, pearl barley, tomatoes and 1.7 litres water. Bring to the boil then turn down and simmer until the vegetables are tender. When the lentils are almost cooked, stir in the chopped coriander, ginger and lemon juice.

Indian Winter Soup

Ingredients

100g pearl barley
2 tbsp vegetable oil
½ tsp brown mustard seeds
1 tsp cumin seeds
2 green chillies, deseeded and finely chopped
1 bay leaf
2 cloves
1 small cinnamon stick
½ tsp ground turmeric
1 large onion, chopped
2 garlic cloves, finely chopped
1 parsnip, cut into chunks
200g butternut squash, cut into chunks
200g sweet potatoes, cut into chunks
1 tsp paprika
1 tsp ground coriander
225g red lentils

2 tomatoes, chopped



There are some fantastic recipes out there for deserts in jars - especially baking in canning jars. Have a Google.

Useful Link

<http://baking.about.com/od/giftideas/ss/canningjarcakes.htm>

Mrs Doubtfires Household Management

There is nothing worse than being short of storage. Our wardrobes can be a source of frustration when jam packed, with no hanging space and creased clothing being the result. Here are a few ideas to double the space available.

Firstly get seasonal. Take out those clothes you are unlikely to wear and store them away. I favour old suitcases for the purpose but there are lots of cheap zipper plastic containers that will stack on top of the wardrobe or can be put under the bed.

Secondly get tough and stop keeping old clothes that you will never wear again. If in doubt store rather than throw but we all buy things we don't wear much so why keep them.

Thirdly look at the coathangers you are using. Padded and thick plastic ones fill the rail and can be replaced with better solutions. Trouser hangers are great and you can get six pairs on one hanger. Coated wire hangers are good enough for light items and ten of those take up the space of three padded ones. You will always need a few for special items though and keep some handy.

Look at your clothes and work out what proportion are full length. In my wardrobe it was about a quarter. I took out the hat shelf and got it moved

about 30cms from the floor. This made two shoe shelves. I had two hanging rails divide up the higher space and some hooks put at the back. Dresses get hung on the hooks and then skirts, shirts, blouses, tops and knitwear hang on the two rails in front. If you can, get the space divided vertically with a sheet of mdf and hang long items on one side and have two rails for short items on the other side.

I'm guilty of hanging things that could go in a drawer. But then none of us are perfect are we dears? Be tough and only hang clothes that crease. Finally, confront the sock draw head on. Face it squarely and confidence and courage will flow to you.

You'll be amazed at how much space you can make and how much easier life will be. It's the small things you know. That's it from me my dears. So nice to talk to you. Do take care.

Ta ta for now.

Euphemia Doubtfire



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