

The PURITY COOK BOOK

727 APPLE CHUTNEY

10 cups apples
2¼ cups brown sugar
2 cups sultana raisins
2 tablespoons salt
1 tablespoon mustard seed
1 tablespoon ground ginger
½ tablespoon garlic (bruised)
¼ teaspoon cayenne
2 cups vinegar

Method:—Wipe, core, peel and cut apples into thick slices; add vinegar and sugar; simmer until apples are reduced to pulp; then add raisins, spices and seasonings. Mix well and place in bowl. Cover and let stand 1 week, stirring 2 or 3 times daily. Seal in sterilized bottles.

728 MUSTARD BEAN PICKLE

1 peck beans
6 cups vinegar
1 cup mustard
1 cup Purity Flour
5 cups white sugar
2 teaspoons tumeric
2 tablespoons celery seed

Method:—Wash beans. Remove tips and strings; cut into pieces. Cook in boiling salted water 15 minutes, then drain. Bring vinegar to boiling point. Mix sugar, flour and spices and add vinegar gradually; cook until thick. Add beans and cook 5 minutes longer. Seal in sterilized jars.

729 PEPPER RELISH

12 green peppers
12 red peppers
12 onions
4 cups vinegar
2 cups white sugar
4 tablespoons salt
2 tablespoons mustard seed

Method:—Wash and peel onions; remove seeds and tongues from peppers; put through food chopper. Cover with boiling water and let stand 30 minutes, then drain. Stir in vinegar, sugar, salt and mustard seed and boil 15 minutes. Seal in sterilized jars.

730 PICKLED RED CABBAGE

1 firm red cabbage
Salt
4 cups vinegar
1 tablespoon whole black pepper
½ tablespoon allspice

Method:—Wash cabbage; remove outer leaves; cut into quarters and remove heart, then shred finely. Place in dish, sprinkle with salt and let stand overnight; then drain through colander and place in crock. Boil vinegar with pepper and allspice, tied in cheesecloth bag, for 5 minutes. Pour over cabbage. Seal in sterilized jars.

731 BEETROOT PICKLE

6 medium-sized beets
4 cups vinegar
1 tablespoon grated horseradish
1 tablespoon whole black pepper
1 tablespoon allspice
½ teaspoon salt

Method:—Wash beets thoroughly (do not break skins). Bake in moderate oven of 350 degrees for 1½ hours. Cool. Remove skins, cut in ½ inch slices and pack in jars. Mix vinegar with horseradish, pepper, salt and spice and bring to boiling point. Cool, then fill jars and seal.

PURITY FLOUR

• **BEST FOR ALL YOUR BAKING** •