

Preserves

A South African favourite



Savoury and sweet recipes

A collection of WAU members' tried and tested recipes

Est. 1892

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Plum jelly

Serving suggestion:
Delicious as an accompaniment with venison or pork or served on freshly baked scones, muffins or toast.

Ingredients

2kg plums

500ml (2cups) water

Hulett's White Sugar (see quantity below)

Method

1. Wash the plums and cut into chunks without removing the skin or stones.
2. Place fruit in a pot with the water, bring to the boil over medium heat and cook until the plums are soft, while stirring occasionally.
3. **Do the pectin test:** Take 10ml (2t) plum stock, make sure that it is free of any solids, pour into a small glass containing 20ml (4t) of methylated spirits. Do not stir, swirl the glass around and leave for 1 minute. Pour into a saucer. If one jelly lump forms the pectin content is high and if two lumps appear the pectin contents is low.
 - a. **If high:** Add 200g (250ml) of Hulett's White Sugar to every 250ml (1cup) of plum juice.
 - b. **If low:** Add 160g (200ml) Hulett's White Sugar to every 250ml (1cup) of plum juice.
4. Strain mixture through a sieve lined with muslin cloth into a pot. Add the required amount of sugar and bring to the boil.
5. Strain mixture again through a muslin lined sieve.
6. Boil for a further 20 minutes or until set. (A jelly will form when you place a few drops of syrup on a cold plate).
7. Bottle in warm sterilized jars.

Good quality jelly is clear, translucent and shiny. When cut, it should keep its shape and not "weep".

Yields ±2-3 x 350g jars

Elma Kleynhans, WAU North



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Naartjiejam in halves

Ingredients

500g naartjies

500g (625ml) Hulett's White Sugar

750ml (3 cups) water

Method

1. Thinly grate the peel of the naartjies.
2. Halve the naartjies, remove the pips, cover with cold water and allow to soak for 2 days.
3. Pour off the water and place naartjies in boiling water. Boil until the skin is soft and a matchstick can easily be pushed through the skin.
4. In a large pot bring the sugar and water to the boil, while stirring until sugar has dissolved.
5. Remove naartjies from the boiling water and drop into the boiling syrup. Boil until the naartjies are translucent and the syrup is thick.
6. Spoon into warm sterilized jars and seal.

Yields ±2-3 x 350g jars

Elma Kleynhans, WAU North

Serving suggestions:
After a main meal, serve with coffee and cheese. It can also be served as accompaniment to fruitcake or used as an ingredient, when thinly sliced in a carrot cake or other fruit cake mixtures.

Whole Green Fig Jam

Make a habit of buying fruit in bulk when it is in season, and selling at a lower price. Once your family have tasted your home made jam it will become a favourite.

Ingredients

2,5kg (±30) figs (swollen but not ripe)

15ml slake lime

5 litre (20 cups) water

Syrup

2,5kg Hulett's White Sugar

5 litre (20 cups) water

juice of 2 lemons

3ml cream of tartar

3 whole cloves

1 piece ginger

Method

1. Wash and prick figs. Place in water and lime solution and leave overnight.
2. Rinse figs and cook in boiling water until soft. Set aside.
3. To make the syrup, slowly boil sugar and water until sugar has dissolved.
4. Add lemon juice, cream of tartar, cloves and ginger.
5. Add figs and boil for 1 hour in a pot with a close fitting lid.
6. Leave in syrup to soak for 6 hours or overnight.
7. Remove lid and allow syrup to boil until thick and figs are transparent..
8. Spoon into sterilized jars and seal.

**Yields ±5 x 500g jars,
depending on the size of the figs**

Winnie Ward, WAU Free Sate

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Quince Jelly

Ingredients

3kg ripe quinces

4 litres water

Hulett's White Sugar (see quantity below)

Method

1. Wash and cut the quinces into small pieces, reserving the seeds and peel.
2. Place in pot with the water and slowly bring to the boil and boil for 1 hour.
3. Strain mixture through a sieve lined with muslin cloth. Leave overnight.
4. In a large pot add 250ml (1 cup) sugar to every cup of cold juice. Slowly bring to the boil while stirring until the sugar has completely dissolved.
5. Strain mixture through a muslin lined sieve to remove any impurities.
6. Bring syrup to the boil, boiling rapidly over high heat.
7. Using a sugar thermometer, the jelly is ready when syrup measures 5°C higher than boiling point.
8. Stir in 60ml (1/4 cup) strained lemon juice.
9. Pour into sterilized jars and seal immediately.

Yields ±3 x 250g jars

Lizelle van Tonder, WAU North West

Making good jelly takes time and effort but the result is very pleasing. The process should never be rushed as that will result in a less than perfect product.

Watermelon Pieces

Serving suggestion: Whole preserved watermelon pieces are a delicious accompaniment to cheeses such as mature cheddar, Brie, Camembert and Gorgonzola. Serve with good coffee after a meal.

Ingredients

1 watermelon (with thick white flesh)

15ml slake lime

3,4 litre of water

fresh root ginger, sliced

Syrup

500g Hulett's White Sugar to 750ml water for every 1,5kg of white watermelon pieces

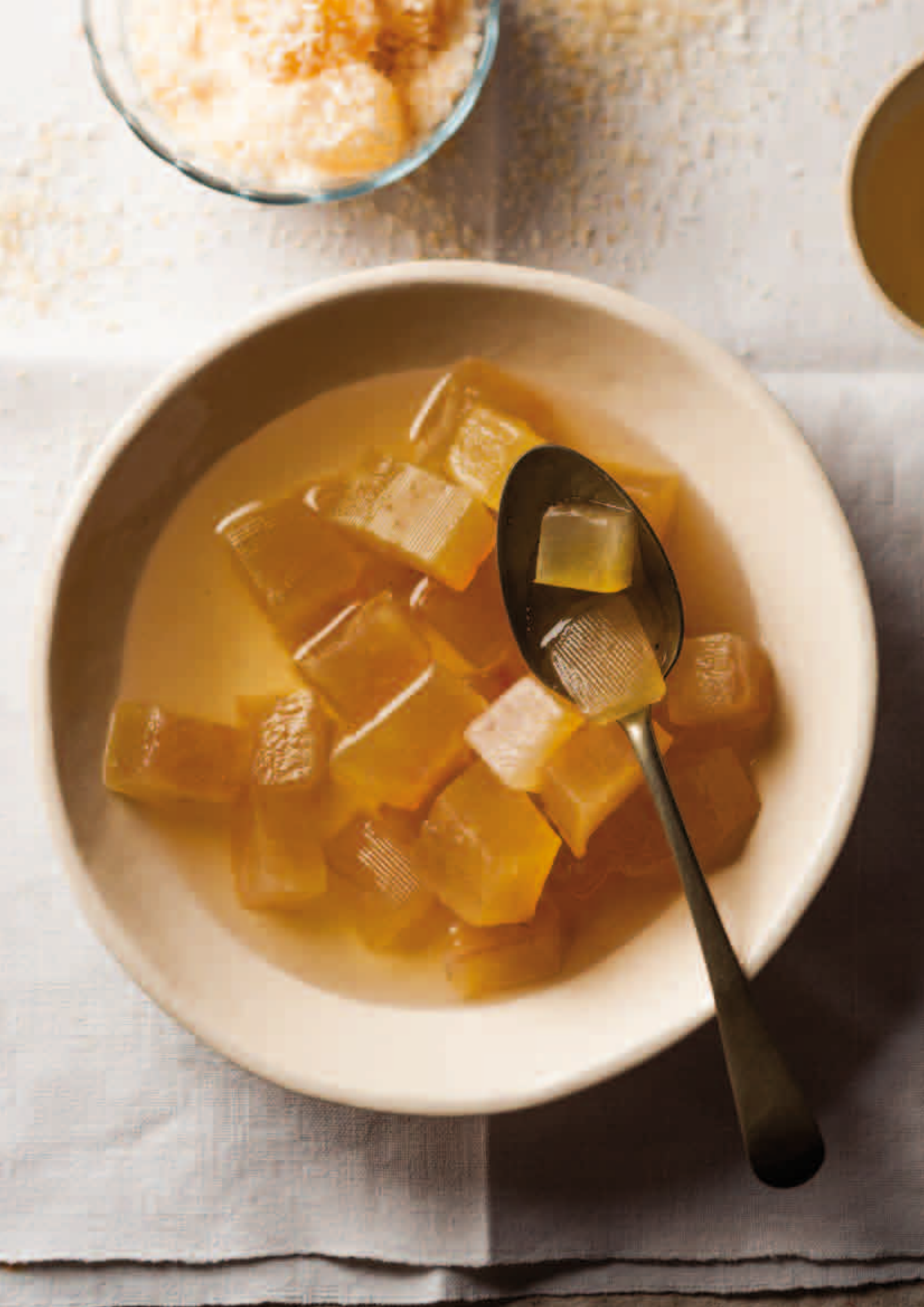
30ml lemon juice (optional)

Method

1. Cut watermelon into slices and remove the pink flesh.
2. Peel off the outer green rind. Prick the white flesh with a carving fork or knitting needle, and cut it into even-sized squares or oblongs.
3. Mix the slake lime with the water, place the melon pieces into the lime solution and leave overnight. Ensure that the pieces are submerged under water by placing a large plate on top of the surface with a weight on top.
4. Next day rinse the pieces well.
5. Have ready a pan of boiling water. Drop the watermelon pieces into the boiling water one by one (keeping the water boiling).
6. Boil for 15 minutes, until pieces look clear.
7. In the meantime make the syrup by boiling the measured quantities of sugar and water together, make sure that the sugar has dissolved and boiling before the pieces are dropped into the syrup, one piece at a time.
8. Add the ginger to the syrup and rapidly boil pieces of fruit until clear and transparent and the syrup thick. (±1-2 hours.)
10. Add lemon juice to syrup, if desired.
11. Spoon into sterilized jam jars and seal.

**Yields ±1,5kg,
depending on the size of the watermelon**

Susan van der Spuy, FWI KZN





Dried Fruit & Pecan Compote

Ingredients

2 litre red wine
1 bay leaf
4 cloves
2 star aniseed
2,5ml coriander seeds
1 whole cinnamon
5 black peppercorns
350g dried pitted prunes
800g mixed dried fruit
50g pecan nuts
500g (625ml) Hulett's White Sugar
60ml brandy

Method

1. Simmer the wine and spices together for 30 minutes.
2. Place fruit in a glass bowl and pour wine mixture over. Leave overnight. Drain, keeping the wine.
3. Spoon fruit into sterilized jars, placing the pecan nuts in between the fruit.
4. Heat the sugar and wine in a pot over medium heat. Stir until sugar has dissolved. Increase the heat and boil until syrupy.
5. Remove from heat, stir in the brandy and spoon hot liquid over fruit in jars. Seal.
6. The compote will be ready after 4 weeks.

Yields ±4 x 500g jars

Yvonne Maree, NWS Windhoek

Compote comes from the Latin word that means "add to". It is a popular accompaniment to meat, especially venison, cold meats, cheese and also served with yogurt or cream as a dessert.

Pindo Palm Syrup for ice cream or waffles

This syrup is made from the Pindo palm also known as Jelly palm or *Butia Capitata* which grows in many South African gardens. The syrup is particularly popular in America. It can be used for syrups, juices or jellies. It is quite close to the flavour and consistency of marulas.

Ingredients

1kg ripe Pindo palm (*Jelly Palm*) fruit

1kg (5 x 250ml) Hulett's SunSweet

Brown Sugar

juice of 1 large lemon

5ml whole star aniseed, bruised

5ml whole ginger, roughly sliced

5ml cinnamon sticks

water

Method

1. Wash palm fruit thoroughly in warm water.
2. Place fruit in a large pot and cover with cold water.
3. Place lid on pot and boil for 2 hours until fruit is soft.
4. Strain mixture through a sieve lined with muslin cloth, this is to catch the pips, peel and fruit.
5. Measure the liquid and add the same amount (volume) of sugar.
6. Stir until all the sugar has dissolved.
7. Add the lemon juice along with the spices and boil for 15 minutes.
8. Strain through a sieve lined with a muslin cloth again.
9. Boil the syrup again until syrup has reached a thick to medium syrupy consistency.
10. Pour into warm sterilized jars. Seal immediately.

Yields ±6-7 x 250g jars

Santie Scheepers, WAU North West



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Dried Whole-Fruit Apricot Jam

To test the jam's consistency put a spoonful of jam on a cold saucer. It should set; if not, boil for a little longer and test again.

Ingredients

250g dried apricots

water

200g (250ml) Hulett's White Sugar for every
250ml of soaked fruit

juice of ½ lemon

Method

1. Place dried apricots in a bowl; add sufficient water to cover the fruit and extend the water level to about 5cm above the apricots. Allow to soak overnight.
2. The following day measure the fruit and water into a large preserve pot using a cup measure. You should get 6 cups of mixture; if not, add some extra water to make 6 cups.
3. Place on medium heat and slowly bring the mixture to the boil. Boil for about 10 minutes or until the fruit is soft.
4. Once the fruit is soft, add 200g (1cup) of sugar for every cup of mixture, stirring continuously until all the sugar has dissolved.
5. Add the lemon juice.
6. Bring to the boil and cook on a medium heat for 45-60 minutes or until the mixture becomes thick.
7. Spoon into hot sterilized jars and seal.

Yields ±4 x 350g jars

Winnie Kapousousoglou, WAU Overvaal



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Helmet Chillies in Spicy Syrup

Hint: Because chillies are hollow they tend to absorb the liquid. After a few days check if the chillies are still submerged. If not fill the jars with boiling water, reheat and reseal.

Ingredients

Rinse enough chillies thoroughly to fill 1 honey jar (approximately 18 chillies)

250ml vinegar

125ml water

200g (250ml) Hulett's White Sugar

30ml pickling spice, tied in muslin cloth

Method

1. Remove stem by cutting a hole around the base of stem. Remove seeds and rinse in cold water, twice. Cover chillies with water and boil until soft.
2. Boil the vinegar, water, sugar and spice together over medium heat. Boil until sugar has a syrupy consistency.
3. Pack chillies in sterilized bottles and pour hot syrup over. Do not fill right to the top. Screw on the tops and turn over bottles to release bubbles.
4. Unscrew again and fill to the top with syrup. Replace lids.

Yields 1 x 350g jar

Rebe Roberts, WAU Free State

To serve: Delicious with cheese or meat. Finely chopped it can lend an interesting taste to boiled eggs, mayonnaise, dips or sprinkled over a salad.



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Curried Cabbage

Ingredients

1 large cabbage
3 large onions
750ml white vinegar
500g (625ml) Hulett's White Sugar
45ml curry powder
15ml salt
15ml turmeric
22,5ml Maizena

Method

1. Finely shred cabbage.
2. Thinly slice the onions, place in a large pot with the cabbage and a little water. Boil until soft and translucent. Drain.
3. Using the same pot place the rest of the ingredients except the Maizena. Add the onion and cabbage and simmer for 15 minutes.
5. Mix the Maizena to a thin paste with a little water and mix into the cabbage mixture. Cook together until the mixture thickens.
6. Spoon into sterilized jars while still hot and seal.

Yields 3-4 x 350g jars

Mandie van Niekerk, WAU Overvaal

Whole Ripe Fig Jam

How to sterilise jars:
Fill jars 3/4 with water and place in microwave oven for 8 minutes on high power. Meanwhile boil the jar lids in a pot of water on the stove. Once sterilized, empty the jars and place them upside down on paper towel to remove excess water. Once jars are dry, fill with jam and put the lids on immediately. Use tongs to remove lids from boiling water and handle them with a tea towel to prevent scalding.

Ingredients

500g firm, ripe figs

375g (500ml) Hulett's White Sugar

200ml water

juice of 1 lemon

Method

1. Thinly peel the figs. Place on a drying rack for 3 hours.
2. Place the sugar and water in a large pot and slowly bring to the boil while stirring until sugar has dissolved.
3. Drop the figs into the hot sugar mixture and boil until the figs are just soft.
4. Add the lemon juice and boil rapidly until the fruit is transparent and the syrup thick. The figs will remain whole and keep their colour.
5. Spoon figs into sterilized jars, to ensure that there are no air bubbles, tap the bottles on the work surface. Seal.

Yields ±2 x 350g jars

Gerrie Scholtz, NWS





Piccalilli

Ingredients

Use a variety of vegetables such as:

4 baby marrows

1 large cauliflower

500g green beans

4 carrots

500g small onions

1 red chilli, optional

Sauce

15ml curry powder

10ml turmeric

30ml dry mustard

30g (50ml) flour

40g (50ml) Huletts SunSweet Brown Sugar

5ml salt

1ml cayenne pepper

1 litre white vinegar

Method

1. Prepare the vegetables and cut into desired shapes.
2. Pack in layers in an earthenware container. Sprinkle salt between the layers. Leave for 24 hours.
3. Rinse thoroughly under running water. Drain.
4. Place the vegetables in a pot and pour boiling water over. Heat to boiling point.
5. Remove from the heat and leave in the water to cool.
6. To make the sauce: mix the dry ingredients to a smooth paste with a little vinegar.
7. Bring the rest of the vinegar to the boil. Add the paste while stirring and bring to the boil.
8. Add the vegetables to the boiling mixture and boil for 5 minutes.
9. Spoon into sterilized jars and seal immediately. Ready to eat in two weeks.

Yields ±4 x 500g jars

Val Mackay, FWI KZN

Sweet Pickles

Ingredients

1 green pepper

1 red pepper

1 yellow pepper

1 carrot

320ml white grape vinegar

25g (30ml) Hulett's White Sugar

5ml salt

5ml mustard seeds, tied in a muslin bag

Method

1. Finely slice the peppers and the carrot. Place the carrot in a little water and microwave for 3 minutes. Rinse in cold water and strain.
2. Layer pepper and carrot slices alternately in sterilized jars. Boil vinegar, sugar, salt and mustard seed together for 2 minutes. Remove from heat and leave for 1 hour.
3. Remove the mustard seeds and bring mixture to the boil again.
4. Spoon vegetables into hot sterilized jars and pour the hot vinegar over. Seal jars immediately. Ready within a month.

Yields ±2 x 350g jars

Ray Mackintosh, WAU Pinetown

Hint: Use young vegetables with bright colours to make an attractive end product.

Sweet pickles are particularly nice with cold meats and cheeses and also mixed in with a fresh green salad.





Pickled Onions

Ingredients

2kg small white onions

15ml salt

750ml white vinegar

200g (250ml) Hulett's White Sugar

6 peppercorns

Method

1. Peel the onions and place in a large pot.
2. Add salt and enough water to cover the onions, place over medium heat and bring to the boil, remove.
3. Drain the onions and spoon into dry sterilized jars.
4. Boil the vinegar and sugar together while stirring until sugar has dissolved.
5. Pour the vinegar and sugar mixture over the onions. Also place a few peppercorns in the bottles.
6. Seal and place in a cool place. Ready in 4 weeks.

Yields ±3 x 500g jars

Jaenny van Zyl, NWS Outjo

Pickled onions are probably the most well-known pickled produce in South Africa. Enjoy it whole as a savoury snack, serve with chicken or beef or chop finely and sprinkle over potato salad, hard boiled eggs or sandwiches with a savoury filling.

Sweet Tomato Chutney

Serving suggestion:
This sweet tomato chutney is perfect to serve with any roasted or braai meat.

Ingredients

2kg onions
oil for frying
2kg red tomatoes
250ml white vinegar
800g (4x250ml) Hulett's White Sugar
20ml salt
10ml white pepper
10ml curry powder
10ml dry mustard
5ml dried mixed herbs
5ml ground ginger
1 x tin (70g) tomato paste
5 x 15ml Maizena, mixed to a paste with a little cold water

Method

1. Peel and chop the onions into even sized blocks.
2. Heat oil in a pan and fry the onions until translucent and soft.
3. Skin tomatoes, remove most of the seeds and chop into even sized blocks.
4. Add the tomatoes to the onions along with all the other ingredients except the Maizena.
Allow to simmer for 20 minutes.
5. Stir in the Maizena and simmer for a further 10 minutes.
6. Spoon into hot sterilized jars and seal.

Yields ±4 x 500g jars

Alice van Rooyen, CWAA Kleinmond





Orange Marmalade

Ingredients

1 kg Seville-oranges

2L water

2kg Hulett's White Sugar

2 lemons, juiced

Method

1. Remove the pips from the oranges and tie pips up in a muslin cloth.
2. Slice the un-peeled oranges in very thin slivers and place in a separate muslin cloth.
3. Place both the cloth parcels in a large glass bowl and pour over the water. Secure a plate on top to keep the fruit and pips covered with water. Leave overnight.
4. The following day, remove the muslin cloth from the fruit then heat the fruit, pips, water and lemon juice in a heavy bottomed pot until boiling. Boil for 1 hour until the orange peel is soft.
5. Remove the muslin cloth with the pips. Add sugar and stir until dissolved over low heat.
6. Skim off the foam that forms on the surface.
7. Boil for 10-15 minutes or until marmalade reaches 105°C on a sugar thermometer.
8. Remove from heat and leave to stand for a few minutes. Spoon the marmalade into sterilized jars. Seal.

Yields ±2 x 350g jars

Emjee Louw, CWAA Hantam

Serving suggestion:
Delicious on toast for the breakfast table but can also be used as glazing on the Xmas ham. Marmelade can be made with one citrus fruit only or a variety such as, grapefruit, naartjies, lemons and limes.

Marinated Mushrooms

Boiled marinades are made by mixing and boiling ingredients such as whole spices and herbs with oil and vinegar to release the flavours. Marinades contribute flavour to otherwise, sometimes bland flavoured produce.

Ingredients

30ml parsley, freshly chopped
600g white mushrooms
200ml brown vinegar
125ml sunflower oil
60ml water
45g (60ml) Hulett's Treacle Sugar
5ml salt
5ml dried origanum
5 black peppercorns
2 cloves
5ml basil, freshly chopped
1 garlic clove, crushed
5ml root ginger, freshly chopped
15ml (1T) Maizena, mixed to a paste with a little water
125ml red, yellow or green pepper, finely chopped
3 small onions, peeled and sliced

Method

1. Wipe the mushrooms with a damp cloth and cut off the stems.
2. Heat the rest of the ingredients in a medium sized pot until boiling. Add mushrooms and cover with a lid. Leave to simmer for 5 minutes.
3. Remove pot from stove and leave mushrooms to cool in the marinade. Remove the garlic clove and discard.
4. Spoon the mushrooms into a jar and fill the jar with the marinade. Leave in refrigerator for 3 days before serving.

Yields ±1 litre

Nelda de Wet, WAU Overvaal



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Green Mango Atchar

Ingredients

2kg green mangoes, pitted and cut into strips
coarse salt
750ml sunflower oil
240g (300ml) Hulett's SunSweet Brown Sugar
300ml white vinegar
250ml masala pickles
45ml garlic, crushed
45ml fresh ginger, grated

Method

1. On a flat surface, sprinkle the salt over the mango pieces and leave overnight.
2. Rinse thoroughly under running cold water.
Press mango dry with paper towel.
3. Heat oil and add all ingredients except the mango.
4. When boiling, add mango piece by piece. The oil should not stop boiling.
5. Boil for 5-10 minutes whilst stirring with a wooden spoon.
6. Spoon into warm sterilized jars and seal.

Yields ±3-4 500g jars

Nesia de Beer, WAU Mpumalanga

A little chilli or red pepper can be added for a more decadent taste. Especially nice to use with braaivleis.

Sweet Pepper Chutney

Serving suggestions: Chutneys are usually an accompaniment to a meal and add flavour to dishes such as curries, strongly flavoured dishes, meat dishes, pies, cold meats and boiled eggs. It can also be added to dips for extra flavour.

Ingredients

4 sweet peppers, chopped (any colour)
4 medium onions, chopped
30ml oil for frying
280g (350ml) Huletts White Sugar
1 chicken stock cube, dissolved in 25ml boiling water
15ml curry powder
5ml turmeric
5ml mustard, mild (if hot use only 3ml)
salt to taste
200ml vinegar (If you use spirit vinegar, dilute with a little water, depending on taste)
1 x 425g can crushed pineapple, peaches or mangoes, drained (optional but the fruit gives a delicious flavour to the chutney)
30ml Maizena mixed with 15ml cold water (it should be slightly thick)

Method

1. Fry peppers and onions in oil until translucent.
2. Place the rest of the ingredients except the Maizena and fruit in a pot and bring to the boil; reduce heat and simmer for about 5 minutes.
3. Add the sugar mixture to the peppers and onions.
4. Add the fruit and bring to the boil, stirring continuously. (± 5 minutes)
5. Add the Maizena mixture, reduce heat and continue stirring until the mixture is cooked through.
4. Spoon the chutney into sterilized jars.

Yields ±1 litre, depending on the size of the peppers and onions

Annatjie Vorster, WAU Free State

Optional:

- For a sharper flavour, add a pinch of cayenne pepper





Apricot Jam

Ingredients

1 kg apricots, halved and stoned

1 kg Hulett's White Sugar

5 apricot stones, cracked

4 x 5ml thick root ginger, peeled and thinly sliced

15ml lemon juice

Method

1. Place apricots and sugar in a heavy bottomed pot.
2. Place over low heat, stirring until the sugar has dissolved.
3. Add the apricot stones and ginger and bring to the boil while stirring. Cook steadily until thick and clear.
4. Add lemon juice and stir through.
5. Spoon jam into sterilised bottles and seal.

Yields ±5 x 250g jars

Ina Lessing, WAU North

Hint: Stones and root ginger can be omitted if desired

Chilli Jam

Ingredients

400g cherry tomatoes

9 red peppers, seeds removed

9 red chillies, seeds removed, if desired

6 garlic cloves, peeled and grated

A thumb-sized chunk of root ginger, grated

700g (875ml) Hulett's White Sugar

200ml cider vinegar

Method

1. Finely chop the tomatoes, peppers and chillies. Add the garlic and ginger.
2. Put the sugar and vinegar into a large pot over a low heat and stir until the sugar has dissolved.
3. Add the tomatoes, peppers, chillies, garlic and ginger and simmer until the liquid has reduced and the mixture has a thick, sticky consistency.
4. Bring to the boil and cook on high for 1 minute, being careful not to let the jam boil over.
5. Cool a little and then spoon the jam into hot, sterilized jars.

Yields ±3-4 x 250g jars

Olive van der Westhuizen, WAU Mpumalanga

Hints: Keep for up to a year, or 1 month in the refrigerator once you've opened it. Great on burgers or grilled chicken.

Chilli jams are a relatively new product on the market which has become very popular. It is easy to make and much cheaper than shop bought products. It is also a novel gift to give to family and friends.





Orange Rolls

Ingredients

Enough medium oranges to give 500g orange peels
500g (625ml) Hulett's White Sugar
750ml cold water
juice of 1 lemon

Method

1. Wash the oranges. Grate lightly to break the oil cells. Slice off the tops and bottoms of the oranges.
2. Peel every orange parallel with the segments in 4 even sized wedges; do not break the orange peel when you peel the oranges. Try to cut only through the orange peel avoiding as much as possible of the white. Remove as much of the white peel as possible without breaking the orange peel.
3. In a pot, cover the peels with cold water and boil until soft (a matchstick should easily pierce the skin). Drain the peels and leave to cool. Cut the peels into narrower strips.
4. Roll up each peel and secure with a matchstick.
5. Heat the sugar and water in a pot until boiling. Make sure that all the sugar has dissolved.
6. Add the lemon juice. Place the rolled up peels in the syrup and simmer for 20-30 minutes until the peels are soft and the syrup thick. Remove from stove and remove peels from syrup. Remove the matchsticks and place coiled peels in sterilized bottles.
7. Pour over the hot syrup. Seal the bottles and store in a dark place.

Yields ±2 x 350g jars

Marina Fourie, WAU Mpumalanga

Sugar does not only give taste to the product but it is also the preserving agent. Cutting down on the sugar quantity will shorten the shelf life of the product.

Mustard Vegetables

Ingredients

Basic mustard sauce

750ml brown grape vinegar

600g (750ml) Hulett's White Sugar

250ml water

100ml Maizena

10ml turmeric

60ml mustard powder

Vegetables - The total weight of the

vegetables should be about 2 kg

cauliflower, cut into florets

carrots, sliced into rings

green beans, cut into 1½cm segments

15ml salt

Method

1. To make the basic mustard sauce: Heat vinegar and sugar together until sugar has dissolved.
2. Mix the water with the Maizena, turmeric and mustard powder to make a runny paste. Add to the vinegar and sugar mixture, stirring continuously and slowly bring to the boil. Cook for 3 minutes.
3. Remove from heat and set aside.
4. Boil vegetables in salted water until *al dente*. Drain thoroughly.
5. Bring the mustard sauce to the boil. Add the hot vegetables and cook for 2 minutes.
6. Spoon into warm sterilized jars and seal.

Yields ±4 x 350g jars

Esmé van Dewenter, CWAA Gansbaai



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Pear and Green Pepper Pickles

Ingredients

1 x 26g packet pickling spice
750ml white grape vinegar
250ml water
400g (500ml) Hulett's White Sugar
10ml salt
6 x 250ml ripe, firm pears, peeled and diced
1 green pepper, 1 red pepper and 1 yellow pepper, seeds removed and diced

Method

1. Tie the pickling spice in a muslin cloth.
2. Place the vinegar, water, sugar and salt in a pot over medium heat, add the pickling spice while stirring until the sugar has dissolved.
3. Slowly bring to the boil and boil for 5 minutes.
4. Add pears and peppers and boil for a further 15 minutes.
5. Spoon into sterilized jars and seal.
6. Leave for 1 week before using.

Serving suggestion: Serve with any meat but it is particularly nice with pork or mixed in with a green salad.

Yields ±2 x 500g jars

Lucia van Zyl, WAU North West

Hint: 2 bay leaves, 6 whole cloves, 10 coriander seeds, 1ml salt and 10 peppercorns can be used instead of pickling spice



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