



# It's Preserving Time

By Penelope Battey-Pratt

Here are two of the very best recipes I've ever come across for using up all those extra tomatoes in the garden. This **Chilli Sauce** (Prize Fruit Sauce) recipe comes from the *Five Roses Cookbook*, twenty-fourth edition from Lake of the Woods Milling Company, Montreal.

**\*Ingredients:** 30 large ripe tomatoes; 6 onions; 6 pears; 6 peaches; 3 sweet green peppers; 3 sweet red peppers; 2 cups of celery; 4 cups of sugar; 2 tablespoons of salt; 3 cups of cider vinegar; and, finally, 1/2 cup of mixed pickling spice tied in a muslin bag.

Wash, prepare and chop fruits and vegetables and bring them to heat in a large sauce pan or canning kettle along with the sugar, salt and vinegar. Drape the muslin bag of pickling spice into the kettle, holding it with a string over the side. Bring the mixture to a boil and simmer slowly until thickened after approximately three hours, stirring frequently. Pour into sterilized, air-tight jars and seal with canning lids. The recipe yields about 12, 16-ounce jars.

My second recipe is for **Tomato Ketchup**. This comes from the *Frontenac News* September 3, 2020, Volume 20, Number 35, pg. 11. It is called "Ketchup Rouge aux Pommes". Apparently, it was a Verona prize-winning recipe.

**\*Ingredients:** 18 ripe tomatoes, peeled and chopped; 4 cups of peeled apples, diced; 6 onions; 3 tablespoons coarse salt; 4 cups of sugar; 4 cups of vinegar; and 2 tablespoons of pickling spice in a bag.

Combine all ingredients and bring to a boil, stirring. Simmer for two or more hours until thick. Remove the spice bag and pour into sterilized jars, then seal. This recipe makes about ten 12-ounce jars.