

Mrs Greenkeeper's



Own Corner

with Ann Mawson

Blackcurrants should soon be in the markets, or you might even grow them yourself, which cuts down the cost. These currants are excellent as they are so rich in vitamin C. Try making some **Blackcurrant Vinegar** as this is so useful in the winter for sore throats and colds. You require:—

1 lb. ripe blackcurrants, $\frac{1}{2}$ pint best white vinegar, $\frac{1}{2}$ lb. loaf sugar for every half pint of juice.

You need fully ripe currants, but not over ripe. Rinse the currants well in a colander under the cold tap. Remove the stalks, rejecting any green or pale coloured berries. Put the berries into an earthenware crock, press them well down with a wooden spoon. Press out as much juice as you can, stir them a few times during the pressing so that all the skins are broken. Pour on the white vinegar and leave them to soak for two days. Strain off the juice through a fine sieve and leave the currants on the sieve until all the juice has dripped through. **DO NOT** press them or rub any of the pulp through the sieve. Measure the juice and allow $\frac{1}{2}$ lb. loaf sugar to each $\frac{1}{2}$ pint juice. Put the sugar and juice into an enamel

saucepan and bring to the boil. Boil gently for about 10 minutes. Remove any scum and leave until quite cold. Store in small bottles, corked and sealed. When you want to use it, add half a breakfast cupful of hot water to a good tablespoonful of the blackcurrant vinegar, or more if you like it strong. For a cold, drink it last thing at night, or if you have a cough sip it when the cough is troublesome.

Blackcurrant Jelly

6 lb. blackcurrant fully ripe, $\frac{1}{4}$ pint water and 1 lb. sugar to every pint of juice. Clean and stalk the currants, put them into jars and stand them in a pan of boiling water. The water should be more than half-way up the jars and it must be kept boiling all the time. Strain off the juice from time to time as it flows. When the juice is all drawn out, measure it and put it in to your preserving pan with a pound of sugar and $\frac{1}{4}$ pint water to every pint of juice. Boil gently until it sets when tested, remove any scum. Turn into warm dry jars and seal.

—Until August . . .