



Preserving

How do you eat local all year round? Revisit the bounty of harvest-time by preserving fruit and veg when it's in season – straight out of your garden, or at its cheapest in the shop. It's easy & makes lovely gifts, too.

What you need

- Jars (e.g., "ring seal" or – if not using vinegar – "screw top" ones)
- A preserving recipe book, e.g. "How to Store Your Garden Produce"

What to do

1. Clean jars and let them air dry.
2. Select your and prepare (e.g., blanch) your fresh produce. Maybe add salt, oil or vinegar (note, vinegar can corrode metal lids).
3. According to your recipe you can either:
Sterilise jars (in oven, boiling water, dishwasher or microwave),
fill with hot preparation (within 1" of rim) and seal
OR
Fill & seal jars (dip rubber seals in boiling water first), then
sterilise in pot/pressure cooker: Place tea towel to prevent jars
touching bottom. Insert jars & cover with hot water by 2", being
sure they're upright, braced with other (empty if needed) jars.
Bring to a boil for as long as stated in recipe.
4. Once cool, check vacuum is intact and store in cool, dark place,
Look on www.leparfait.com for more information & ideas. Or see
reverse for a couple of recipes to get you started...

Canned Tomatoes

1 kg firm, medium tomatoes & salt

Scald tomatoes in boiling water for a few seconds, peel & remove stalks. Arrange in jars and cover with boiling brine (20 g salt per litre of water) to within 2 cm from rim. Close and boil 45 mins in a pressure-cooker

Plum butter

Cook slowly and stir often so it doesn't burn. Makes 3 1/2 cups of jam.
3-4 lb. Ripe plums, 10 cloves, 1 cinnamon stick

Wash & 1/2" chop plums, removing stone. Place in heavy pan with a little water (up to 1/2 cup). Bring to a boil, stirring. Add cinnamon stick & cloves. Boil gently for 3+ hours, stirring often. Sieve to remove skins and spices. Bring back to a boil, still stirring, until reduced. Check by pouring a few drops on a cold plate (it should flow slowly if tilted). If too runny cook further. Ladle into clean preserving jars, seal and boil 5 mins. Remove & invert on towel until cool. Check vacuum seal & store.

Apricot Chutney

Makes 1 jar – increase proportions as desired! From fussyfoodie.co.uk.

X10 dried, chopped apricots, x12 chopped almonds
6 tblsp cider vinegar, 8 tblsp orange juice
1 clove garlic, finely chopped
1 tblsp. agave or other syrup
1/2 tsp each ground ginger, cinnamon, curry powder

Combine cider vinegar & orange juice in a small jug. Dry-fry garlic, nuts and spices for a couple of minutes and then add the apricots, syrup and half of the vinegar / orange juice mixture. Simmer for 20-30 minutes adding a little more of the vinegar / orange juice mixture whenever the liquid gets soaked up. Pour into warm, sterilised jars, cover & seal. Leave to mature in cool dark place to allow flavours to develop. Enjoy!

Unicorn Grocery, 89 Albany Road, Chorlton, Manchester, M21 0BN
www.unicorn-grocery.co.uk