

Mrs Greenkeeper's Own Corner

with Ann Mawson

This is the month when fresh apricots should be in the market, and at the best, so here are a few recipes for them —

Apricot Cocktail

6 ripe apricots, 1 grapefruit, 2 oz. castor sugar, cherries.

Skin the apricots, and cut them into quarters. Crack the stones, and blanch the kernels. Peel the grapefruit, and remove all the pith and pips from half of it. Cut the fruit into small pieces. Squeeze the juice from the other half and dissolve the 2 oz. of castor sugar in it. Put the apricots, grapefruit and kernels in a bowl, and pour the juice over. Keep in a cool place until required, then serve in glasses; each one may be decorated with a cherry. To serve four people.

Fresh Apricot Jam

4 lb. of fresh apricots, $\frac{3}{4}$ pint of water, 4 lb. sugar, 1 tablespoonful of lemon juice.

Cut the apricots in half, and remove the stones, now cut the fruit into small pieces. Put the water and sugar into the preserving pan and stir over a gentle heat until the sugar has dissolved, then boil quickly for a quarter of an hour. Add the fruit, the lemon juice, and just a few kernels (blanched). Boil until the jam sets, when tested. Turn into warm dry jars and tie down. Time—about 1 hour.

Apricot Soufflé (baked)

1 lb. fresh apricots, 4 oz. sugar, 4 tablespoonfuls of water

Cut the apricots in half and remove the stones. Put the sugar and water into a pan, and stir over a gentle heat until the sugar has dissolved, add the apricots and cook until soft. Rub them through a sieve. Spread the pulp in the bottom of a well-buttered piedish, now for the top, you require 1 oz. butter, 1 heaped tablespoonful of flour (plain), $\frac{1}{2}$ pint of milk, 1 oz. castor sugar, 4 eggs, and a good pinch of salt.

Melt the butter in a small saucepan, add the flour and stir to a paste over a gentle heat. Then add the milk gradually, keeping it perfectly smooth. Stir until it has simmered for a few minutes. Add the sugar and leave until cool. Beat the yolks of the eggs until frothy and light, adding a pinch of salt; now beat the whites until stiff. Beat the yolks into the mixture, continue beating for a few minutes. Then fold in the beaten whites. Pour the mixture on to the apricot pulp and bake. Serve immediately it is ready. To serve four people. Time—30 minutes. Regulo Mark 4. Electricity 375°F.

Apricot Sauce

2 tablespoonfuls of fresh apricot jam, 1 level tablespoonful castor sugar, $\frac{1}{4}$ pint of water, 1 small teaspoonful of lemon juice.

Put the jam, sugar and water into a small saucepan. Bring slowly to the boiling point. Boil gently for 3 minutes. Remove any scum. Stir in the lemon juice (a few drops of *Cochineal* improves the apricot colour). This is an excellent sauce to serve with sponge pudding. To serve four people.

—Until September