

Preserving

Index

- [Kim Chee : INDEX](#)
- [Crabapple Jelly](#)
- [Dragons' pickled onions](#)
- [Fruit Jam \(Rico Suave\)](#)
- [Herb-oil Based Concentrate](#)
- [Jalapeno Jelly](#)
- [Japanese Pickled Ginger](#)
- [Marinated Scallions](#)
- [Pepper Jelly](#)
- [Pickled Beets](#)
- [Pickled Eggs](#)
- [Pumpkin Butter](#)
- [Pumpkin Butter - COLLECTION](#)
- [Quick Mango Chutney](#)
- [Quince Preserves \(Persian\)](#)
- [Rosemary Oil with Red Chiles](#)
- [Rum-pot and Brandied Fruit](#)
- [Tomato Chutney \(1\)](#)
- [Tomato Chutney \(2\)](#)
- [Tomato Chutney \(3\)](#)
- [Tomato Ketchup](#)

[amyl](#)

Kim Chee

Index

- [Kim Chee : COLLECTION \(1\)](#)
- [Kim Chee : COLLECTION \(2\)](#)
- [Kim Chee \(1\)](#)
- [Kim Chee \(2\)](#)
- [Kim Chee \(3\)](#)

[amyl](#)

2 Kim Chee Recipes : COLLECTION

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Wed 1 September 1993

Contents

- [Kim Chee \(Steven Frank\)](#)
- [Kim Chi \(Steven Frank\)](#)

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From: steven.frank%acclbbs@ssr.com (Steven Frank)

KIM CHEE
 =====

Okay, since I just made a batch after a 2 year absence of the stuff, here's the recipe I use:

Ingredients:

- 2/3 lb Napa Cabbage - sliced 1/4 inch thick
- 1/2 lb Daikon radish - peeled, sliced 1/4 inch thick
- 1 medium cucumber - peeled, sliced 1/4 inch thick
- 1 medium turnip - peeled, sliced 1/4 inch thick
- 1/2 cup salt
- 1 tblsp salt
- 3 spring onions, sliced
- 3 cloves garlic, minced
- 4 tsp fresh ginger, minced
- 1 tblsp dried chili flakes
- 2 tsp soy sauce/tamari
- 1 cup water

Instructions:

Layer whole cabbage leaves, sliced daikin, cucumber and turnip in a large bowl. Between layers, liberally sprinkle with 1/2 cup salt. Cover with water and place a wide plate or pot on top to submerge them. Leave overnight or at least 12 hours. Drain & Rinse vegetables in a colander. Julienne each vegetable into a uniform shape. return them to the large bowl, and add spring onions, garlic, ginger, chili flakes, soy/tamari, salt and 1 cup water. Toss to combine.

Spoon the vegetabels with liquid into a large crock or clean jars. Cover tightly or cap. Refridgerate for 3 days before opening. Everyday, turn jars upside down a couple of times to distribute spices, or stir vegetables in the crock. Store in refridgerator.

Notes:

Kim chee spiciness varies depending on the hotness of the chili flakes used. The longer it sites, the hotter it gets (up to a point). I cannot vouch for the authenticity of the recipe, but its about as close as I've come.

beware 'kim chee' spices in oriental food stores, as they most likely have MSG in them.

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From: steven.frank%acclbbs@ssr.com (Steven Frank)

KIM CHI
=====

Ingredients:

-
- 2 heads of Chinese (or white) cabbage
- 1 cup of salt
- 1 lbs daikon (long white Oriental radish)
- 6 green (spring) onions
- 4 cloves garlic
- 1 inches fresh gingerroot
- 1 stalk of celery
- 1 hard, semi-ripe pear
- 4 tblsp ground red pepper (cayenne)
- 1 tblsp granulated sugar

Instructions:

-
- 1. Remove (do not discard) the outer leaves from the cabbage. Quarter the cabbage and place together with the outside leaves in a large bowl. Sprinkle on the salt. Let stand 3 hours, turning occasionally.
- 2. Peel the daikon and cut into long thin strips. Cut the onions into 1." strips and then shred lengthwise into slivers. Mix the daikon and onion strips together in another bowl and let sit while the cabbage and salt mixture is sitting.

Kim Chee - COLLECTION

From: reddy@qualcomm.com (Bob Eddy)

Date: 11 Nov 1993 16:21:02 GMT

In response to recent postings, here's a small collection of Kim Chee recipes I have accumulated over time. I have collected these recipes from a variety of sources. Unfortunately, I don't have a record of the sources. So, I have to post these without the appropriate credits. Hope you can find something you like.

The first recipe is the one I am currently using. Like most of my recipes it's a recipe "in work". I keep tweaking it each time I use it. I like the results of this one, however. It's hot and very garlicky. If I was to do anything with it I'd possibly cut down a little on the fresh ginger, but not by much. This recipe is sort of a synthesis of many other recipes, including the rest of them that will follow. I keep this Kim Chee in my refrigerator much longer than anyone would probably recommend, but I have never had a problem with it and it keeps very well. I love it. (P.S. Be sure to warn your significant other when you are about to have some of this. One mouthful will make a "statement" that will last all evening!)

Kim Chee (My Recipe)

Yields 1 quart

1 lb Chinese (celery or Nappa) cabbage
1 large carrot
1/4 lb white Oriental (Daikon) radishes
2 scallions, thinly sliced
1/4 cup soy sauce
1/2 cup water
2 Tbs honey
3 Tbs cider vinegar
1 tsp fresh ginger, minced
4 cloves garlic
2 to 4 hot red peppers, dried, 2 inches long, split

1. Slice the cabbage lengthwise into quarters. Remove the tough core and then slice the quarters into 1 to 2 inch-long pieces.
2. Slice the carrot and radishes lengthwise and then into 2 inch-long sections. Slice the sections into very thin strips.
3. Toss cabbage, carrot and radishes with the scallions, soy sauce and water. Cover loosely and let stand overnight.
4. Drain liquid from the vegetables into a bowl. Add honey and vinegar to the liquid and stir well until honey is dissolved.
5. Add ginger, garlic and peppers to the vegetables and pack them into

sterilized jars. Pour liquid into the jars. If more liquid is needed to cover vegetables, add water.

6. Cover loosely with a lid and let sit at room temperature for 3 to 5 days to ferment. The liquid will bubble and the flavor will become sour.

7. Refrigerate the Kim Chee for 3 to 4 days. The cabbage will become translucent and will be ready to serve.

Kim Chee (1)

1 large head chinese (celery or Nappa) cabbage

Salt

4 green onions (including tops)

1 clove garlic, minced

1 dried hot red chili (about 2" long), crushed

1 tsp fresh ginger, grated

1.) Cut cabbage into pieces, 1-inch long and 1-inch wide.

2.) Sprinkle 2 Tbs salt on cabbage, mix well, and let stand 15 minutes.

3.) Cut green onions in 1-1/2 inch lengths, then cut lengthwise in thin slices. Wash salted cabbage three times with cold water. Add the onions, garlic, chili, ginger, 1 Tbs salt and enough water to cover. Mix well.

Cover and let stand for a few days.

4.) Taste mixture every day. When it is acid enough, cover and refrigerate up to 2 weeks. Makes about 1 quart.

Kim Chee (2)

(Korean Pickled Vegetables)

Makes about 1 quart

1 lb chinese (celery or Nappa) cabbage, cut into 2-inch pieces (about 4 cups)

6 Tbs salt

4 green onions (including tops), finely chopped

1 tsp fresh ginger, finely chopped

1 clove garlic, minced

1 Tbs sugar

1 Tbs paprika

Cayenne pepper

2 cups water

Sprinkle the cabbage with 5 tablespoons of the salt. Let stand for 2 hours. Rinse off salt and drain. Add the green onions, ginger, garlic, sugar, paprika, the remaining salt and a dash of cayenne pepper, and mix thoroughly. Pack the vegetables in a jar and pour in the water. Cover

tightly. Refrigerate the vegetables for 24 hours before serving.

Kim Chee (3)

(Kyabetsu Su-zuke - Japanese Vinegar-Pickled Cabbage)

- 1/4 head Chinese cabbage
- 5 cups rice vinegar
- 2 Tbs salt
- 4-5 Tbs sugar
- 2 cups water
- 1-inch square yuzu citron or lemon rind

Core and wash the cabbage. Pat as dry as possible with a towel. Cut into about 1 x 2-inch chunks. Place chunks loosely in a pickle crock. In a saucepan combine the rice vinegar, salt, sugar and water. Bring to a boil over high heat, stirring once or twice. Immediately pour boiling liquid over the cabbage in the crock. Tuck in the yuzu citron or lemon rind. Cover immediately with a drop-lid and weight it. Remove to a cool dark place and wait 2 days before eating.

To serve: Cut or chop chunks into bite-size pieces. Serve family style or put individual portions into small dishes. Season with a few drops of soy sauce, if desired. Keeps refrigerated 1-2 months.

Kim Chee (4)

(Korean Pickled Cabbage)

About 1 quart

- 2 lbs celery cabbage
- 1/2 cup coarse salt
- 4 cups water
- 1-1/2 Tbs crushed red pepper flakes
- 1 clove garlic, finely minced
- 1 tsp fresh ginger, minced
- 1 Tbs granulated sugar
- 2 green onions, finely chopped

1.) Rinse the cabbage in cold water and drain. Cut the cabbage into 1-1/2-inch squares. Sprinkle with salt, add the water, and let stand overnight.

2.) Rinse the cabbage in cold water and drain. Using a wooden spoon, blend the remaining ingredients and stir this well into the cabbage pieces. Pack into a quart jar and cover. Place the jar in a plastic bag to prevent the odors from spreading to other foods. Refrigerate and let stand four to five days to cure.

Kim Chee (5)

Makes 5 cups

5 cups cabbage, cut into bite-size pieces
6 Tbs salt
2 Tbs sugar
1 tsp to 2 Tbs crushed red pepper flakes (according to taste)
1/4 tsp fresh ginger root, finely chopped
1 clove garlic, peeled and finely chopped
2 green onions, finely chopped

- 1.) In a large colander, mix cabbage with 5 Tbs salt. Let sit for 3 hours.
- 2.) Rinse cabbage thoroughly 2 or 3 times. Gently squeeze out excess liquid with your hands.
- 3.) Place the drained cabbage in a large glass bowl. Add the remaining ingredients and mix thoroughly.
- 4.) Cover cabbage mixture tightly with plastic wrap and let sit at room temperature for 1 or 2 days.
- 5.) Chill Kim Chee before serving.

[amyl](#)

Kim Chee

From: blazekm@a.cs.okstate.edu
Date: Wed, 1 Sep 93 15:32:24 CDT

3 heads cabbage
3 tbsp. salt
3 green onions
1 clove garlic
1 tbsp chopped chili pepper
1 tbsp. chopped candied ginger (will fresh work?)
1 1/2 cups water

Wash cabbage and cut into strips 1 inch wide and 2 inches long. Sprinkle with 2 tbsp. salt and let stand for half an hour. Cut onions, including tops, into 1 1/2 inch lengths and shred. Chop garlic, red pepper, and ginger into fine pieces. After cabbage has set for 30 minutes, wash twice in cold water. Mix prepared vegetables with cabbage, add 1 tbsp salt and enough water to cover the cabbage, and let stand 7 days in a covered crock.

From Ross, Irma Walker. 1955. Recipes from the East. Charles Tuttle Company:Rutland, VA & Tokyo, Japan.

[amyl](#)

Kim Chee

From: leeson%avax.dnet@univax.fhda.edu (Dan Leeson: LEESON@admin.fhda.edu)
Date: Wed, 1 Sep 93 15:17:39 -0700

To make kim chee (also called "Spicy hot pickled cabbage") one needs:

- 4-5 pounds of napa cabbage
- a good deal of garlic
(powdered garlic may be used)
- powdered chili peppers (available in Oriental markets)
- ginger (fresh preferred but powdered may be used)
- 1 cup of kosher salt

DAY 1: cut up cabbage into pieces roughly 1 - 2 inches long and 1 - 2 inches wide. Layer in a crock with 1 cup of salt. Cover with cold water. Weight down with a dish that has had a heavy object placed on it. Mix with hand or wooden spoon 2 times in a 24 hour period.

DAY 2: pour out salted water and wash cabbage by refilling with cold water and draining several times. Layer half the cabbage with a mixture to be described in a moment. Then use the rest of the cabbage and the remainder of the mixture. Cut up 2 bunches of scallions in 1 inch pieces and add to the cabbage mixture.

The fermenting mixture: 10 thin slices of fresh ginger minced or 2 tablespoons of powdered ginger, 3 entire heads of chopped garlic (or 8 tablespoons of powdered garlic), 6 tablespoons of powdered chili peppers.

Place these ingredients in a 1 quart jar and fill half way with water. Shake to mix.

DAYS 3-5

Mix well with hand or spoon. It will get very smelly. The Koreans often put this mixture in the ground but if you have a back porch, that's OK too. Putting it outside is no problem since animals are too smart to come near it!

Day 6: Put in glass jars and refrigerate for 2 to 3 days. DON'T SHAKE THE JARS. DON'T PUT THE CAP ON TOO TIGHTLY. Eat cold. This will keep for several months.

If too spicy use less powdered chili peppers next time around. If not spicy enough, use more chili peppers next time around.

This stuff really smells.

[amyl](#)

Kim Chee

From:

Date: Fri, 12 Nov 1993 21:52:12 -0800 (PST)

A lovely Korean lady who supplied me with Kim Chee when we both lived in Alaska gave me this recipe. I never thought mine tasted as good as hers did.

Coarsely chop and wash 2-3 pounds Chinese cabbage. Layer in large plastic or glass container with about 1/2 cup salt and let sit up to 1/2 day or overnight. Rinse very well and drain well. Taste to see how salty it is. May need to rinse and drain again, several times.

Mix together:

a 2-inch by 2-inch piece of fresh ginger root, peeled and mashed
4 cloves garlic, mashed
1/2 to 1 whole sweet red pepper, diced fine
1 bunch (@ 3/4 to 1 cup) green onions, chopped
2 to 3 tablespoons sugar
@ 1/4 teaspoon MSG
1 to 2 tablespoons Korean crushed red pepper (sweeter and not as hot as the other)

Mix above mixture with well-drained cabbage using wooden spoon or rubber-gloved hands in plastic or glass container. DO NOT USE METAL. Pack tightly in clean glass jar. One 3 1/2 pound cabbage will fill a 32-ounce container. Add water to the dregs in the plastic tub if need more juice when jar is packed. Top with plastic wrap, rubber band, paper towel and jar lid. I find that putting entire container in a plastic bag with a twist-em to close it helps keep the odor out of the refrigerator. Keep refrigerated.

Yummy!

[amyl](#)

Crabapple Jelly

From: marcia@netcom.com (Marcia)

Date: Wed, 15 Sep 1993 06:31:13 GMT

There are recipes in both the Certo liquid pectin packages and the Sure Jell powdered pectin packages. Just happen to have the Certo package around; I have made this recipe.

3.5 lb. Apples or Crab Apples

Remove stems and blossom ends. Cut in small pieces (do not peel or core.)

Place in saucepan. Add 3 cups water. Bring to Boil. Cover and simmer 10 min.

Crush cooked apples, cover and simmer about 5 minutes longer.

Extract juice.

5 cups juice

7.5 cups sugar

1 pouch Certo pectin

Prepare jars. Measure juice for jelly into 6- or 8-quart pot. Measure sugar into separate bowl (*). Stir sugar into juice. Mix well. Add 1/2 tsp butter or margarine (helps reduce foaming). Bring mixture to full rolling boil over high heat, stirring constantly. Open Certo pouch and stir into fruit mixture. Bring back to full rolling boil and boil 1 minute, stirring constantly (**). Remove from heat. Skim off any foam. Fill jars and seal as directed, either upside down method or USDA water bath.

(*) Measure into separate bowl in case you lose count of how many cups you've measured. Going back and remeasuring can be a problem if it's already dissolved...

(**) Sometimes you may have to boil for more than 1 minute. I time 1 minute, then do the "jelly drip" test: put in a cold metal spoon, scoop up some of the mixture, then tilt spoon over. The mixture should come off in a sheet if it's going to jel.

Or, if you prefer a boiled jelly without adding pectin, here's a recipe from the Ball Blue Book. NOTE: I have not tried this recipe.

4 cups crab apple juice (about 3 lbs crab apples and 3 cups water)

4 cups sugar

To prepare juice: Sort and wash apples, remove stem and blossom ends, do not pare or core. Cut crab apples into small pieces. Add water; cover, and bring to a boil on high heat. Reduce heat and simmer for 20 to 25 minutes, until crab apples are soft. Extract juice.

Crabapple Jelly

To make jelly: Measure juice into a large sauce pot. Add sugar and stir well. Boil over high heat to 8 degrees Fahrenheit above the boiling point of water, or until jelly mixture sheets from a spoon. Remove from heat. Skim foam. Pour hot into hot sterilized jars, leaving 1/4" head space. Adjust caps. Process 5 minutes in boiling water bath. Yield: about 6 half pints.

[amyl](#)

Dragons' pickled onions

From: Don Dillon dondd@hpmwetg.sr.hp.com

Date: Tue, 24 Aug 93 9:33:29 PDT

I'm forwarding this from another food mailing list (Foodlore) and the original author is Alison Popowicz popowicz@SAPPEY.GRENOBLE.HP.COM.

Dragons' pickled onions

Ingredients:

malt vinegar
peppercorns
an inch or two of peeled and crushed root ginger
dried chilis
coriander seeds
mustard seeds
a few cloves (and/or any other whole spices that take your fancy)

small onions or shallots
salt

Method:

Put the vinegar and spices into a saucepan. Bring to the boil and simmer for five minutes - no longer, otherwise the vinegar will evaporate. Take the saucepan off the heat and leave it, covered, to cool down. (I leave it overnight.)

Peel the onions and place them in a colander, sprinkling each layer generously with salt. Leave them overnight - stand the colander in the sink so that the water and salt can drain away.

Strain the vinegar to remove the spices.

Pack the drained onions into clean jars and pour in enough of the spiced vinegar to cover them. You can put one or two of the chilis in the jar with the onions if you like them VERY fiery! Seal and label the jars of onions.

Put any remaining vinegar into a sealed bottle and keep it for making chutney or for the next batch of onions!

Store the jars of onions in a cool dark place and DO NOT EAT UNTIL CHRISTMAS! (Or for at least four weeks.)

I haven't given any quantities for the ingredients, because it depends on

how fiery/spicy you like your pickles and how big your batch of onions is. As a guide, for two litres of vinegar I'd use about two inches of ginger, thirty or so peppercorns, two tablespoons of coriander seeds, six or seven cloves, five or six small nuclear-power chilis, two tablespoons of mustard seeds... you can also pickle onions without the spices, but you must still boil the vinegar otherwise the pickle will go off.

You can use hot vinegar to pickle onions, but this makes the onions go soft. I prefer them pickled cold and crisp!

[mara](#)

Fruit Jam

From: lynn@cs.ucsb.edu (Lynn Johnson)

Date: 4 Aug 1993 22:11:07 GMT

I invented this jam recipe last weekend and it turned out pretty good. It's made from assorted fruit on hand. I call it

RICO SUAVE (rich and sweet)

6 peaches, chopped
1 papaya, chopped
1 mango, cut fruit off seed as much as you can
thinly sliced slivers of lime peel
3 apricots, chopped
1 cup orange juice
1/4 cup lemon juice

Cook the fruit for a few minutes until it is soft. Measure out 5 cups fruit. (If the above doesn't measure 5 cups fruit cooked, add more or any of the above, I think I would prefer more peaches or apricots).

Add 7 1/2 cups sugar, stir to dissolve

Bring to rolling boil and add 1 pkg Certo, bring to boil and cook for 1 minute.

Ladle into sterilized jars. Yield about 10 half pint jars.

It takes a while to set, probably because of the apricots and peaches..

[mara](#)

Herb-oil Based Concentrate

From: John Rodakowski whyme@u.washington.edu

Date: Wed, 18 Aug 1993 21:34:54 -0700 (PDT)

If you're making pesto this year, buy a few extra pounds of basil and try this. This process produces a concentrate that can be used in place of fresh herbs in many recipes.

2 cups clean, hard-packed leaves of your favorite fresh herb
1/2 cup of your favorite oil

Combine the leaves and oil in a food processor, and chop until they form a paste. Freeze the paste until it is needed for a recipe. Ice cube trays provide an ideal sized cube of concentrate, but they're messy to clean afterwards. Once the cubes have frozen, transfer them to a zip-lock bag for storage. I've also used muffin tins for the initial freezing, but these produce cubes a little too large for my purposes. Another method for freezing and storage is to put the concentrate into small plastic containers.

The oil coats everything, and helps protect the herbs from freezer burn.
John Rodakowski (whyme@u.washington.edu)

[mara](#)

Jalapeno Jelly

From: jehayes@ucdavis.edu

Date: Sun, 10 Oct 93 13:01:14 -0700

From the files of my mother:

1/3 cup jalapeno peppers, seeded and coarsely chopped

3/4 cup green bell peppers, seeded and coarsely chopped

1 1/2 cups white vinegar (also called distilled)

5 1/2 cups sugar

3 ounces liquid pectin (do not substitute powdered pectin)

8 drops green food coloring

Put peppers and vinegar into blender and blend until smooth. Pour into kettle. Add pectin and sugar and boil one minute, stirring. Skim foam. Bring again to boil. Add food coloring. Skim foam again. Pour into sterilized jelly jars, seal with paraffin. Makes 6 (six) 1/2 pint jars.

Judy Hayes

jehayes@ucdavis.edu

[amyl](#)

Japanese Pickled Ginger

From: **mdb@jerry.psu.edu**

Date: 24 Oct 1993 16:58:19 GMT

This recipe comes from the Book of Sushi by Kinjiro Omae and Yuzuru Tachibana.

Thoroughly wash and salt 225g. of fresh ginger root. After letting stand for a day, it is washed again and placed in a marinade made of 1 cup rice vinegar, 7 Tbsps water, and 2 1/2 tsps Sugar. Allow the ginger to marinate for 1 week. It will turn pink. Drained, covered and refrigerated, Gari will keep for months. It is sliced thin to be served with sushi.

I've tried and it works pretty well. Enjoy

Mike

[amyl](#)

Marinated Scallions

From: ihw@hostc2.att.com

Date: Thu, 22 Jul 93 16:00:39 EDT

Wash and trim

2 bunch scallions (1)
1 bunch greens (e.g., kale, mustard)
or 1 small head lettuce (e.g., escarole, romaine)

Bruise a few

garlic cloves

and, if large, cut lengthwise into smaller pieces.

In a microwave casserole dish, layer the greens and scallions, starting and ending with the greens.

(Cut the scallions in half, if necessary, to fit in the dish.)

In each layer scatter a few pieces of garlic.

Cover, and nuke until the whites are tender and slightly translucent. (About 7 minutes depending on wattage.)

(Everything will be so completely wilted that you'll hardly recognize them.)

Discard the greens and garlic.

In a small bowl, whisk together

2 Tbsp mayonnaise
1 Tbsp garlic vinegar (2)

until well blended. (It will be very runny.)

Pour the dressing over the scallions, turning to make sure the scallions are well coated.

Chill for several hours, turning a few times, before serving.

The scallions will squeak as you eat them, but that makes them even more fun.

Serves 4 as side dish.

NOTES:

1. Choose scallions with small white parts.
2. Garlic vinegar should be available in most supermarkets or gourmet food stores. If not, make your own (I do!) as follows -

Garlic Vinegar

In a small saucepan (non-aluminum), boil

2 cups white vinegar

Pour the vinegar into a sterilized glass jar.

Peel and bruise slightly

4 cloves garlic (they should be unblemished)

and add to the vinegar.

Seal the jar, and store in a cool dark place for 3-6 weeks, the longer the stronger.

Strain the vinegar into a fresh sterilized jar.

Optionally, drop a fresh unblemished garlic clove for decoration/identification.

[mara](#)

Pepper Jelly

From: johnt@wv.mentorg.com (John Thienes)

Date: Wed, 11 Aug 93 08:28:47 -0700

Yield: 7 cups

1/4 cup peppers (I use half hot and half bell)
1/4 cup hot peppers
2/3 cup sweet non-hot peppers
6 c sugar
2 1/2 c apple juice from a bottle--for
really pretty jelly use clear yellow juice
1 package jelly pectin (use the amount the
package recommends).

Sometimes this will jell without pectin, sometimes
not; depends on the apple juice I think. You may just use
1/2 cup hot peppers instead of the 1/4 and 1/4
above. (1 U.S. cup here means a volume unit of 8 oz.)

The original recipe recommended:

1/4 cup "hottish" yellow peppers such as waxes
1/4 cup red hot peppers
2/3 cup mild bells

But I have had success using:

1/8 cup hot green peppers
1/8 cup green bells
1/4 cup hot red peppers
2/3 cup golden-orange bells

Since I couldnt find yellow "hottish" peppers.

PROCESS: Mince peppers in a food processor; don't mush them.
Or, if you really want to, mince by hand wearing gloves.
Put juice into an enameled or stainless steel or otherwise
non-acid reacting pan. Simmer juice uncovered until warm.
Add sugar and stir until dissolved. Put on a mask or cloth
bandanna around breathing orifices to protect vs. pepper gas.
Add peppers and cook until color intensifies and they look done.
Add gelatin and stir until it dissolves. Begin testing jelly
with a spoon; when syrup falls off spoon in a single mass,
or "sheet" instead of droplets when dripped slowly off a spoon
held sideways, jelly is ready for canning.

This recipe can be divided into a smaller batch, but I do not suggest dividing it by more than half.

While this is cooking your partner or neighbor should be preparing your jars so you dont wind up with jelly that jells in the pot before your jars are ready (I had this happen once.) If you are good with kitchen juggling you can do this yourself--but I call anyone who accomplishes this feat by the title of Chef.

P.S. Your tolerance for hotness may vary so this may come out "too hot"; if so reduce peppers next recipe and give this as a gift to a friend with an asbestos tongue. My brother has said tongue type and i give him all my too hot kitchen oopses. He loves them!

This goes well with roasts, esp. pork, cold leftover meats, and has no fat in it! About 40 calories per Tablespoon and high in vitamins. Also a conversation maker as an hors d' oeuvre: Put a bit of cream cheese on good crackers, spoon jelly over cheese, voila! Looks neat too, esp. if your jelly is clear and has 3 colors. Red and green only makes a nice Xmas gift. Some folks add just a bit of cranberry juice to the recipe to tint the clear base pink, but I like it clear.

I hear you can make this almost white-based if you use white vinegar instead of juice and use more pectin.

Enjoy!

--

[mara](#)

Pickled Beets

From: aa782@cleveland.freenet.edu (Emilie Unkrich)

Date: 8 Sep 1993 04:01:59 GMT

Drain:

2 1/2 cups cooked or canned beets

Reserve the juice. Slice the beets. Place them in a fruit jar.

Boil:

1/2 cup sharp vinegar

1/2 cup beet juice

Add and heat to boiling:

2 Tablespoons sugar

2 cloves

1/2 teaspoon salt

3 peppercorns

1/4 bay leaf

(1 sliced green pepper)

(1 small sliced onion)

1/2 teaspoon horseradish)

Pour these ingredients over the beets. Cover the jar. Serve the beets very cold.

This recipe came from my copy of Joy of Cooking, and I hope it meets your needs.

[amyl](#)

Pickled eggs

From: **n9040513@henson.cc.wvu.edu (Andrea Aldridge)**

Date: Fri, 8 Oct 1993 06:29:58 GMT

(Sorry ingredients aren't listed succinctly, but you'll understand why.)

Boil eggs (doing so in heavily salted water will help them to be shelled more easily) for 10-15 minutes. Cool thoroughly under running water and peel. Place eggs in pickling jar and fill to top with cold water. Pour cold water thence into measuring cup to gauge amount needed. Make the following mixture in that quantity: three parts red wine vinegar, one part water. For each quart of vinegar/water mixture, add 1 diced dried chili pepper, 1 clove garlic, 4 peppercorns, 2 whole cloves and a 1" piece ginger root, quartered. Bring all to boil, simmer 5 minutes and cool to room temperature. Pour over eggs in jar. Seal tightly and keep in fridge at least one week, **OPENING JAR AT LEAST ONCE A DAY TO RELEASE GASES. IF YOU DON'T IT MAY BLOW UP.** It will smell like hell at first, but later will develop a lovely pickled fragrance. Good to eat after one week.

These keep in the original pickling fluid for better than a year, at least in a cool climate like Seattle's; I had a jar I forgot about for a *couple* of years, I think, and they were still tasty when I uncovered them.

[amyl](#)

Pumpkin Butter

From: selenev@cats.ucsc.edu (Selene Vega)

Date: 25 Sep 1993 08:48:52 GMT

Honey-Pumpkin Butter

2 cups cooked pumpkin, pureed

1/2 cup honey

1 teaspoon grated lemon rind

1 tablespoon lemon juice

1 teaspoon cinnamon

1/4 teaspoon nutmeg

1/4 teaspoon ginger

1/8 teaspoon cloves

1/4 teaspoon salt

Mix all ingredients thoroughly. Simmer uncovered on low heat about 40 minutes, stirring frequently, until thick (like stiff apple butter). When it is thick enough for you, ladle into jars and refrigerate. Makes about 1 1/2 cups.

from Recipes from a Kitchen Garden, Vol Two, by Renee Shepherd & Fran Raboff

[amyl](#)

Pumpkin Butter - COLLECTION

From: hammond@odin.scd.ucar.edu (Steve Hammond)

Date: Thu, 14 Oct 1993 19:37:25 GMT

This recipe appeared in the St. Louis Post-Dispatch.

1 (16 ounce) can solid-pack pumpkin
2/3 cup firmly packed brown sugar
1/4 cup honey
1 teaspoon lemon juice
1/4 teaspoon ground cinnamon
1/8 teaspoon ground cloves

In medium saucepan, combine pumpkin, brown sugar, honey, lemon juice, cinnamon, and cloves. Bring to a boil over medium-high heat, stirring frequently. Reduce heat; simmer 20 minutes, or until thickened, stirring occasionally.

Ladle mixture into clean jars or freezer containers. Cover with lids. Store in refrigerator several weeks or freeze for several months.

Yield: 2 cups.

From: selenev@cats.ucsc.edu (Selene Vega)

Honey-Pumpkin Butter

2 cups cooked pumpkin, pureed
1/2 cup honey
1 teaspoon grated lemon rind
1 tablespoon lemon juice
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon ginger
1/8 teaspoon cloves
1/4 teaspoon salt

Mix all ingredients thoroughly. Simmer uncovered on low heat about 40 minutes, stirring frequently, until thick (like stiff apple butter). When it is thick enough for you, ladle into jars and refrigerate. Makes about

1 1/2 cups.

from Recipes from a Kitchen Garden, Vol Two, by Renee Shepherd & Fran Raboff
[amyl](#)

Quick Mango Chutney

From: arielle@taronga.com (Stephanie da Silva)

Date: Thu, 7 Oct 1993 16:09:07 GMT

Last one from my Oz mum-in-law. This one appears to have been photocopied from a Miami-area newspaper.

1 pound unripe mangoes
1/3 cup light brown sugar, packed
1/4 teaspoon ground fennel
1/2 teaspoon ground cumin
1/4 teaspoon red pepper flakes
1/2 teaspoon salt
2/3 cup water
1/4 cup raisins
2 teaspoons cornstarch dissolved in 2 tablespoons water
2 teaspoons vegetable oil
1/2 teaspoon black or yellow mustard seed, crushed

Peel mangoes and cut in half. Remove pit and discard. Cut flesh into 1/4 inch thick slices.

Combine mango, sugar, fennel, cumin, pepper flakes, salt, water and raisins in a saucepan and bring to a boil. Cook over medium heat, partly covered, for 6 minutes or until mango is soft and translucent. Stir in cornstarch and continue cooking until chutney thickens. Turn off heat.

Heat the oil in a small skillet until hot. Add mustard seeds. Let spice sizzle for 10 seconds then immediately pour the entire contents of the pan over the chutney. Mix well and serve warm, at room temperature, or chilled. Keeps for a day at room temperature and 4 weeks refrigerated. Makes 2 cups.

Note: This chutney can be made with ripe mangoes; just add a tablespoon of lemon juice to cut the sweetness.

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Quince Preserves (Persian)

From: Sarah Henderson sehender@reed.edu
Date: Mon, 13 Sep 1993 19:23:18 -0700 (PDT)

From _Food of Life_.

Quince Preserves (Moraba-ye Beh)
Makes 2 pints.

2 lbs. quince
1 1/2 cups water
4 cups sugar
1/4 tsp. vanilla extract
 OR 1/2 tsp. cardamom seeds
 OR 1 cinnamon stick
2 Tbsp. lemon juice

Cut quinces in quarters and remove cores. Slice into 1/4 inch strips. Wash and drain. Place quince and water in heavy saucepan. Bring to boil on high heat, reduce and let simmer over low heat for about 15 minutes. Add sugar and vanilla OR cardamom OR cinnamon. Place clean dish towel over pan and cover firmly with lid--this way the quince will turn red. Simmer over low heat for 1 hour.

Add lemon juice, cover and simmer for 1 hour more over low heat--stirring gently from time to time--until syrup has thickened and quince has turned red. Allow to cool. (Note: I would not allow preserves to cool.) Fill sterilized jars and seal. (Nothing is said about processing jars, but I think I would process jars according to recommendations given for processing apples.)

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Rosemary Oil with Red Chiles

From: arielle@taronga.com (Stephanie da Silva)

Date: Thu, 19 Aug 1993 08:48:39 GMT

8 large, thick branches of rosemary
2 dried red chiles
1 quart extra-virgin olive oil

Rub the rosemary branches between your fingers to bruise them. Using a knife, bruise the chiles, then put them and the rosemary in a jar with a tight-fitting lid. Pour the olive oil into the jar, seal and let stand at room temperature for 10 days. Strain the oil through a fine mesh sieve and return to the jar. Will keep for up to 2 months.

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Two Recipes: Rum-pot and Brandied Fruit

From: arielle@taronga.com (Stephanie da Silva)

Date: Thu, 12 Aug 1993 05:22:46 GMT

From Time-Life's The Good Cook Series

Basic Rum-Pot Fruit Recipe (Rumtopf)

3 cups (3/4 liter) strawberries, hulled
about 2 cups each (about 1/2 liter each) prepared gooseberries, cherries,
red currants, black currants, raspberries, apricots, plums and pears
(pick over, remove any damaged parts and pit or core fruits)
about 10 cups (about 2 1/2 liters) sugar
about 2 quarts (about 2 liters) rum

Sprinkle the strawberries with 1 1/2 cups (375 ml) sugar. Cover, and let stand for 30 minutes. Place the sugared strawberries in the rum pot (as the rum pot, you can use a 1 to 2 gallon stoneware crock with a lid) and pour in enough rum to cover the fruit by about two finger-widths. Cover the pot with plastic wrap and put on the lid. Place in a cool room, and stir the fruit gently every two or three days.

Starting with the gooseberries, or as the fruits ripen, add the remaining fruits in layers; mix 1 cup (1/4 liter) of fruit with 1/2 cup (125 ml) of the sugar before adding it to the pot, and each time add enough rum to cover fruit by two finger-widths.

After the first two weeks, you will only need to shake or stir the pot every two weeks. But you must always make sure that the top layer of fruit is covered by two finger-widths of rum. Traditionally, the rum pot is begun in early summer. At the end of October or the beginning of November, add another cup of rum to the pot. By the beginning of December, the fruit will be ready to eat.

Brandied Fruit Melange

about 10 quarts (about 10 liters) prepared fresh fruits: hulled
strawberries; pitted cherries; whole raspberries; peeled, pitted
and sliced apricots and peaches; whole blueberries; pitted plums;
and peeled, cored and sliced pears
about 10 quarts (about 10 liters) sugar
about 2 1/2 quarts (about 2 1/2 liters) brandy

Brandy base

2 cups (1/2 liter) brandy
1 1/2 quarts (1 1/2 liters) firm, ripe strawberries, hulled
6 cups (1 1/2 liters) sugar
2 cups (1/2 liter) kirsch
2 cups (1/2 liter) sherry
2 cinnamon sticks
1 tablespoon (15 ml) chopped fresh ginger
1 tablespoon (15 ml) whole cloves
1 tablespoon (15 ml) whole allspice
1 tablespoon (15 ml) grated lemon peel
1 tablespoon (15 ml) grated orange peel

For the brandy base, crush the strawberries and simmer them in their own juice until they are tender, about five minutes. Let the berries drip in a jelly bag; discard the pulp. Bring the strawberry juice to a boil, add the sugar and stir until it dissolves. Cool the syrup. Put the brandy, kirsch, sherry, spices and grated lemon and orange peels into a 4 gallon (16 liter) crock. Add the strawberry syrup to the other ingredients in the crock. Let the mixture stand for at least one week.

As fruits are available, add equal quantities of fresh fruits and sugar, stirring after each addition. Never add more than 2 quarts (2 liters) of sugared fruit at one time. Two or three kinds of fruit may be added at the same time. For each 2 quarts of sugared fruit, add 2 cups (1/2 liter) of brandy. More spices also may be added. Continue this process until the crock is filled. Put the cover on the crock and tie a cloth over it. Let it stand without disturbing it for two or three months.

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Tomato chutney

From: sbhattac@stern.nyu.edu (Shankar Bhattacharyya)

Date: Sat, 11 Sep 93 10:37:52 EDT

Here is a recipe for a dessert version of tomato chutney, extremely popular in Bengal.

It is be served towards the end of the meal, followed by yogurt, and then any dessert proper. That is how it is in Bengal, anyway.

The basic spicing is done with panch phoron. This five spice mixture contains approximately equal quantities of fennel, mustard, and cumin, and rather less nigella, and even less fenugreek, all as seeds. For chutneys I prefer a bias towards fennel and mustard, and away from fenugreek. The basic technique is applicable to a variety of chutneys.

The mustard should be the purple stuff one gets in the South Asian stores. Don't get heavy-handed with the cumin.

Estimated time : about 30 real person-minutes, about 1 hr by the clock. If you are really efficient, you could cut it down to about 15 person-minutes. Allow extra time to refrigerate the product.

The units are American. Quantities are not critical.

1 teaspoon = 5 ml, 1 tablespoon = 15 ml, 1 cup = 237 ml, 1 lb = 454 g, within precision sufficient for any kitchen needs.

TOMATO CHUTNEY:

Materials:

ghee or oil	1 to 1.5 tsp
panch phoron	generous pinch
finely minced ginger	1.5 tsp (strongly recommend a very sharp knife)
tomatoes	2 lb
dried hot red pepper	1 (Cayenne, probably)
raisins	3 tbsp
sugar	0.5 cup to 0.75 cup
salt	0.5 tsp
water	0.25 cup
lemon juice	1.5 tbsp

For an elegant preparation, peel and seed the tomatoes. For a more everyday preparation, do not. If you do peel and seed them, recover the

juices by straining off the seeds and set the juices aside. Allow extra time to do this. I usually get some unfortunate slave to do this, so it is not real time, anyway. I hope none of my friends see this, or I will have recalcitrant slaves the next time round.

Ideally, slice the tomatoes into thin wedges. Alternatively, chop coarsely. When I am lazy, I just drop them in the food processor and abuse them for a few seconds. They should *not* get homogenized, just chopped up.

Heat the oil, add the panch phoron. Stir fry for a few seconds.

Add the tomatoes, ginger and red pepper, and cook at high heat for 2 min. Note that some spattering may occur when you add the tomatoes to the hot oil.

Add any reserved juices, water, sugar, and salt. Cover, and cook gently for 10-15 min, or until the tomatoes are tender. Add the raisins somewhere along the way, depending on how cooked you like your raisins.

Uncover, and heat at high heat to thicken the chutney. A gauze cover may be useful, since this will bubble and pop like thick pasta sauce while you are boiling it down.

Remove from heat. Add lemon juice. Refrigerate and serve, either by itself, or with puris. Failing puris (which are a fair bit of work), nan, which you can buy, or warmed pita bread, at a pinch.

Puris go especially well with thick implementations, served as a snack. My judgment is that those implementations need a bit more sugar.

Yield: 3 cups, serves six people.

Comments:

The tomatoes need to be of good quality. Many of the tomatoes one sees in American supermarkets simply don't have enough flavour. Poor tomatoes cannot be overcome.

The final product should have just a hint of pepper. And it should be mildly tangy, but not seriously sour.

The consistency of the refrigerated product should be such that it pours, with just a suggestion of gelling. If it is intended as a snack, it can be thicker.

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Tomato Chutney

From: ruby@crash.amigans.gen.nz (Vida Halligan)

Date: Mon, 6 Sep 93 21:40:45 +1200

Ingredients

24 red tomatoes	8 onions
2 cucumbers	1.5 bottles vinigar (1125 ml total)
2 lb Sugar	3 TBs Mustard
1 tsp Ceyenne pepper	6 TBs Flour (for thickening)
2 TBs Curry powder	1.5 oz salt

Method

Cut up red tomatoes onions and unpeeled cucumbers and salt, leave overnight strain off liquid add sugar vinigar. Boil till tender then add mustard and Ceyenne pepper, then thicken with flour Curry powder and enough extra vinegar to thicken. Bottle, cover when cold. Keeps well and can be used immediately.

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Tomato Chutney

From: shiva@hoss.unl.edu (Sivaramakrishnan V)

Date: 3 Sep 1993 16:15:23 GMT

Fresh tomatoes(big)	3 nos.
Medium size onion	1
Dry red chillies	3 (upto 6 ,depending on how hot you want it)
or	
Red chilli powder	1tsp.(or more)
Garlic ,crushed	3 cloves
vegetable oil	1 tbsp

salt to taste

Seasoning

oil	1 tsp.
Mustard seeds	1 tsp.
Urud dal(optional)	i tsp.

PROCEDURE

Finely chop the tomatoes and onions.

Heat oil in a pan.

If you are using chillies, add chillies.

Fry for 15 seconds.Remove them from pan.Keep them aside.

Add onions.

Add garlic.

Saute for 3 minutes or until edges turn brown.

Add tomatoes.

Add salt.

(Add chilli powder)

Cook for upto 10 minutes so that the water from the tomatoes has evaporated.Turn the contents frequently.

Let everything cool.

Transfer the contents of the pan into a blender (along with the fried chillies)

Grind to make a paste.

Seasoning

Heat oil.

Pop mustard seeds.

Add urud dal.

Wait till dal turns light brown.

Mix the seasoning with the paste.

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Tomato Ketchup

From: ak163@yfn.ysu.edu (Sharon Flora)

Date: 18 Sep 1993 01:57:41 GMT

4 qts peeled, cored, chopped, red-ripe tomatoes (about 24 large)
1 c. chopped onions
1/2 c. chopped sweet red peppers (about 1 medium)
1 c. sugar
1 T. salt
1 T. paprika
1 1/2 t. celery seed
1 t. whole allspice
1 t. mustard seed
1 stick cinnamon
1 1/2 c. vinegar

Cook tomatoes, onions and pepper until soft.

Press through a food mill or sieve.

Cook rapidly until thick (volume is reduced about 1/2), about 1 hr.

Tie whole spices in a cheesecloth bag; add with sugar and salt to
tomatoe mixture.

Cook gently about 25 minutes, stirring frequently.

Add vinegar and paprika, cook until thick.

As mixture thickens, stir frequently to prevent sticking.

Pour hot into hot jars, leaving 1/4-inch head space.

Adjust caps.

Process 10 minutes in boiling water bath.

Yield: about 3 pints

Ball Book-The Guide to Home Canning & Freezing (Copyright-1987)

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