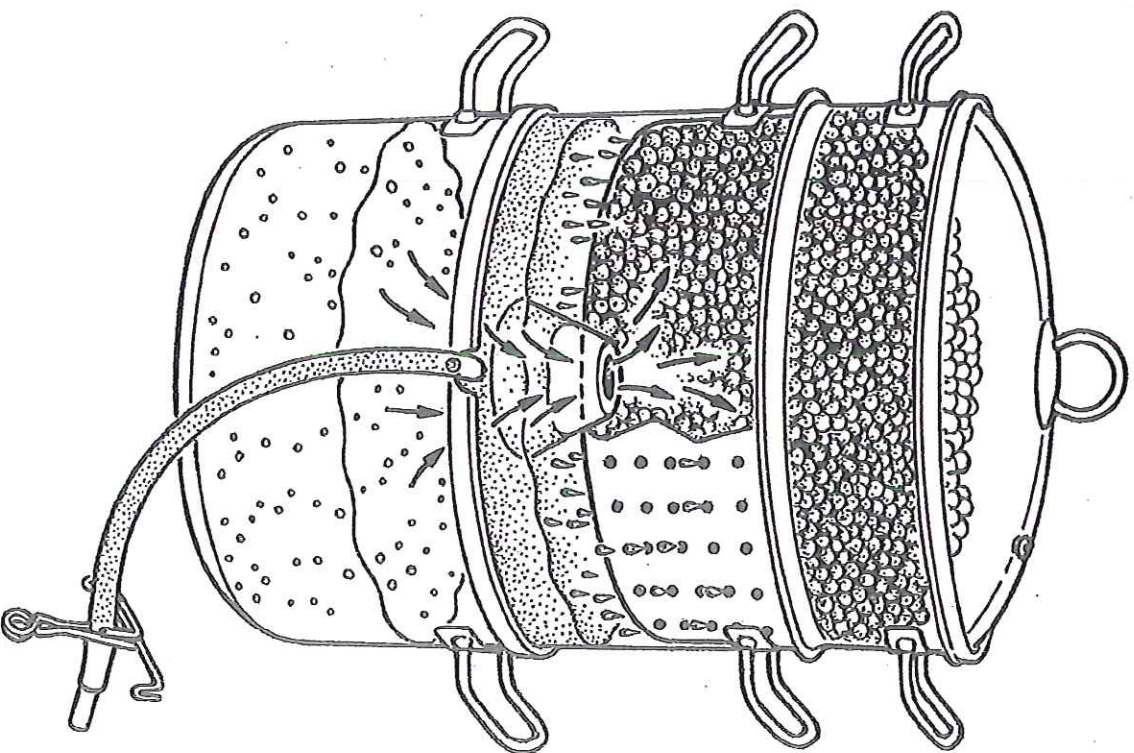


RECIPES & INFORMATION
A Multipurpose
Juicer/Steamer/Cooker



WARNING:

Do not let the pan run dry. The water level in the base pot must be checked regularly. Refill water as needed.

WEIGHTS AND MEASURES

American	British
1 quart	1-1/2 pints plus 3 Tbsp. (32 fl. oz.)
1 pint	3/4 pint plus 2 Tbsp. (16 fl. oz.)
1 cup	1/2 pint minus 2 Tbsp. (8 fl. oz.)
British	American
1 quart	2-1/2 pints
1 pint	1- 1/4 pints
1/2 pint	10 fl. oz. (1-1/4 cups)
1/4 pint (1 gill)	5 fl. oz.
1 tablespoon	1 tablespoon
1 dessert spoon	1 tablespoon
1 teaspoon	1/3 fl. oz.
American	Metric
1 quart95 liter
1 pint	473ml.
1/2 pint	237ml.
1/4 pint	118ml.
1 tablespoon	15ml.
1 teaspoon	5ml.
Metric	American
1 liter	34 fl. oz.
1/2 liter (500ml)	17 fl. oz.
1/4 liter (250ml)	8.5 fl. oz.
100 ml.	3.38 fl. oz.

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Sweet Apple and Banana Wine (General Method D)

3 pints of apple juice and 2 lb very ripe bananas 1-1/4 lb sugar
 Wine yeast / pectic enzyme
 Water to one gallon

Peel bananas, retaining brown parts. Place the bananas in freezer 48 hours prior to wine making. Place bananas and any liquid into clean plastic bucket. Add apple juice and 3 lbs. sugar dissolved in 3 pints water. At 65-75°F add yeast and enzyme. Strain after 7 days and transfer to demijohn, top with water and fit airtlock. Taste wine, add remaining sugar in sufficient water to top off after siphoning. Return to fermentation temperature.

INGREDIENT TABLE FOR OTHER WINES

DRY WINE

Fruit Name	Weight of fruit in pound	Acid juice of lemon or tsp of citric acid	Sugar in lb	Make by method
Apricot	4	1	2-1/2	A
Bilberries	2	2	2-3/4	A
Blackberry	3	0	3	A
Black Currants	2	2	2-3/4	A
Cherries	3	2	2-3/4	A
Crabapples	5	0	2-1/2	C
Gooseberries	3	1-1/2	2-1/2	A
Peaches	3	2	2-1/4	A
Pears	6	2	2-1/2	C
Raspberries	3	1	2-1/2	A
Red Currants	3	2	2-1/2	A
Rhubarb	3	0	2-3/4	C
Plums	3	1	2-1/2	A
White Currants	3	1	2-1/2	A

SWEET WINE

Fruit Name	Weight of fruit in pound	Acid juice of lemon or tsp of citric acid	Sugar in lb	Other ingredients	Make by method
Apricot	5	2-1/2	2-1/2	1/2 lb Sultanas	B
Bilberries	4	2-1/2	2-1/2	2 lb Bananas	D
Black Currants	3	2-1/2	2-1/2	2 lb Bananas	D
Cherries	4	2-1/2	2-1/2	2 lb Bananas	D
Crabapples	7-8	1-1/2	1-1/2	1lb Raisins	B
Gooseberries	4	1-1/2	1-1/2	1/2 lb Sultanas	B
Peaches	4-1/2	2	2	1/2 lb Sultanas	B
Pears	8	1-1/2	1-1/2	1lb Raisins	B
Raspberries	4	1-1/2	1-1/2	1/2 lb Sultanas	B
Red Currants	4	2	2	1/2 lb Sultanas	B
Rhubarb	5	0	0	2 lb Bananas	D
Plums	5	1-1/2	1-1/2	1/2 lb Sultanas	B
Sloes	4	0	0	1/2 lb Sultanas	B
White Currants	4	1-1/2	1-1/2	1/2 lb Sultanas	B

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STEAM PROCESS WINEMAKING

Steam extraction produces wines with a fruitier flavor which mature more quickly and utilize the fruit more efficiently. When making wines from juices, usually 1-2 pints are sufficient to provide all the flavor necessary for a gallon. To make a good wine you should refer to a detailed wine making book. Here are some general recipes.

Dry Elderberry (General Method A)

-1/2 lb elderberries

-3/4 lb sugar

Juice of 2 lemons or 2 tsp. citric acid

Vine yeast / pectic enzyme

When cool, place liquid from the steamer in a demijohn, add the sugar dissolved in two pints of water, the lemon juice or acid, and make the total volume up to six pints with tap water. Add the yeast and pectic enzyme. Fit airtight, top up with tap water after ten days, ferment to dryness.

Sweet Elderberry (General Method B)

-1/2 lb elderberries

lb raisins

-1/4 lb sugar

Juice of two lemons or 2 tsp citric acid

Vine yeast / pectic enzyme

Drop the raisins and place in a plastic bucket fitted with a lid and cover with a pint of boiling water. Dissolve three pounds of the sugar in two pints of the water and add the juice of the elderberries from the extractor. Allow the temperature to drop to 65-75°F before adding the yeast. Cover the bucket. After ten days strain through muslin, transfer to a demijohn, top up with tap water and fit airtight. After fermentation has ceased check by tasting whether the wine is sweet enough; if it is not, add the extra quarter of a pound of sugar dissolved in a small amount of water to the wine as topping up liquid after siphoning. Return to the working temperature, when the wine is clear it is ready for drinking.

Dry Apple Wine (General Method C)

quart of apple juice

lb sugar

Vine yeast / pectic enzyme

Water to one gallon

Dissolve the sugar in two pints of water and place together with the apple juice in a demijohn, add a pint of tap water. At 65-75°F provide the yeast and pectic enzyme. As soon as the vigorous fermentation has subsided top up with tap water. Ferment to dryness.

WARNING:

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WARNING:
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Refill water as needed.

PROPER HANDLING & CARE

The different parts of the juicer are easy to wash by hand.

Sudden temperature changes may cause rainbow color in the steel. This is a totally harmless phenomenon that will disappear by itself.

Always wash the juicer after use to avoid any sediments caused by minerals in the water.

Remove the sediments from the pot by:

Boiling a mild detergent solution (1 qt.) Brush the pot afterwards.

Boiling a vinegar solution (1 qt.) Wash the pot with an alkaline detergent and rinse.

Cut a lemon in half and rub against the sediments.

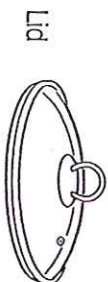
ASSEMBLING FOR USE

Pour 4 to 4-1/2 quarts water in the water pot.

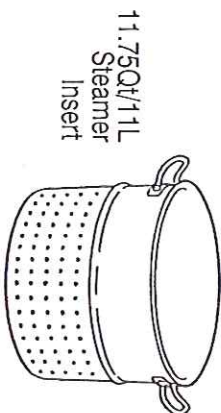
Place juice container on water pot and check to make sure plastic tube and clamp are properly in place.

Place steamer insert on top of juice container.

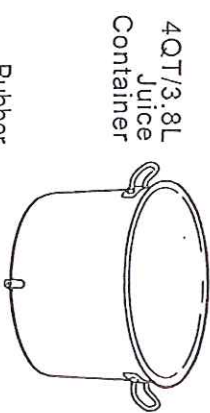
Add berries or fruit, always place lid on top.



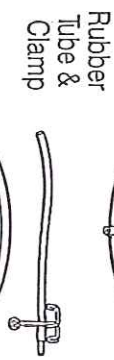
Lid



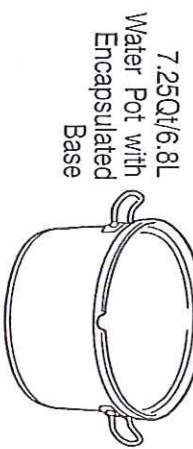
11.75Qt/1L
Steamer
Insert



4Qt/3.8L
Juice
Container



Rubber
Tube &
Clamp



7.25Qt/6.8L
Water Pot with
Encapsulated
Base

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Corned Beef and Cabbage

Prepare corned beef as directed for chicken, adding cabbage during the last half hour of cooking. If desired, you may season the corned beef with 1 to 4 teaspoons caraway seeds.

Steamed Ham

Prepare ham the same as for the chicken, allowing 20 minutes per pound for a large ham, 30 minutes for a small one. Boil down drippings and make gravy from it, or save drippings for adding to pea or bean soup.

Steamed Bratwurst, Potatoes, and Sauerkraut

- 1 pound bratwurst
- 4 medium sized potatoes, well scrubbed
- 1 pint sauerkraut
- 1 teaspoon caraway seed

Place bratwurst, potatoes, and sauerkraut in steamer insert. Place over boiling water, cover and steam for 20 to 25 minutes or until the potatoes are tender when pierced with a toothpick. Serve immediately with mustard and melted butter.

Homemade Sausage

- 5 pounds hamburger meat
- 2 tablespoons salt
- 1/2 teaspoon saltpeper (optional for reddish color)
- 2-1/2 teaspoons whole mustard seed
- 2-1/2 teaspoons coarsely ground black pepper
- 2-1/2 teaspoons garlic salt
- 1 teaspoon hickory smoke salt

Mix all ingredients well and refrigerate 8 to 12 hours for flavors to blend well. Shape into 4 rolls of uniform size and shape. Wrap each roll in aluminum foil and place in steamer insert. Steam over vigorously boiling water for 1 hour and 15 minutes. Remove from steamer and chill immediately. Slice thinly. Makes about 5 pounds sausage.

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STEAMING POULTRY, MEAT & FISH

The steamer insert holds the meat above the water, allowing steam to surround all surfaces of the meat for retention of flavor and even cooking. Steam meats with water at a simmer. High temperatures toughen protein. Keep water at 185°F. Do not salt meats. Any meat you would normally braise, you can steam. You'll find that the process is so much simpler you'll be tempted to steam foods more often than you ever did in the past.

Basic Steamed Chicken
stewing or roasting chicken, disjointed or left whole
parsley and paprika

Place roasting chicken, washed and dried, in the steamer insert. Sprinkle with parsley and paprika if desired. Cover and steam with water at a simmer for 2 to 2-1/2 hours or until chicken is tender when pierced with a fork. About 1/2 hour before chicken is done, add whole carrots, potatoes, broccoli or cauliflower to the pot. If vegetables don't test done when chicken is done, simply remove chicken from the pot, turn up the heat and steam for 5 to 10 minutes while you get the chicken ready for the table. Drippings from the chicken will collect in the juice kettle, along with some condensed water. These may be boiled down, seasoned and thickened to use as gravy.

Basic Steamed Fish
fish is very tender fleshed and cooks quickly. If fish is more than 2 inches thick, cut in half along the backbone or into slices (steaks) of uniform thickness. Place fish into steamer, cover and steam for approx. 10 minutes or until fish flakes easily when probed with a fork. Serve with lemon juice, fresh chopped parsley and melted butter.

Steamed Lobster, Crabs, or Crawfish
Wash fish thoroughly and place in steamer insert. Steam crawfish over high boil for 5 to 10 minutes, crabs for 8 to 10 minutes, and lobster for 10 to 12 minutes. Shellfish continue to cook as they cool. Serve with lemon juice and melted butter.

Steamed Shrimps, Clams, and Mussels
Wash thoroughly and place in steamer insert. Do not remove shells; steam over boiling water for 3 to 5 minutes or until shrimps are pink. Be careful not to overcook. Smaller shrimps, clams and mussels will cook more quickly than large pieces; check to be sure they are cooked before removing from heat. Remove from heat and take lid off.

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PREPARING FOR JUICEMAKING

Assemble juicer and place it on stove. Wash the berries or fruit. Apples, crabapples, plums, and other pitted fruit may be left whole, however, you can fit more in the insert and extract more juice from cut fruit. Rhubarb should be cubed, but not peeled. Stems from fruit like cherries, currants, and grapes need not be removed.

Place fruit in the steamer. Layer fruit with sugar, if a sweetened juice is desired for punch bases and beverages. If using fruit for jellies do not add sugar. Use 1/4 to 1 cup sugar per basketful of fruit depending on the tartness of the fruit.

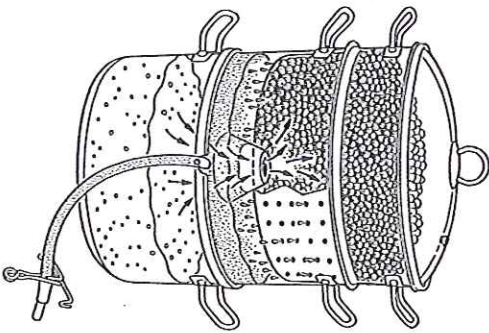
Attach drain tube with clip in place.

Fill water pot up to the water level mark (a slight ridge that encircles the top of the pan). Bring to a boil and set steamer and juice kettle on top.

Steam fruit over continuously boiling water for approximately 60 minutes or longer for hard fruits (see chart). **Don't let pan run dry. The highest heat is not recommended as pan will boil dry more quickly.**

Have sterilized bottles and bottle caps hot and ready for sealing, or have canning jars with two part lids hot and ready for sealing. You may keep the lids or bottle caps in a pan of simmering water and the bottles or jars stored in the oven with the temperature set just under 200°F until you are ready to fill them with hot juice. **Place hot jar or bottle in a plastic beverage pitcher or hold in a saucepan while draining hot liquid into it, being careful not to burn yourself.**

Immediately top jars with lids filling the container to an inch or less from the top. Wipe top of jar clean and place lid on with sealing composition next to the glass; screw the band on firmly. Set apart on rack or folded cloth, out of draft to cool. To fill bottles, fill to the very top of the bottle. Put sterilized bottle cap on, twisting it downward. Cool out of draft, and when sealed the rubber is curved downward. Store upright in a cool, dark place.



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MULTIPURPOSE STEAMER

Steamed foods are becoming more and more popular because they are tastier and more nutritious. When you cook foods in steam, you don't leach out vitamins and minerals into cooking liquid.

You can cook a variety of vegetables at once, such as potatoes, carrots, parsnips, whole cauliflower, etc., and each comes out perfectly done with its own distinctive flavor. In one pot. In about 20 minutes! Saves time and energy.

Use it for steaming holiday puddings, making brown bread, cooking homemade sausages, cooking Polish or Bratwurst, or other favorite sausages, corned beef, chicken, fish, and shellfish, too. Vegetables can be steamed right along with the meats by adding them to the pot during the last 20 minutes of cooking. (Imagine what you can do on a camping trip with just one burner.)

RECIPES FOR JUICES & FRUITS

Basically, you'll find that juicemaking is a much more convenient, simple, cleaner process than it ever used to be by the old jelly bag method. It is simple to make applesauce. Simply cut up the apples and steam until soft, then put through a strainer or food mill to strain out seeds and cores. Reheat with some of the juice that was extracted, or add juice back to sauce and boil down until thickened, then seal in canning jars or freeze.

WHAT CAN YOU DO WITH JUICE?

To get started, we give recipes for juices, jellies, syrups, punches, fruit soups, puddings, and other basic uses. You may wish to bottle unsweetened juice when the fruits are abundant and make jellies later when the big rush is off, to save storage space, and to distribute the cost of jelly making throughout the year.

Juices may be used for winemaking. Follow directions in winemaking books and pamphlets for the use of clear juice. However, one person we know, extracts the juice from fruit for his children to drink, then uses the remaining pulp to begin winemaking.

You can make all sorts of vegetable juices, too. Extra cabbage, onions, tomatoes, when in season can be combined to make vegetable bouillons, and can be later used in soups, stocks, sauces, etc. To make a pulpy juice, all you need to do is stir the vegetables in the steamer insert periodically while you are steaming them. The remaining pulp makes an excellent puree to be used in spaghetti sauces, thick soups, meat mixtures, or casseroles.

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Steamed Carrot Pudding

- 1 cup all purpose flour
- 1 teaspoon each soda, cinnamon, nutmeg, and allspice
- 1/2 teaspoon each cloves and salt
- 1 cup each fine dry bread crumbs, brown sugar, finely shredded raw carrots, shredded raw potatoes, ground raisins, chopped walnuts, and ground suet.
- 1 tablespoon dark molasses
- 2 eggs slightly beaten

Sift flour, measure and sift with soda, cinnamon, nutmeg, allspice, cloves and salt into bowl. Stir in bread crumbs, sugar, carrots, potatoes, raisins, walnuts and suet until blended and moist. Mix in molasses and eggs until blended. Turn into buttered 2 quart pudding mold. Place on steamer insert and steam over continuously boiling water for 3 hours. Remove mold, cool for 10 minutes, remove from mold and serve hot, or wrap when cold and freeze to store. Serve with Brown Sugar Sauce. Makes 8 servings.

Brown Sugar Sauce

Beat 2 egg yolks with 1/4 cup brown sugar until frothy. Whip 2 egg whites with 1/4 cup brown sugar until stiff. Fold the two egg mixtures together, fold in 1 cup heavy cream, whipped stiff. Add 1/2 teaspoon rum flavoring. Refrigerate until serving time.

Steamed Pumpkin Pudding

- 1/2 cup shortening
- 1 cup brown sugar, firmly packed
- 1/4 cup white sugar
- 1 teaspoon salt
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon ginger
- 2 eggs, beaten
- 3/4 cup chopped pecans or walnuts
- 2 cups sifted all purpose flour
- 1-1/2 teaspoons baking powder
- 1/4 teaspoon soda
- 3/4 cup canned or cooked and mashed pumpkin
- 1/4 cup sour cream or light cream

Cream shortening with sugar, add salt, spice, ginger, and eggs; beat well. Stir in nuts. Sift flour with baking powder and soda and add to creamed mixture alternately with pumpkin and cream, mix well after each addition. Turn batter into a well greased 2-quart mold and cover top tightly. Set mold in steamer insert. Steam over continuously boiling water for 2 hours. Let stand for 5 minutes before removing from mold. Serve hot with cold Whipped Cream Sauce. Makes 10-12 servings.

Whipped Cream Sauce

Beat 1 egg until frothy, then beat in 1/3 cup melted butter, 1-1/2 cups sifted powdered sugar, 1 teaspoon vanilla, 1/4 teaspoon nutmeg. Carefully fold in 1 cup heavy cream, whipped. Refrigerate until ready to use. Stir to blend just before serving.

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Pumpkin Seeds

Remove fresh pumpkin seeds from pumpkin, clean, and wash. Place in steamer insert and steam for 30 minutes. Spread seeds on cookie sheet and pour over enough vegetable oil or melted butter to coat completely. Sprinkle with salt. Toast at 300°F for 30 minutes.

Steamed Pumpkin - Recycling your Jack-O-Lantern

Wash and clean the pumpkin well, removing any wax or black spots. Cut into chunks and place into steamer insert. Steam for 30 minutes or until tender. Put through food mill which screens out the tough skin and presses just the flesh through. You may, if you wish, peel the pumpkin first, then steam, and process the flesh in the blender.

Steamed Unground Wheat - (Making Bulgur)

Place 6 to 8 cups unground wheat in the steamer insert. Steam over gentle heat for 4 hours. Cool, then place wheat on cookie sheet and toast in 300°F oven stirring occasionally until browned, about 2 hours. Use as you would regular bulgur wheat.

STEAMING PUDDINGS

A favorite for holiday puddings, fruitcakes, and brown bread. Choose your favorite recipe and prepare as usual, but place it in the steamer insert, steaming it the same length of time as directed in your recipe.

Steamed English Pudding

cup sifted all purpose flour
teaspoon each; soda, salt, and cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon mace
-1/2 cups each cut raisins and currants
1/4 cups each finely cut citron, candied orange and lemon peel
1/4 cup chopped walnuts
-1/2 cups coarse soft bread crumbs

ift flour, soda, salt and spices together. Mix in raisins, currants, citron, orange and lemon peel, walnuts and bread crumbs. Mix together suet, sugar, eggs, jelly and fruit juice and lend into fruit mixture, stirring well. Pour into greased 2 quart mold. Steam over continuously oiling water for 6 hours. Remove from mold, soak in brandy, wrap well and age at least weeks. Serve with Hard Sauce.

Lard Sauce

ream 1/2 cup butter until soft and gradually beat in 1-1/2 cups sifted powdered sugar and 2 teaspoons vanilla until light and fluffy.

*Please read instructions on pages 4 and 5 before using this juicer

TIME & YIELD CHART FOR STEAMED FRUITS

At high simmer

Apples	1-1/2 to 2 hours	Yields approx. 3-4 quarts per 10 lbs. of fruit
Apricots, ripe*	1 to 1-1/2 hours	Yields 1 to 1- 1/2 cups juice per lb./depending on juiciness or ripeness of fruit.
Berries* soft, blueberries, blackberries, red and black currants, dew berries, elderberries, gooseberries, huckleberries, raspberries, strawberries	60-80 minutes	Yields 2-3 cups per quart of most berries, depending on natural juiciness and ripeness.
Chokecherries	60 minutes	Yields 2-3 cups per quart
Cherries*, black or red	60 minutes	Yields about 2 cups per quart, depending on ripeness and juiciness.
Crabapples	1-1/2 to 2 hours	Yields 3-4 quarts per 10 lbs. of fruit (1 basketful, large juicer).
Cranberries	60 minutes	Yields 1-1/2 to 2 cups per quart of berries
Grapes	60 minutes	Yields 2-3 cups per quart, depending on ripeness and juiciness.
Peaches* and**	60-90 minutes	Yields 1 to 1-1/2 cups per lb.
Pears* and**	1-1/2 to 2 hours	Yields 1 to 1-1/2 cups per lb.
Rhubarb*	1-1/2 to 2 hours	Yields 1 to 1-1/2 cups per quart diced fruit
Plums* wild	60-90 minutes	Yields 1-2 cups per lb.
Plums* blue	60-90 minutes	Yields 1-2 cups per lb.
Tomatoes	60 minutes	Yields 1-2 cups per lb.

*Add 1/2 to 1 cup sugar per steamer insert of fruit, depending on your tastes, and if the juice will be used as a beverage or punch base. To add sugar, layer fruit in steamer insert and sprinkle sugar over the top.

**Pulp left in insert may be put through a food mill or pureed and used for jam. See recipes given later in this booklet.

NOTE: Along with the juice extracted from the fruit, there is some condensation of water mixed in the juice. There is more condensation with a lower, slower boiling and with longer cooking times. Juice is extracted the quickest and with less condensation when water is kept rapidly boiling over high heat. Beware of boiling the pan dry.

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Spiced Apple Juice (For plain apple juice, omit spices)

- 10 pounds apples, hard, ripe, juicy variety
- 1 cup sugar (optional) omit if making jelly
- 10 whole cloves
- 4 whole allspice

Wash the apples and remove leaves or other debris. Apples need not be cut up, however, you get more juice from cut fruit and you fit more into the steamer insert, too. Sprinkle with sugar if used, add cloves, cinnamon, and allspice. Top with second half of apples. Cover and steam over rapidly boiling water for 1-1/2 to 2 hours or until apples have turned into a tasteless, colorless mush. Extract juice into hot sterilized bottles or jars and top with bottle caps or two part lids, or use immediately for some of the following recipes.

Apple Cranberry Punch

Combine 3 cups chilled spiced apple juice, 2 cups chilled cranberry juice and 1 quart chilled ginger ale. Serve over ice cubes in punch cups and garnish with sliced orange.

Hot Apple Punch

Heat spiced apple punch. Top with a dab of butter and serve.

Apple Grape Punch

Make the above apple cranberry punch using grape juice in place of the cranberry juice.

Cherry Juice

- 10 pounds tart, sweet, red or black cherries
- 1 cup sugar (optional) omit if using for jelly

Wash cherries, removing any debris. Put into steamer insert. Sprinkle sugar over if used. Cover and steam over high heat for 1 hour. Drain hot juice into hot sterilized bottles or jars following standard directions. Seal with bottle caps or two part lids as directed.

Cherry Cocktail

Pour chilled cherry juice over ice cubes in cocktail glasses or punch cups. Add a drop of lemon juice, if desired.

Cherry Fruit Soup

- 2 cups cherry juice
- 2 tablespoons cornstarch

Combine juice and cornstarch, add sugar if desired, Bring to a boil, stirring and cook until thick and clear. Chill. Serve with whipped cream.

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STEAMING VEGETABLES

Vegetables can be cooked with little nutritive loss. The bottom pan is filled with water as usual and vegetables placed in the steamer insert. Steam over high heat and the vegetable will cook quickly. For instance, a head of cauliflower, whole carrots, whole potatoes or parsnips will be tender in twenty minutes. To check for tenderness pierce with a toothpick.

Most vegetables can be cooked in the steamer, and a combination may be cooked together at one time. Try combining 3-4 kinds of root vegetables and a meat at the same time.

STEAM BLANCHING VEGETABLES FOR FREEZING

Prior to freezing, blanching is necessary to stop the enzyme action in produce. Enzyme action brings about off flavors and nutritional losses. There are two methods of blanching: boiling and steaming. Steam blanching takes about 1 minute longer. Most vegetables may be steam blanched except for leafy ones such as spinach and kale, which must be boiled. Vegetables that are watery like squash and sweet corn lose flavor if boiled, and it is best to steam blanch them.

Select veg etables and cut into uniform pieces. Place them, not more than one pound, in steamer insert. Put insert on pot when water is at a rolling boil, then cover and time. Shake the insert once or twice to move vegetables around. When finished, immerse steamer insert immediately into ice water to stop the cooking, drain well, seal, and freeze.

Asparagus, small to large stalks	2 inch lengths	3-5 minutes
Beans, Lima	Shelled	3-5 minutes
Beans, shell, green	Shelled	2 minutes
Beans, snap green or wax	1 inch length	4 minutes
Broccoli	Wash, 1-1/2" diam.	5 minutes
Brussel sprouts	Small - large	4-6 minutes
Cauliflower	1 inch pieces	4 minutes
Corn whole kernel	Cut off kernels after blanching	5 minutes
Corn on the cob	Husk, wash	8-11 minutes
Mushrooms	Dip in 1 tsp lemon juice and 1 pint water	3-5 minutes
Peas, green	Remove from pod	2-1/2 to 3 minutes
Peppers, green or red	Wash, deseed, dice	2 minutes
Squash, summer, winter	Deseed & cut up 10	10 minutes

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Refill water as needed.

JELLY MAKING

There is no reason in the world why you cannot make jellies during the long cold days of winter rather than during the hot humidity of summer. You can make your juices, bottle seal the juice in jars or bottles, and make your jellies at leisure, a small batch at a time. It is important that you know about pectin content in juices. Pectin is the protein substance certain fruits and berries that makes jellies gel. Once the fruit or juice is frozen, it alters the quality of the pectin, and therefore, if you have frozen your fruit or juice, you should use a powdered or liquid pectin package and use the juice straight. Some people like to dilute the juice, as some come out very concentrated.

Because juice is concentrated, you should be careful to taste it and dilute it accordingly. Crabapples and apples, especially, may be very concentrated and make a very tart jelly - perhaps too tart for your tastes if the juice isn't diluted.

To determine whether or not the juice you have has enough pectin to gel properly, mix 1 tablespoon juice with 1 tablespoon grain alcohol. The alcohol will bring the pectin together to form a jelly. If the juice has a lot of pectin, a single mass or clot will form when poured into the container. This indicates that you can use equal quantities of sugar and juice to make jelly. If the clot collects in 2 or 3 masses, use 2/3 or 3/4 cup sugar to each cup of juice. If it collects in many small particles, use 1/2 cup sugar to each cup of juice. If no clots or masses form, there is not enough pectin in the juice to make a jelly and you should use a bottled liquid pectin or powdered pectin to make jelly. Follow manufacturer directions for jelly making.

Here is a recipe for basic jelly using the standard method where no pectin is added to the mixture. For apple-chokecherry jelly, use a combination of apple crabapple and chokecherry juice. For plum, grape, cherry, or berry juices, check the pectin content of the juice first, then proceed.

Basic Jelly

4 cups juice
4 cups if juice has high pectin, 3 cups if medium pectin, 2 cups low.

Bring juice to a boil in large enamel or stainless steel pan. Simmer about 5 minutes. Skim. Add measured sugar and stir until dissolved and keep juice at simmering point to protect ectin and color. Stop stirring. After about 10 minutes, place a small amount of the mixture into a spoon and let it drop back into the pan from the side of the spoon. When the mixture is thick enough to form a sheet on the spoon that collects in two large drops, the jelly stage has been reached, 220°F. Meanwhile keep jars and lids in boiling water. Remove from water first before needed, drain, and let dry by inverting on a rack. Fill to 1/4 inch of the top with hot jelly. Seal with paraffin or 2 part lids. Makes about 4-1/2 pints of jelly.

WARNING:
Do not let the pan run dry. The water level in the base pot must be checked regularly.
Refill water as needed.

Chokecherry Juice

10 pounds chokecherries

Wash and clean the cherries and place in the steamer insert. Steam for 1 hour over high heat. Drain hot juice into sterilized hot bottles or canning jars. Cap with bottle caps or with hot two part lids. Makes about 3-1/2 quarts, depending on the juiciness of the berries.

Crabapple Juice

10 pounds crabapples

Wash crabapples and remove leaves and debris. Place in steamer insert. Cover and steam over rapidly boiling water for 2 hours or until the pulp remaining in the insert is colorless and almost tasteless. Be sure to keep water pot filled. Drain off juice into hot sterilized bottles or jars, top with sterilized, hot bottle caps or lids, or, use immediately for making jelly.

Cinnamon Cranberry Juice

6 pounds cranberries
2 sticks cinnamon
1 to 1-1/2 cups sugar (optional) do not add if using juice for jelly

Put the cranberries, cinnamon, and sugar into the steamer insert. Steam for 1 hour. Drain hot juice into sterilized bottles or canning jars. Cap with bottle caps or two part lids as directed earlier.

Cranberry Apple Juice

Use a combination of cranberries and apples in place of all cranberries in the steamer insert when making juice.

Cranberry Grape Juice

Use a combination of cranberries and grapes in place of all cranberries in the steamer insert when making juice.

Finnish Cranberry Whip

1 cup boiling water
1-1/2 cups cranberry juice
1/4 cup cream of wheat (instant)
1/4 cup sugar

Mix boiling water and cranberry juice in saucepan and add cream of wheat, stirring. Cook at low heat for 7 minutes; add sugar and cool, beating with a whisk until very light and fluffy. Pour into serving bowls and refrigerate. Serve with cream to pour over. Makes 6 servings.

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Grape Juice

4 quarts (about 5-1/2 pounds) ripe grapes

Place cleaned grapes in steamer insert. Steam for 1 hour or until grapes are colorless and dry. Drain hot juice into sterilized hot bottles or canning jars. Cap with hot bottle caps or with two part lids. Cool on a rack set in a draft free place. Makes approximately 2 quarts of juice depending on the juiciness of the grapes.

Grape Juice Cocktail

Pour grape juice over ice cubes, mixing half and half with lemon flavored soda. Sweeten to taste with sugar if necessary.

Peach Juice

5 pounds fresh ripe peaches, halved and pitted
1 cup sugar

Place peaches in steamer insert. Steam for 1-1/2 hours or until the peaches look "drained" and dry. Drain hot juice into sterilized hot bottles or hot canning jars. Cap with sterilized bottle caps or with two part lids. Cool on a rack set in a draft free place. Makes approximately 2 quarts of juice. Use the remaining pulp for jam (see below.)

Peach and Raspberry Juice

Use a combination of fresh raspberries, up to 1/2 the total fruit, mixed with the peaches and proceed as directed above.

Ginger Peach Jam

Put pulp from making peach juice into blender or run through food mill. Measure, you should have 5 to 5-1/2 cups pulp. Mix with 1 piece (about 1 inch cube) grated fresh ginger, 1 tablespoon grated orange peel, 1/3 cup orange juice, 1 cinnamon stick and 5 cups sugar. Cook over low heat until the mixture reaches 215°F on a candy thermometer. Pour into sterilized jars and seal. Makes about 8 jars of jam, 1/2 pint size.

Raspberry Peach Jam

Follow Ginger Jam directions, use pulp from peach & raspberry juice. Put pulp through strainer first to remove seeds if desired.

Pear Juice

6 pounds fresh ripe pears
2 cups sugar

Cut washed pears in half, place in steamer insert. Steam for 1-1/2 to 2 hours over high heat (check to be sure water doesn't boil out of pan). Pears will look drained and dry. Drain hot juice into sterilized hot bottles or canning jars. Cap with bottle caps or two part lids. Cool on a rack set in a draft free place. Makes about 2-1/2 quarts juice depending on the juiciness of the pears. Use the pulp for making pear jam, see recipe on page 13.

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Tomato Bouillon and Tomato Paste

12 pounds fresh tomatoes, quartered
1 small bunch carrots, diced (about 1 pound)
4 onion, sliced
1 bunch celery, cut in 1 inch pieces
1 teaspoon salt
1 tablespoon sugar

Clean the vegetables, removing stems and ends, but it isn't necessary to peel tomatoes. Layer vegetables into steamer insert. Steam over rapidly boiling water for 60 minutes. Stir vegetables in steamer insert at the end of the steaming time to get some of the tomato pulp and color into the juice. Drain into hot sterilized jars or bottles and seal with hot two part lids or with bottle caps. Makes about 4 quarts. Take the pulp from the insert and press through a food mill. This makes an excellent paste to use in recipes where you normally would use plain tomato paste, such as in spaghetti sauce, etc. Put paste into 1/2 pint jars put caps on and process to seal. To use Tomato Bouillon, use in recipes where broth is needed. Or serve hot, and topped with a pat of butter as a buttered broth. Or, chill and serve as you would tomato juice.

Applesauce

Fill steamer insert with fresh apples, preferably quartered. Place over rapidly boiling water and steam for 3/4 to 1 hour or until apples are soft. Press apple pulp through a food mill or strainer and add apple juice until sauce is the consistency you desire. Bring to a boil again and put into hot sterilized jars and seal with two part lids. Bring any juice that you have collected to a boil and seal in bottles using bottle caps.

FRUIT SYRUPS

You can serve pancakes and waffles with gourmet flair, and impress all your guests when you have on hand your own homemade fruit syrups for toppings. All juices, and even a mixture of juices, make a successful syrup. It's a matter of experimentation and imagination. Here is a basic fruit syrup that you can use. Chokecherries, wild cranberries and wild plums are perfect for this syrup.

Basic Fruit Syrup

2 cups juice
1/2 cup white corn syrup
3 cups sugar

Put juice, syrup, and sugar into a large saucepan and bring to a boil. Boil for 15 minutes. Let bubbles die down, skim, and pour into hot sterilized bottles or jars, 1/2 pint size or so. Top with hot sterilized bottle caps or two part lids. Makes about 4 jars or bottles, 1/2 pint size.

WARNING:

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pear Juice Cocktail

Put pear juice over ice cubes in cocktail glasses. Add a dash of lemon or lime juice. Pear ice is also delicious served for breakfast.

pear Jam

Press pear pulp through a sieve or put through a food mill; measure; you should have about 2 cups of pulp. Blend with the juice and grated rinds of 1 orange and 1 lemon. Add 2 cinnamon sticks, 4 whole cloves, 1/2 teaspoon ground ginger and 5 cups of sugar. Simmer over low heat, stirring, until candy thermometer reaches 215°F. Pour into sterilized half pint jars and top with sterilized two part lids.

plum Juice

2 pounds plums, wild, blue, or prune plums

1 cup sugar (optional) omit if juice is to be used for jelly

Boil the cleaned plums, (it isn't necessary to pit and halve if the plums are little wild ones) and sugar, if used, in steamer insert. Steam for 1 to 1-1/2 hours or until plums look dry. Drain hot juice into sterilized bottles or jars and cap with bottle caps or lids. Makes about 2 quarts juice.

plum Juice Cocktail

Serve sweetened plum juice over ice cubes in cocktail glasses or punch cups, or serve plum juice chilled as a breakfast beverage. The best beverage is made from prune plums, other than wild plums, unless wild plums are sweet and quite ripe.

raspberry Juice

3 quarts fresh raspberries, cleaned

1-1/2 cups sugar

Boil over two quarts of the raspberries in the perforated steamer. Sprinkle with half the sugar and top with the remaining two quarts of berries. Sprinkle with second half of the sugar. Boil over and set over water pan filled to about 1-1/2 inches from the top; bring to a rapid boil. Drain the berries for 45 minutes to 1 hour or until they look "faded". Have hot sterilized bottles or jars ready; hold jars or bottles in oven set at 200°F. Keep bottle caps or lids in boiling water in a small pan. Extract the juice through the rubber tube into hot bottles or jars. Cap immediately and let cool on rack or folded piece of cloth, well apart, away from drafts. Makes 8 to 12 cups juice, depending on the juiciness of the berries.

raspberry Fruit Syrup

Blend 2 tablespoons cornstarch into 2 cups juice and bring to a quick boil, stirring. Cook until thickened and clear. Serve with a dollop of whipped cream.

WARNING:

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Rhubarb Juice

5 quarts rhubarb, cut up, unpeeled
3 cups sugar

Layer the rhubarb with the sugar in the perforated steamer insert. Cover and place over water pot filled with boiling water to about 1-1/2 inches from the top. Steam for 1 to 1-1/2 hours or until the rhubarb appears limp, colorless, and "dry". Have hot sterilized bottles or jars ready (hold them in a 200°F oven if desired), and bottle caps or lids ready in boiling water. Extract juice into the prepared bottles or jars, put cap or lid on, and let cool on a rack in a draft free place. Makes approximately 2 quarts juice depending on the juiciness of the rhubarb.

Rhubarb Drink

Pour rhubarb juice from bottle over ice cubes, dilute to taste with water. Or, combine half and half with soda water.

Rhubarb Sauce

Mix 2 cups rhubarb juice, 1 cup water, and 3 tablespoons cornstarch in small pan. Bring to a boil, stirring, and cook until thickened and clear. Add a dab of butter while still hot. Cool and serve with whipped cream or pour over baked rice pudding. Makes 4 to 6 servings.

Rhubarb Pudding

Mix 1/4 cup quick cooking tapioca, 2-1/2 cups rhubarb juice and a dash of salt. Let stand 5 minutes. Bring to a boil over medium heat, stirring often. Cool 20 minutes. Stir well. Serve warm or cold with whipped cream or light cream to pour over. Makes 6 servings, 1/2 cup each.

Juice Supreme - Currant and Raspberry

3 quarts fresh raspberries

3 quarts fresh red currants

2 cups sugar

Clean the berries, removing any debris. Layer the raspberries, currants and sugar in the steamer insert. Steam for 60 minutes over rapidly boiling water. Drain juice into hot sterilized bottles or jars and top with hot bottle caps or two part lids. Cool on a rack in a draft free place. Makes 4 to 5 quarts juice.

Supreme Punch

2 quarts chilled currant and raspberry juice

1 pint raspberry sherbet

1 quart lemon flavored soda

Put the juice into a cold punch bowl. When ready to serve, add the sherbet in one block. Pour in the lemon flavored soda. Garnish with slices of lemon. Makes 24 punch cup servings, about 5 ounces each.

WARNING:

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Strawberry Fruit Soup

- 2 cups strawberry juice
- 2 tablespoons cornstarch or potato starch

Mix strawberry juice and starch; pour into pan and quickly bring to a boil. Cook, stirring, until thickened and clear. Pour into glass or serving bowl and cover to prevent skin from forming. Serve with whipped cream. Makes about 4 servings.

Strawberry-Rhubarb Juice

- 3 quarts strawberries
- 3 quarts rhubarb
- 2 cups sugar

Clean berries, removing any debris. Cut rhubarb into one inch cubes. Layer strawberries, rhubarb and sugar in the steamer insert. Steam for 60 minutes. Drain juice into hot sterilized bottles or jars and top with hot bottle caps or two part lids. Cool on a rack in a draft free place. Makes 4 to 5 quarts juice.

Strawberry-Rhubarb Punch

- 2 quarts chilled strawberry-rhubarb juice
- 1 pint lemon or strawberry flavored sherbet
- 1 quart chilled ginger ale

Put strawberry-rhubarb juice into a cold punch bowl. When ready to serve, add the sherbet in one block. Pour in the ginger ale. Garnish with mint leaves. Makes 24 punch cup servings, 5 ounces each.

Mint Essence

- 3 quarts mint leaves
- 1 cup sugar

Wash mint leaves and put into the steamer insert. Do not pack tightly, but let the leaves fluff up in the insert. Steam for 1 hour over rapidly boiling water. Drain extract into sterilized jars. Seal. Use a bit of the mint essence with apple or pear juice when making jelly.

Tomato Juice(thick pulpy variety)

- 10 quarts ripe fresh tomatoes, washed
- 1 tablespoon salt

Place tomatoes into steamer insert, and sprinkle with salt. Place over boiling water and steam for 1 hour. Stir tomatoes occasionally after 30 minutes of steaming, extract the juice that has collected and pour juice over tomatoes in the steam insert. Repeat this process to get a pulpy tomato juice. For an even thicker juice, after you have steamed the tomatoes for 1 hour, run the remaining pulp through the blender, strain, and combine with the collected juice. Bring to a boil and pour into hot sterilized bottles or jars. Seal with caps or lids.

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"Ambrosia" Raspberry Rhubarb Juice

- 4 quarts fresh rhubarb, cut in 1 inch chunks
- 1 quart fresh raspberries
- 1 cup sugar

Layer the rhubarb with the raspberries and sugar in the steamer insert. Steam over rapidly boiling water for 60 minutes. Drain juice into hot sterilized bottles or jars, seal with bottle caps or two part lids. Set on a rack to cool away from draft.

Ambrosia Cocktail

Pour rhubarb-raspberry juice over ice cubes in cocktail glass or punch cup. Garnish with a fresh raspberry, if possible.

Ambrosia Punch

- 2 quarts rhubarb-raspberry juice, chilled
- 1 pint rich vanilla ice cream or raspberry sherbet
- 1 quart chilled soda

Pour rhubarb-raspberry juice into chilled punch bowl. When ready to serve add the ice cream or sherbet in one block. Pour over the chilled soda. Serve immediately. Makes 24 punch cup servings, 5 ounces each.

Strawberry Juice

- 4 quarts strawberries, washed, stems removed
- 1 cup sugar, 2 cups if strawberries are very tart

Layer two quarts of the berries into the perforated steaming insert. Sprinkle with half of the sugar and top with the remaining two quarts of berries and sugar. Put cover on, and set over water pan with water to about 1-1/2 inches from top of pan, at a rapid boil. Steam for 45 minutes to 1 hour. Have hot sterilized bottles or jars ready. Drain hot juice into bottles or jars and top with hot sterilized bottle caps or lids. Makes about 3-1/2 quarts juice, depending on the juiciness of berries.

Strawberry Cocktail

Pour strawberry juice over ice cubes in glass or punch cup. Garnish with a sprig of mint or a fresh strawberry.

Strawberry Punch

Pour 1 quart strawberry juice over ice cubes in chilled punch bowl. Pour in 1 quart of chilled lemon flavored soda pop and garnish with fresh strawberries. Makes 8 servings.