

## CHAPTER VIII

# Buying and Use of Fruits

FRUITS as a source of vitamins, minerals and roughage in the diet are invaluable for health's sake. The addition of bulk to the diet is a very desirable factor in a balanced meal.

The use of nearly all fruits in the diet counteracts the acid condition of the body caused by eating a diet of cereals, meats and eggs. Plums, prunes and cranberries are an exception, as they give an acid reaction in the body.

The use of fresh, canned or dried fruit ought to form a part of each day's meal plan.

### *USES OF FRUITS*

Raw.

Cooked.

Made into sauces.

Made into puddings, combined with tapioca, cereals, batters and doughs.

Fillings for pastries.

Baked—apples, pears, peaches, bananas, dried fruits, etc.

Vinegar is always in demand and may be made from apples, raspberries, etc., or from skins of fruits.

Dried peels of citrus fruits are valuable for flavoring foods. Pectin may be extracted from fresh or dried peel to be later used in jelly making.

Left-over bits of fruit may be combined. Fruit flavors blend well usually and may be used for flavoring puddings, pastry fillings, etc.

Fruits such as persimmons, paw-paws, etc., may be used as fillers when combined with some flavor fruit and made into jams and marmalade, thus conserving the supply of the more desirable fruit.

### *PREPARATION OF FRUITS*

In preparing fruits, care should be taken to make the parings as thin as possible or to scald the fruits and peel them.

In many kinds of fruit the skin may be left on, which improves the flavor of the fruit as well as eliminates waste.

## APPLES

**Selection**—Early, fall and winter varieties under many names.

Choose only firm, unbruised ones with crisp pulp.

**Sold**—By pound, dozen, box, bushel or barrel. About four medium apples to pound. Fifty pounds in a bushel, one bushel in a standard box. Two and three-fourths bushels in a barrel.

**Storage**—32° F. Keep dry and cool, little short of freezing. Remove all bruised or decayed fruit at once. Stand up much better if wrapped in paper. May be packed in dry sand.

**Preparation**—Paring apples and removing the core decreases the weight about one-fourth. In baking apples only the core needs to be removed. Fried apples need not be pared.

**Serving**—Cooked as sauce.

Baked with center filled with nuts, raisins or marshmallows.

Fried.

### FRIED APPLES

4 cooking apples	½ c. brown sugar
2 tbsp. fat or butter	1 tsp. salt

Wash apples and remove core. Slice without paring. Melt fat in iron skillet, put in apples, sprinkle with salt and sugar. Cover tightly and cook with a very slow fire 15 to 20 minutes. At the end of that time, remove cover and brown, stirring carefully to avoid breaking apples.

### RED APPLES

6 medium sized apples	1 c. sugar
Red coloring, or	3 c. water
Red cinnamon drops	

Choose apples which keep their shape in cooking. Pare and core. Make syrup of other ingredients and when boiling, drop in apples. Allow to simmer, turning apples often to insure an even color. When apples are tender enough to pierce with a toothpick, allow to stand in the syrup until wanted for use, then drain.

For desserts, centers may be filled with nuts, nuts and figs or dates cut in small pieces. Serve with whipped cream.

For salads, place on lettuce leaf and garnish with the salad dressing.

To accompany pork, fill centers with chopped pickle and arrange around platter or serve one on each plate if service is from the kitchen.

## APRICOTS

**Selection**—California only important kind. Choose well colored, unbruised fruit.

**Sold**—Fresh by dozen, basket or bushel. Dried apricots sold by pound. Select fruit free from black spots. The unpeeled dried fruit is smaller and cheaper than the large sized, which is peeled.

**Storage**—Fresh do not store well. Keep in cool, dry place. Dried apricots should be kept in tight containers.

**Preparation**—Fresh apricots require looking over and washing. Dried apricots need to be washed and soaked 12 hours before using.

Consult index for serving.

## BANANAS

**Selection**—Yellow common variety. Lady Finger a small, thin-skinned yellow variety. Red variety. For immediate use, select the full, plump, deep yellow ones. For storage select those bunches whose stems are still greenish and whose fruit is full and plump, but not well ripened.

**Sold**—Retailed by the dozen or pound. A pound contains about 3 bananas. Sold in bunches which contain 120-270 bananas.

**Storage**—To ripen keep in moderately warm room about 70 degrees. When ripened they are especially sensitive to low temperature, and readily deteriorate in any place where thermometer registers below 50° F. A refrigerator or cold slab turns them black and spoils their flavor.

**Preparation**—There is a loss in weight of from 35-44 percent after skin is removed.

### BAKED BANANAS

Use ripe bananas, skin and scrape off any stringy fibers. Split the banana lengthwise and place in a baking dish or casserole.

For two bananas sprinkle over them two tablespoons of sugar and the juice of one lemon. Dot with bits from a tablespoon of butter and add  $\frac{1}{4}$  cup cold water. Bake in moderate oven twenty minutes, or until the fruit is delicately browned. Serve hot with whipped cream.

## BERRIES

### BLACKBERRIES, BLUEBERRIES, RASPBERRIES, STRAWBERRIES

**Selection**—Berries should be clean, whole and juicy.

**Sold**—By measure.

**Storage**—Very perishable. Put in a cool, dry place.

**Preparation**—Wash and pick over to remove bruised fruit and foreign materials.

Consult index for serving.

## CHERRIES

**Selection**—Sour, common cherries. Sweet (black or white) grow largely in California. Select those which are firm and round, with stems left on.

Sold—By measure or by pound.

Storage—If they are not overripe and free from bruises, and have stems on, will keep fairly well for several days.

Preparation—Wash, remove stones and stems of the sour variety before cooking. The large, sweet ones may be washed and served with stems on for dessert.

Consult index for serving.

## CRANBERRIES

Selection—Select medium sized, solid, crisp berries free from blemishes. There are two varieties, the large red ones and the small dark ones.

Sold—By the measure or the pound.

Storage—If all soft berries are picked out, the remainder can be kept sound for months by putting them in jars, covering them with water, setting in a cool place and occasionally replenishing the water.

Preparation—Wash and pick over.

### CRANBERRY SAUCE

3 c. cranberries

2 c. sugar

2 c. water

Wash and pick over cranberries and put them to cook in a covered kettle. When thoroly broken, rub thru a sieve, add the sugar and return to fire until the mixture boils. Then turn out to cool.

## CURRANTS

Selection—Berries should be firm and dry and on their stems.

Dried currants should be free from stems and foreign matter.

Sold—By measure if fresh. Dried currants sold by the pound.

Storage—Will not deteriorate if left on bushes for a week or more after ripening. Store in tight containers if dried.

Preparation—Fresh currants should be washed and picked from the stem. Dried currants need to be carefully looked over, washed and moisture absorbed if they are to be used in cookery.

Consult index for serving.

## DATES

Selection—The bulk dates have a light brown skin and are very sweet. These come from around the Persian Gulf and are known as Halawi. These may be also sold in packages, though a part of package dates are the Fard, a darker, stronger variety of finer texture.

Sold—By the pound or package. Care should be taken to note weight on the package.

Preparation—All dates are packed without washing, as they do not keep well if washed. Wash and seed before using.

Consult index for serving.

**FIGS**

**Selection**—Whole dried figs are cheap and wholesome. Pressed figs are usually used in confectionery. Pulled figs are expensive and sold mostly in glass jars.

**Sold**—Whole dried figs and some pressed ones sold by the pound. Pressed and pulled figs also sold in packages and jars.

**Storage**—Keep as other dried fruits.

**Preparation**—Remove stem ends and wash.

Consult index for serving.

**LAXATIVE FIG PASTE**

1 pound prunes

1 cup senna leaves

1 pound figs

Cup water

Wash the prunes and figs and tie the senna leaves in cheesecloth. Barely cover with cold water and soak over night. In the morning simmer in the same water until the prunes are tender. and then remove the senna. Take the stones out of prunes and chop both prunes and figs finely. Add the liquid in which they were cooked and simmer in the upper vessel of the double boiler until thick, then store in jars. A teaspoon of this mixture forms a mild, pleasant laxative.

**GOOSEBERRIES**

**Selection**—Very little ripe fruit is used. Berries should be hard, plump and fairly good size.

**Sold**—By measure.

**Storage**—Can be kept for some time in the house if berries are put in a pan covered with clean water and stored in a cool cellar.

**Preparation**—Remove blossom end and wash before cooking.

Consult index for serving.

**GRAPES**

**Selection**—Soft or slip grapes. Choose whole, unbruised fruit which is in bunches and still has the stem. Concord and Catawba purple grapes raised in Eastern states. Hand grapes —Malaga—large white skinned grapes. Tokay—firm fleshed. oval shape with reddish skin. Select grapes whose bunches do not scatter when picked up.

**Sold**—By pound, basket or measure.

**Storage**—The slip grapes do not stem well, but may be kept for a short time if they are not crowded together and are placed in a cool, dark place away from the air. The hand grapes keep well in storage if packed in cork or red-wood sawdust and stored in a temperature of about 35° F. Fancy bunches can be kept in good condition for several weeks by wrapping each bunch in oil or tissue paper, encasing with cotton wool and tying each end, and keeping in a cool place.

**Preparation**—Wash and serve in bunches. For cooking, remove

from stem, unless the whole is to be strained as in jelly making.

Consult index for serving.

### GRAPEFRUIT

Selection—The thin, smooth skinned ones which feel heavy or solid are the best.

Graded as large—24-36 in box

Graded as medium—54-64 in box

Graded as small—72-80 in box

Sold—By the fruit or by the dozen.

Storage—Keep well, if wrapped in paper and kept in a dry place at a temperature of about 34° F.

Preparation—Fruit may be cut in halves and the core removed. The sections may be separated by removing the white skin, and cutting around the rind. Sections may be removed after peeling if fruit is to be served in salads or cocktails.

Serving—An appetizer at breakfast, luncheons and dinners.

In fruit cocktails.

In salads.

Rind may be candied and used as a confection.

### KUMQUAT

Selection—Fine, thin skin and one that feels heavy for its size.

Sold—By the basket with fruit attached to twigs.

Storage—Keep in cool, dry place, temperature 40° F.

Preparation—Wash. Serve whole or sliced.

Serving—Use as a salad with French dressing, or as a fresh fruit.

### LEMONS

Selection—Best grade is "Fancy." Have good color, fine texture, juicy and heavy. Standard grade includes fruit which may be irregular in shape, scarred and discolored, but is still fair fruit value. Select the medium sized ones, 300-360 in a box.

Sold—By dozen or box. 180-540 in a box. About 5 average ones make a pound.

Storage—Do not buy in quantities as they ripen and so lose the sourness. Lemons may be kept in glass jars, covered with water, for a week.

Preparation—Slice or quarter for garnish. Rind may be removed from slice if color is objectionable for garnish. May be sprinkled with paprika.

Consult index for serving.

### LIMES

Selection—Skin should be thin and fruit heavy and juicy, as well as green in color.

Sold—By dozen. Two limes are equal in flavoring to one lemon.

Storage—Very perishable. Keep in cool, dry place. If cannot be kept in refrigerator, cover them with dry sand.

Preparation and Serving—Use instead of lemons.

**MELONS****MUSKMELONS**

**Selection**—A perfect one should be about 4½ inches long, and almost round. "Green meats." Show gray netting on outside, which should stand out like thick lace. Ground work of olive green turning yellow as it ripens. Flesh should be thick, firm and smooth, with seeds of a saturn color. "Pink meats" do not have such a heavy netting except on the stem end. When fruit is thoroly ripe, stem separates sharply from the fruit.

**Sold**—By fruit or dozen.

**Storage**—Very perishable. Should be kept as near freezing as possible.

**Preparation**—Wash, cut in halves and remove seeds.

**Serving**—Fill with chipped ice and serve as first course at breakfast. Also used to hold ices and frozen creams for desserts.

**WATERMELON**

**Selection**—When ripe gives a hollow sound when thumped. Outside bright green. Flesh should be bright, brittle, with firm fibers and thin rind.

**Sold**—By the melon.

**Storage**—If not thoroly ripened, place in sun for short time. Then keep near freezing point if possible.

**Preparation**—Wash and slice for serving.

**Serving**—As dessert. As an appetizer. Balls cut out with vegetable cutter may be served in glasses as cocktail for first course.

**OTHER MELONS**

Honey dew

Casaba

Spanish

Persian

Christmas

These melons are usually shipped in and if wrapped need to be examined for mold.

**ORANGES**

**Selection**—Select medium sized oranges which are firm, ripe, with thin, fine grained skin and feel heavy for their size. California oranges keep better than Florida, tho they are less sweet. Small oranges give better value for money spent if the juice only is desired.

**Sold**—By the dozen or box, 80-360 in a box. 178-276 best size. Three medium oranges to a pound. The number of oranges in a box is stamped on the end.

**Storage**—Keep in a dry, cool place.

**Preparation**—May be cut in half for serving at breakfast. Peeled and sliced or quartered. White skin removed from sections for salads and cocktails.

Consult index for serving.

**PEACHES**

**Selection**—White, either cling or free stone; yellow, cling or free stone.

Select the firm, bright colored ones. Clings usually have better flavor.

Dried peaches are usually peeled and form a cheap addition of fruit for the family table.

**Sold**—By the dozen, basket or bushel. Dried peaches by the pound.

**Storage**—Deteriorate very quickly. Keep best and longest if carefully selected and crated. Keep better if wrapped well in paper and placed in well ventilated boxes. Store dried fruit in tight containers.

**Preparation**—Washed and served whole. Peeled and stoned. Dried fruit washed and soaked for 12 hours before cooking. Consult index for serving.

**PEARS**

**Selection**—Select firm, unbruised ones. Soft pears, as the Bartlett, are best for dessert fruit. The hard varieties may be used for canning and pickling.

**Sold**—By dozen or bushel. Three medium sized pears to the pound.

**Storage**—Picked before fully matured. Put in cold storage at the earliest possible time. After picking, wrap separately, put in a dry, well ventilated crate or box and keep at temperature of 32 degrees. Avoid crowding.

**Preparation**—Wash, serve whole. Peel and cook after cutting in halves or quarters.

**Serving**—Canned. As salad with soft cheese.

**BAKED PEARS**

6 pears	½ c. sugar
2 tbsp. preserved ginger	1 c. water

Pare and cut fruit in halves, removing core. Make a syrup of sugar and water. Place pears in baking dish, sprinkle with the preserved ginger cut in bits and cover with syrup. Bake in moderate oven (350° F.) until tender.

**PINEAPPLES**

**Selection**—In buying for immediate consumption select those which look yellowish and the surface smooth. Spikes pull out easily when fruit is ripe. The ripe fruit is also more fragrant.

**Sold**—By the fruit.

**Storage**—Wrap each fruit in thick paper when setting to ripen and have a temperature at 65-70 degrees.

**Preparation**—Wash fruit, peel, core and remove eyes. Fruit may be diced or sliced. Fruit may also be cut into convenient chunks for serving with peeling on. It is then eaten after



dipping in powdered sugar. It has much better flavor if it is prepared, covered with sugar and set in ice box for at least 24 hours before serving. If fresh pineapple is used with gelatin, it should be cooked, as the fresh fruit contains an enzyme which digests gelatin and then it will not set.

Consult index for serving.

### *PLUMS*

Selection—Fruit should be firm, unbruised, sweet and juicy. For canning the fruit should be a trifle green.

Sold—By the dozen, box or bushel.

Storage—The ripe fruit does not store well. Put in a cool place, 35 or 40 degrees F.

Preparation—Plums are usually seeded before canning or preserving, tho the large ones as Green Gage may be peeled and cooked whole.

Consult index for serving.

### *PRUNES*

Selection—Prunes are graded by the number in a pound. They are known as—

Large—20-30; 30-40.

Medium—40-50; 50-60; 60-70.

Small—70-80; 80-90.

In selecting prunes for economy and flavor the size 70-80 are the cheapest to buy. To stuff or serve as salad, the larger varieties are better.

Storage—The same as all dried fruits.

Preparation—Wash and soak in water for at least 12 hours. Cook in same water.

Consult index for serving.

### *QUINCES*

Selection—Large, smooth fruits generally considered choicest.

Sold—By the fruit or by the pound.

Storage—Require very careful handling as bruises soon become dark. If kept stored in a cool, dry place and occasionally wiped off with dry cloth they can be kept fresh and good for a considerable length of time.

Preparation—Pare and remove core.

Serving—Used chiefly for jelly making and preserves.

### *RHUBARB*

Selection—Green stalk, red stalk. Select fresh, thick stalks with bright color.

Sold—By the pound.

Storage—Can be kept for a while in a cool place or it may be dried and kept for a long time. When soaked over night the dry is almost as good as the fresh.

Preparation—Remove skin unless the stalks are very tender. Cut in lengths for cooking.

Consult index for serving.