

Cooked in Syrup:

Make a syrup of one part sugar to two or three parts water. Put a small amount of prepared fruit in hot syrup. Cover closely and simmer until tender. Drain and repeat until all the fruit is cooked. Then pour syrup over all.

Baked:

Wash and core fruit; leave whole or cut in halves. Lay in baking dish, sprinkle with sugar to sweeten and add spices, if desired. Barely cover bottom of dish with boiling water and bake covered at 375° F. until tender. Baste twice with liquid in pan and uncover the last ten minutes to brown, if desired. Apples and pears are usually used for baking. Quinces may also be used in this way, but require a longer time for baking and are delicious served warm with cream.

Sauted:

Apples, bananas and pineapple may be sauted to serve with the meat course. Peel fruit and, as with apples and pineapple, core and cut in cross-wise rings. Dip in lemon juice, then in melted butter or oil and dust lightly with flour. Saute in a little hot fat until tender.

Scalloped:

Arrange alternate layers of sliced fresh, canned or cooked dried fruit and buttered bread crumbs or stale cake crumbs in a buttered pudding dish with crumbs on top. Pour on a sugar syrup, or a fruit syrup, and bake in a moderate oven of 375° F. for 30-45 minutes, or until fruit is tender. Allow 1 c. syrup and 3-4 c. buttered crumbs to 2 c. fruit.

Dried Fruit:

Wash fruit thoroughly in tepid water. Cover with cold water and soak overnight to restore moisture and soften cellulose. Put on to cook in water in which fruit was soaked. Add spices if desired. Cover closely and simmer until tender. Add sugar as necessary and simmer 5 minutes longer. Prunes require very little or no sugar.

RECIPES*Variations of Stewed Prunes:*

- Spiced.

½ stick cinnamon		1 whole clove
8 prunes		½ T. sugar
- For each cup of prunes, add 1 to 2 slices of lemon.
- Cook in maple syrup instead of water.
- Do not soak, but cover with cold water. Bake (covered) in moderate oven 2 hours. If sugar is added, put in after 1 hour.
- Prune Jelly:

1 c. cooked prunes	2 t. lemon juice
2 c. prune juice	¼ t. grated lemon rind
2½ T. gelatine	¼ c. sugar
¼ c. cold water	

Cut prunes in ¼" pieces. Soak gelatine in cold water. Dissolve in hot prune juice. Add sugar, lemon juice and rind. Stir occasionally while cooling. When partially thickened, add fruit and pour into mould.

Fruit Balls

1 c. figs	1 c. walnuts
1 c. dates	½ T. lemon juice

Put fruit and nuts through food chopper. Add lemon juice. Mix well. Roll into balls and then in fruit sugar.

Cranberry Sauce

1 qt. cranberries	2 c. boiling water	2 c. sugar
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Pick over and wash cranberries and place in sauce pan. Add water, cover and cook 5 to 8 minutes before adding sugar. Stir gently until sugar dissolves. Cook until tender. They should cook tender in 10 minutes — long cooking darkens berries. The berries will burst (and should or they will not be sweet), but will not entirely lose shape. Remove scum and turn into a mould.

Variations:

- Add chopped celery to cooked cranberries before turning into a mould.
- In cooking, add a little cinnamon — about ¼ t.

Cranberry Jelly

Pick over and wash 4 c. cranberries. Put in a stew pan with 1 c. boiling water. Cook until tender. Put through a sieve, add 2 c. sugar, stir until dissolved and cook five minutes. Turn into a mould or glasses.

Fruit Punch

1 c. orange juice	½ T. grated orange rind
½ c. lemon juice	¾ to 1 c. sugar
½ t. grated lemon rind	1 quart boiling water

Boil sugar, water and fruit rind 5 minutes. Cool, add fruit juices, strain and chill. Dilute with chopped ice and ice water or carbonated water.

Variations:

- Add 2 c. fruit juices — raspberry, strawberry, cherry, grape or pineapple.
- Add 1 qt. ginger ale or 1 pt. ginger ale and 1 pt. grape juice or other fruit juice.
- Add 1 c. strong tea and ¼ c. maraschino cherries finely cut.
- Add ¼ c. fresh mint, very finely chopped or crushed, to punch and let stand 2 or 3 hours.

Tomato Punch

1 c. sugar	1 qt. tomato juice
1 c. water	Juice of 2 lemons

Boil the water and sugar together for 5 minutes and cool. Add the tomato and lemon juice and chill on ice. When ready to serve add a few sprays of mint.

Tomato Cocktail

2 c. canned or fresh tomato juice	1 t. celery salt
2 t. finely chopped onion	1 t. salt
2 t. finely chopped green pepper (optional)	Speck of pepper
1½ t. Worcestershire Sauce (optional)	

Combine the ingredients and bring to a boil. Strain, chill and serve in cocktail glasses. If fresh tomatoes are used, press through a potato ricer and then strain to remove seeds.

Baked Apples

Wipe, core and score apples. Put in a baking dish. Fill centres with brown sugar and a small piece of butter. Put a little water in pan and bake until apples are tender, basting with syrup in pan.