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## Buying Canned Fruits: "Cooking Fruits"

Susan Z. Wilder

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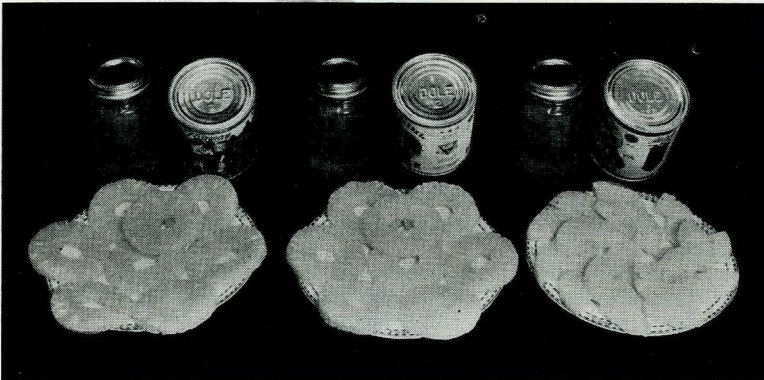
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# *Buying Canned Fruits*

**“Cooking Fruits”**



Pineapple, showing number and quality of pieces in No. 2½ can.  
Fancy, Choice and Standard grades, reading from the left.

**SOUTH DAKOTA STATE COLLEGE  
EXTENSION SERVICE  
A. M. Eberle, Director  
Brookings, S. D.**

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# Buying Canned Fruits

By

**Susan Z. Wilder,**  
Extension Nutritionist

Commercially canned fruits are of excellent quality. They can be bought in three grades, Fancy, Choice and Standard. The Fancy includes the finest fruit and is expensive for the homemaker who must figure very closely on food cost. The Choice is also of good quality. It is almost impossible to see any difference in quality between the Fancy and Choice.

The Standard is of lower quality but is a clean, attractive and wholesome product. The fruit is likely to be broken and show some blemishes. For most purposes it will meet the needs of the homemaker.

Each grade of fruit is packed in a different degree of syrup. The Fancy is packed in the sweetest syrup. A lower grade of fruits is put up in water and sold as pie fruit.

The size can most frequently purchased is No. 2½.

Many homemakers buy the water packed fruit in No. 10 cans and re-can it in amounts suited to their family needs. Whether the method is a time and money saver, the individual homemaker must decide. At least she saves time in preparing the fruit.

Frequently it is as inexpensive to buy canned fruit, such as grapefruit or peaches, as the fresh.

U. S. standard grades for grapefruit have been accepted as official grades. They are designated as A (Fancy), B (Extra Standard or Choice), C (Standard), and Off-Grade (Substandard).

These grades have not been accepted widely, though two firms selling nation-wide so label their grapefruit.

Through these grades the homemaker will know the quality of the product she is buying before making a purchase. Eventually they will come into universal use.

Write the U. S. Department of Agriculture, Washington, D. C., for U. S. grades of canned grapefruit.

Grades on other canned fruit and vegetables are being set up.

There are many different canned fruit products. These include apples, berries, cherries, figs, pineapple, peaches, apricots, plums, prunes, grapefruit, pears, mixed fruits, fruit juices and others.

Apples are canned in different styles. They are peeled and canned whole, in halves, quarters, slices; as applesauce, apple butter, and baked apples.

Apricots—The greater amount of canned apricots are unpeeled and halved; otherwise they do not hold their shape well. There are two other grades—peeled and halved, and peeled and sliced.

Apricots are sorted and pitted by hand. They are packed in heavy syrup, for they are very sour. The Fancy grade contains the choicest fruit and the richest syrup. Seconds are packed in water.

**Cherries**—The Royal Ann cherries are the finest canned cherries. They are white with red tint. They can be bought in Fancy, Choice and Standard grades.

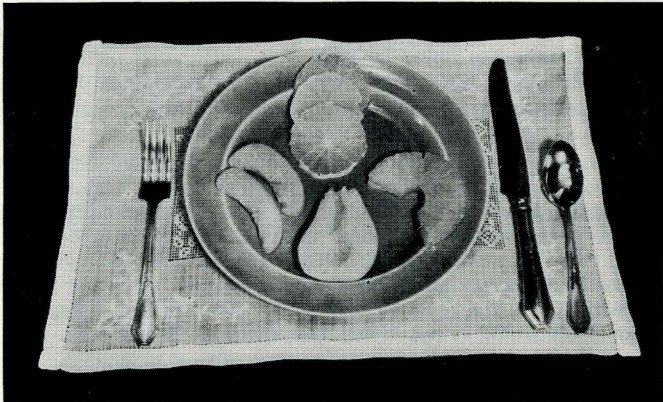
Sweet cherries are canned in syrup with pits; sour cherries without pits, no sugar or very little, generally in water.

The red sour cherries are graded by the degree of sweetness of syrup and not by quality of fruit. The degree of sweetness of syrup may be 20, 30 or 40, sometimes indicated on the label by light, medium or heavy syrup.

**Fruit juices**—Canned fruit juices are being used extensively. Grape, grapefruit, orange, pineapple, sweet cider, lemon, prune, cherry are on the market.

The following fruit juices are put up with sugar: grape, grapefruit, and loganberry.

Fruit juices are preserved by pasteurization; no preservatives are used. The containers are filled with the juice and sealed. They are then brought to a temperature of 160-180 degrees F., which is considerably below boiling (212 degrees F.). This temperature destroys molds and yeasts that may be present without destroying the flavor. The fruit acid aids in keeping the juice. As long as the container is not opened the juice will remain sweet



Fresh fruit plate

**Grapefruit**—Most canned grapefruit contains some sugar, otherwise it is so labeled. Canned grapefruit is separated into sections and the white membrane removed by hand. In the best grades the sections are generally quite whole. They are broken down if the fruit was overripe. The overripe fruit is not quite so attractive but the flavor is excellent. The broken pieces cannot be used in as many ways as the whole sections. It is less expensive.

Canned grapefruit has a different flavor than the fresh but both are excellent. The ripened fruit is canned. Fresh fruit is shipped before it is fully ripe. Generally, fruit juices are not artificially colored. If they are, it is so stated on the label.

Pineapple juice is freshly pressed from the fruit. Grapefruit juice is always filtered and lemon juice frequently is, to remove bits of pulp. It is then bottled and sterilized. Prune juice is the juice from dried, cooked, strained fruit.

Berries—The syrup used on berries is slightly sweeter than that used on peaches. For canning, berries must be firm, well developed, with no blemishes. It is impossible to give the exact number per can.

Mixed fruits—Fine fruits—peaches, apricots, pineapples, pears and cherries are generally included in cans of mixed fruits. The combination of large pieces of fruit is known as fruit salad and that of small pieces, as fruit cocktail. Mixed fruits come in two grades, Fancy and Choice. They contain fruit of about the same quality, although the Fancy contains fruit more uniform in size and color. The syrup of the Fancy grade is sweeter than that of the Choice grade.

Mixed fruits are combined in a definite proportion so that there is a fair distribution of all the fruits.

Peaches—Commercially canned peaches are of two varieties, the clingstone and the freestone. The clingstone gives the most perfect canned product, since it has the finest color, holds its shape and shows no ragged edges when the pit is removed. The freestone has a flavor many prefer even though the fruit is less attractive. More peaches are canned than any other fruit.

Peaches are most commonly canned in halves and slices. Fancy, Choice and Standard grades are found in both.

The Bartlett and Kieffer pears are the kinds commonly canned. The Bartlett is a large fine-grained white pear. It is higher priced than the Kieffer, which is small and rather coarse-grained.

Canned pears are sold in Fancy, Choice and Standard. The Fancy are carefully selected. They are perfect in shape, color and size. The number of pieces in a No. 2½ can is 8 or 10 halves. They are packed in 40 per cent syrup. The Choice grade is of poorer quality. The pieces are likely to be smaller and the flavor not so good as the Fancy. There is a greater number of pieces in the same size can. They are packed in 30 per cent syrup. The Standard has as many as 16 pieces in a No. 2½ can. They are likely to be broken; the liquid is not clear. The syrup is 20 per cent.

Pears are picked when mature but before fully ripe, for they develop a finer flavor if allowed to finish ripening off the tree. After they stand about a week they are ready for canning. They are peeled and placed immediately in salt water to prevent discoloration.

The Kieffer pear is not so sweet as the Bartlett and therefore must have a sweeter syrup. Unless the label so states, canned pears are generally the Kieffer variety. A pinkish tinge to canned pears is due to too high a heat at the time of canning. It does not impair the flavor.

Pineapple can be bought in three styles: sliced, tidbits and crushed.

Most pineapple is raised and canned in the Hawaiian Islands. Since it is canned when fully ripe, it has a very delicate flavor. The fruit is peeled, and cut into cylinders to fit the cans. Pineapple tidbits and fingers are made from the slices. The crushed pineapple is scooped from the shell after the cylinder has been removed.

Sliced pineapple is sold in three grades: Fancy, Standard and Broken. The Fancy is the best grade and is packed in syrup. It is the most per-

fect in shape, color and flavor. The Standard may have some blemishes; the flavor is not quite so good. It is packed in a lighter degree of syrup. The broken slices are of good flavor but uneven. This grade has the lightest degree of syrup.

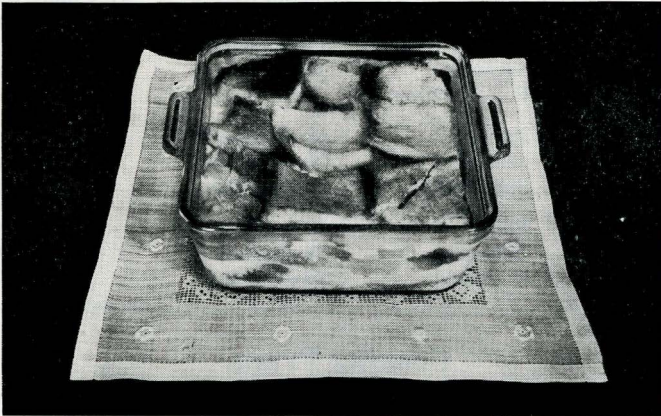
Pineapple crushed and tidbits, diced or fingers, comes in two grades; the only difference is in the degree of syrup.

Plums—Plums are generally packed with pits because they hold their shape better and are more attractive.

Prunes—Fully ripened prunes are canned in a heavy syrup because they are quite acid.

Rhubarb—Rhubarb is canned in three grades: Fancy, Choice and Standard. The first two are canned in syrup, the Fancy having a slightly heavier syrup. The Standard is packed in water.

The degree of syrup is indicated by the number of pounds of sugar to the number of pounds of water, the total making 100. A very heavy syrup is 60-75 degree syrup meaning 60 to 75 pounds of sugar is used to 40 to 25 pounds of water respectively. This syrup is used for very acid fruits like gooseberries. The commonly used heavy syrup is 55 degree



Custard fruit toast

syrup where 55 pounds of sugar is used to 45 pounds of water. This degree of syrup is used for the Fancy grades of fruit. The sweetest syrup is about  $\frac{3}{4}$  cup to  $2\frac{3}{4}$  cups of sugar to 1 cup of water. With the Choice grade, a lesser degree of syrup is used and with the Standard, a still lower degree. In the water pack very little or no sugar is used. These are generally labeled as pie fruits.

The sanitary enamel can is used with certain bright colored foods to prevent their bleaching. After years of research and study a method was discovered by which, if certain materials were baked onto the inside of the cans, the food would retain its color. The use of these cans does not improve the food except to make it more attractive. Apple butter, figs, grapes, grapefruit, orange juice and tomato juice are fruits that hold their color better if packed in sanitary enameled cans.

Fruits and other food may be left standing in the tin can after it is open without fear of injury from eating the food. The food will keep in as good condition in the open can as it would in any dish if given the same care.

Home canning of fruits, whether by water bath or steam pressure, is likely to result in more destruction of vitamin C than factory canning because there is not sufficient complete exhausting before sealing and processing in containers. Commercially canned fruits as pears, have been found to be superior to home canned in anti-scorbutic value. Acid fruits such as tomatoes, strawberries and pineapple lose little vitamin C in commercial canning process.

The presence of acid in canned tomatoes and juice seems to aid in retaining vitamin C.

The following table indicates degree of syrup and number of pieces for No. 2½ cans in three fruits.

Fruit	Grade	Degree Syrup	No. Pieces
Peach	Fancy	55 degrees	Not more than 12
	Choice	40 degrees	Not more than 15
	Standard	25 degrees	21 halves
	Seconds	10 degrees	No size limit
	Pie or water		No size limit
Pears	Fancy	40 degrees	8-12 halves
	Choice	30 degrees	10-12 pieces
	Standard	20 degrees	12-17 pieces
Cherries (black)	Fancy	40 degrees	80-100
	Choice	30 degrees	101-125
	Standard	20 degrees	126-175

## Cooking Fruits

The natural flavor and color of the fruit must be retained or improved in cooking. The color pigments are mostly anthocyanins or carotinoids. They are not easily destroyed. The anthocyanins may change their colors with varying acidity. Long cooking tends to caramelize the sugar of concentrated sugar solutions and cause discoloration. The bronze color of overcooked orange marmalade is due to the combination of orange carotinoïd pigments and brown caramelized sugar. Other colors lose their intensity with overcooking.

The discoloration of fruits which have little or no color results from the oxidation of tannins. This is the reason that apple sauce turns brown when cooked a long time.

A short cooking period helps to preserve the natural color of fruits.

Fruit retains its shape better if covered in cooking or baking. Apples should be covered when baking. The peeling will be more tender and moist and the fruit retains its shape.

The flavor of fruits is due to certain organic compounds which are

easily decomposed by heat or boiled away as the fruit cooks. This breaking down process may develop new flavors which are often as desirable as the natural.

This is true of pineapple—fresh and cooked have different flavors.

Rapid boiling tends to break down fruit and make it lose flavor. Very little food value is lost in cooking fruits, because the juice is used.

A short cooking period preserves the natural flavor of fruits.

Mild fruits are often improved by the addition of highly flavored food, such as cinnamon, preserved ginger, or lemon juice.

Hard fruits used in jams and marmalades are first cooked in water. Soft fruits such as berries, are made into jams and marmalades without cooking in water.

Sweet apples tend to stay whole whether cooked in syrup or water, while sour apples tend to break up. Apples, peaches, apricots and plums are cooked in syrup without toughening, while Kieffer pears must be softened first by cooking in water. They will become hard and shriveled if placed directly into syrup.

Berries and cherries crush if heated directly in syrup. The cell walls break and the fruit becomes mushy. If the sugar concentration within the berry is not equal to that without, the fruit floats. If strawberries and cherries are allowed to stand overnight in sugar, the fruit loses water, shrinks and becomes slightly tough. If heated slowly, or removed from the heat for a few minutes before boiling, the sugar penetrates the berry, plumps it, and keeps it from floating.

Strawberries and sour cherries develop a strong flavor when cooked a long time; therefore, the sugar is allowed to penetrate before boiling. The best results are obtained if the boiling is rapid and the amount of fruit handled is small. In commercial canning, part of the sugar is added to the berries, they are placed in hot syrup and heated after standing a few minutes. The vacuum produced in commercial canning increases the pressure within the berry and tends to plump it.

Fruits are cooked slowly in syrup to retain their shape.

Rhubarb is cooked slowly in a small amount of water with sugar added at first to retain its shape.

The skin of apples is slit before baking so that the fruit will retain a plump attractive appearance.

Apples bake quickly if they are unpeeled and the core is removed.

Dried fruit is soaked only two hours in lukewarm water. Overnight soaking destroys some of the flavor. Prunes are cooked in water to soften the skin; the sugar is added toward the end of the process. Fruit cannot absorb moisture readily if sugar is added first. It delays the softening of the fruit fiber.

Dried fruit is carefully washed to remove dirt and any sulphur dioxide which might have been left on the fruit during the drying.

Small prunes usually supply the greatest amount of pulp per pound, small oranges the greatest amount of juice. Grapefruit juice averages about the same price as orange juice per serving.

Thoroughly ripe, raw fruit is an excellent food. It should be carefully washed because poisonous sprays are used during the growing period to destroy insect pests. The homemaker should be careful that the stem and



blossom ends of fresh fruit are cleaned out because it is here that poisonous residues are likely to remain. Commercially, many fruits are washed in large machines before they are put on the market.

Fruit should always be carefully prepared and attractively served. Powdered sugar, maraschino cherries, raisins, candied ginger, polished surfaces and bright dishes always add to fruit touches that everyone appreciates.

### Food Value of Fruits

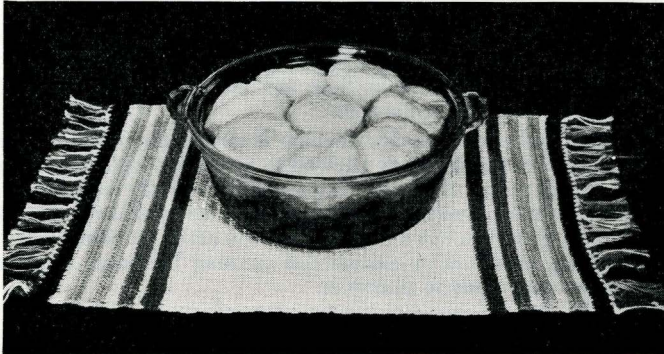
Fruits are a valuable food. They aid in digestion and the elimination of body waste.

They help to maintain the alkalinity of the body fluids.

They are a good source of minerals and vitamins, and important body building and regulating factors.

Fresh fruit is the most valuable; canned and dried fruits are excellent and should be used freely if the fresh is not available.

Protein and carbohydrate, mostly in the form of fruit sugar, which is readily utilized in the body, are relatively low in fruits in comparison with other foods.



Cherry pudding

However, the date, fig, banana and cocoanut are rich energy foods because of the sugar they contain. Fruits contain very little or no fat. They contribute rich minerals to the diet. They are low in calcium in comparison with milk, although oranges, figs, grapefruit and pineapple are good sources of calcium. Fruits such as cranberries, pineapple, blackberries, prunes and figs are important sources of iron. Fruits as a whole do not supply much vitamin A and D but a fair amount of B. They are one of the best sources of vitamin C. A diet in which fruits are used generously is likely to be adequate in vitamins. Citrus fruits are very rich in vitamin C, though apples, bananas and watermelon are also good sources. Cooking tends to destroy vitamin C except in canned tomatoes where the acid seems to aid in retaining it.

Orange juice or tomatoes, because of vitamin C content, is recommended for children every day.

Experiments indicate that orange juice in large quantities is valuable

as an activating agent in building teeth and correcting dental deficiencies, since more minerals seem to be retained through its use and the individual gains weight more rapidly.

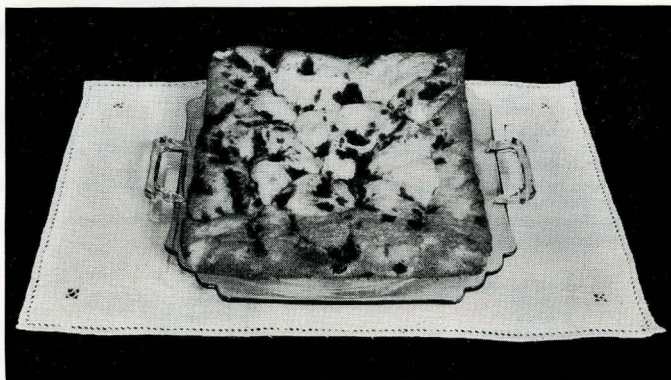
### Fruit Receipts

#### RAISIN BREAKFAST CAKE

- |                       |              |
|-----------------------|--------------|
| 1 1/8 c. pastry flour | 1/2 t. salt  |
| 2 t. baking powder    | 1/2 c. milk  |
| 1/4 c. butter         | 2 eggs       |
| 3/4 c. sugar          | 1 c. raisins |

Sift flour and measure. Sift baking powder and salt with the flour. Cream the butter. Add sugar, and cream again. Add the beaten yolks and part of flour. Add milk. Beat well. Add rest of flour. Beat egg whites until light and fold them into the mixture. Wash raisins, dry with cloth and dust with flour, or bake a few minutes until swollen. Fold raisins into the dough. Bake 45 minutes.

Serve raisin cake with breakfast fruit.



Raisin breakfast cake

#### CAKE TOPPING

- |               |                     |
|---------------|---------------------|
| 1 T. cinnamon | 2 T. butter, melted |
| 1/4 c. sugar  |                     |

Sift sugar and cinnamon together. Blend with butter. Crumb thin layer over the top of cake before baking.

If too heavy, the topping will go to the bottom of the cake. A mixture of sugar and cinnamon only may be sifted lightly over top of the cake.

#### PINEAPPLE-PEACH TORT

- |                          |                  |
|--------------------------|------------------|
| 3/4 c. pineapple, grated | 3/4 c. sugar     |
| 1 c. sliced peaches      | 2 T. lemon juice |
| 1/2 t. salt              |                  |

Combine ingredients. Cook until thick. Fill a baked pastry shell. Bake different size circles of pastry and arrange them on top. Add mounds of whipped cream between circles of pastry.

#### BASIC RECIPE

- |                    |               |
|--------------------|---------------|
| 2 c. flour, pastry | 1 t. salt     |
| 2 t. baking powder | 1/4 c. butter |
| 3/4 c. water       |               |

Sift the flour before measuring. Sift the dry ingredients together. Cut in the fat. Add the liquid. Roll out and cut into biscuit.

#### FRUIT ROLL

- |                          |              |
|--------------------------|--------------|
| 1 c. fruit, chopped fine | 1/4 c. sugar |
| 2 T. butter              |              |

Roll the basic recipe to 1/2 inch thickness. Spread with butter, sugar and fruit. Make into a roll. Bake. Cut into individual portions. Serve with cream and sugar.

Cooked sweetened apricots, apples, pineapple, peaches or dried fruit may be used in the roll.

## BAKED FRUIT SANDWICHES

Make basic recipe. Roll to  $\frac{1}{4}$  inch thickness. Cut into biscuit. Butter the tops. Spread one half with thick fruit paste. Cover with second biscuit. Spread with cake topping and bake in a hot oven.

## CHERRY PUDDING

Make basic recipe and cut dough into biscuit. Drain off the fruit juice and thicken with  $\frac{1}{2}$  tablespoon of flour to each cup of juice, and sweeten. Place 4 cups of fruit and juice in greased baking dish. Place biscuit on top. Bake in hot oven. Serve hot.

An attractive variation is to roll the dough to  $\frac{1}{4}$  inch thickness, spread with butter and sweetened fruit. Make into roll. Cut into biscuit and place them on top of the fruit juice in greased baking pan. Bake.

## FRUITED FRITERS

$1\frac{1}{2}$ c. flour	1 egg
$\frac{2}{4}$ t. baking powder	$\frac{1}{2}$ c. milk
$\frac{1}{4}$ t. salt	1 c. chopped fruit

Sift dry ingredients together. Add the milk and beaten egg. Stir in one cup of chopped cooked fruit. Fry spoonfuls in deep fat or in small amount of fat in pan.

## FRUIT SYRUP

1 c. fruit juice	$1\frac{1}{2}$ t. cornstarch
$\frac{1}{4}$ c. sugar	1 T. lemon juice

To make the syrup, sift the sugar and cornstarch. Add the other ingredients. Bring to a boil. Serve over the fritters.

## FRUITED DUMPLINGS

1 c. flour	1 t. baking powder
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ t. salt

Sift the flour and measure. Sift the dry ingredients together. Add the milk. Mix thoroughly. Steam spoonfuls 12 minutes on top of meat or fruit. Add a small piece of cooked fruit to each dumpling.

Dip spoon into hot liquid before cutting out each dumpling so that the dumpling will drop easily from the spoon.

Fruited dumplings may be served with meat or as dessert with cream.

Dumplings steamed over rhubarb are excellent.

## CUSTARD FRUIT TOAST

6 slices bread	$\frac{3}{4}$ c. sugar
2 c. milk	$\frac{1}{2}$ t. salt
2 eggs	1 c. peaches
$\frac{1}{4}$ c. butter	1 c. apple

Sift salt and sugar together. Toast the bread, quarter slices and butter. Arrange a layer of bread, butter side down in a greased baking dish. Cover with thin-sliced peaches. Sprinkle with sugar. Add a layer of toast, a layer of thin cut apples and sugar. Combine milk and beaten eggs and pour the mixture over the top. Bake, covered, in slow oven in pan of water. Remove cover and brown.

Serve with cream, cinnamon hard sauce or honey butter.

## PRUNE BREAD PUDDING

2 c. milk	2 eggs
1 c. bread crumbs	1 c. prunes
$\frac{1}{2}$ c. sugar	1 t. salt
$\frac{1}{4}$ c. butter	$\frac{1}{4}$ t. nutmeg
	$\frac{1}{2}$ t. cinnamon

Scald the milk and add the sifted dry ingredients, butter and bread crumbs. Beat the eggs slightly and add them with the cooked, whole prunes pitted. Pour into a greased baking dish and bake in pan of water in a slow oven.

Serve with cream, plain hard sauce or honey butter.

## PLAIN HARD SAUCE

1 c. confectioners' sugar	$\frac{1}{2}$ c. butter
1 t. flavoring	

Cream butter. Add sugar and cream. Add flavoring. Chill. Serve in separate dish or on individual puddings.

For cinnamon hard sauce, add  $\frac{1}{4}$  teaspoon of cinnamon to above recipe.

For honey butter, cream 3 tablespoons butter and add 3 tablespoons honey. Chill. The grated rind of an orange and 1 tablespoon orange juice may be added.

## CHEESE APPLE PUDDING

6 c. sliced apple	$\frac{1}{2}$ c. flour
$\frac{1}{2}$ c. water	$\frac{1}{4}$ c. butter
$\frac{3}{4}$ c. sugar	$\frac{1}{4}$ c. cheese, ground
	1 t. salt

Peel the apples before slicing. Alternate fruit and sugar in greased baking dish. Add the water. Cut the butter and cheese into the flour. Crumble on top of the fruit. Bake an hour in slow oven until apples are tender and pudding is thick.

BAKED PEARS OR PEACHES

Arrange fruit in greased pan with cup side up. Fill with raisins, seasoned with cinnamon, sugar and butter. Sprinkle with ground nuts and bread crumbs. Bake until heated through and the top is brown.

BAKED BANANAS

Arrange bananas on buttered bread crumbs in greased pan. Add  $\frac{1}{4}$  cup water. Cover with buttered bread crumbs. Bake 30 minutes. Serve with raisin sauce.

RAISIN SAUCE

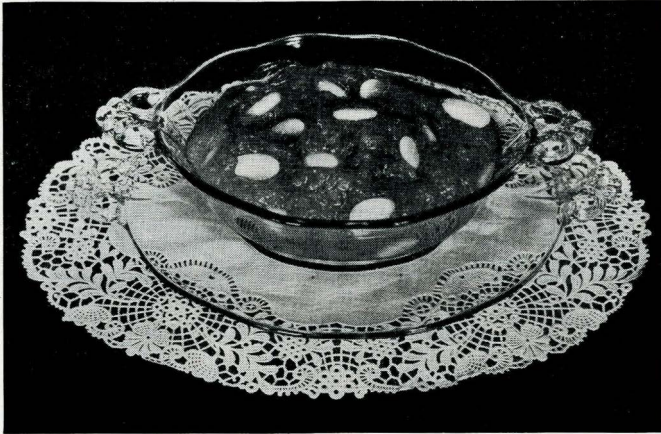
$\frac{3}{4}$ c. raisins, cooked	1 t. cornstarch
2 c. raisin juice	2 T. lemon juice
1 c. sugar	2 T. butter

Sift the sugar and cornstarch together and add it to the fruit juices. Add the butter. Cook 10 minutes. Add raisins.

JELLIED PRUNES

2 c. prunes	1 c. sugar
2 c. prune juice	2 T. lemon juice
3 T. gelatin	$\frac{1}{2}$ c. grape juice

Hydrate gelatin in  $\frac{1}{4}$  cup cold water. Combine the fruit juices and sugar. Dissolve the gelatin in the hot juice. Add the fruit. Distribute the fruit as the liquid cools. Mould dessert in one or individual dishes. Serve with whipped cream.



Almond apricot sauce

FRUIT SOUP

2 c. red cherries	1 c. sugar
2 c. black raspberries	2 T. minute tapioca
$1\frac{1}{2}$ c. prunes	2 T. butter
1 c. raisins	1 stick cinnamon
2 c. water	$\frac{1}{2}$ dozen cloves
	$1\frac{1}{2}$ t. salt

Tie the spices in a cloth. Combine the other ingredients. Add the spices. Cook until the tapioca is transparent. Remove spices. Serve hot or cold as a soup.

This is a Scandinavian dish. Those not accustomed to serving fruit soup may wish to use it as a sauce. It is excellent baked with biscuit like the cherry pudding. Canned or fresh fruit may be used.

SAUTED FRUIT WITH MEAT

Select firm fruit. Cut into convenient pieces. Dip in thin batter or mixture of sugar and flour sifted together. Brown in greased pan or under broiler. Serve on plate with meat.

Apple or banana quarters, halves of peaches or thin slices of pineapple may be prepared this way.

CINNAMON FRIED APPLES

Fry pork chops. Wash, quarter and core apples. Steam on top of chops until tender. Remove pork chops. Pour off most of fat. Sprinkle apples with sugar. Serve when bright and glistening.

## ORANGE APPLES

1 c. sugar 3/4 c. water  
 1/4 c. orange marmalade 6 apples

Combine the first three ingredients. Bring to a boil. Pare and core apples. Cut into quarters and drop into the syrup immediately. Cook until tender. Serve hot with fresh cake.

## GINGER APPLE SAUCE

Wash and core apples. Cook until tender. Put through a sieve. Add 1/2 cup sugar to each cup of fruit. Cook until thick. Add 1/2 tablespoon ground candied ginger to each cup of fruit.

## HOT SPICED FRUIT

Make a mixture of banana and peach. Add three cloves to each cup of grape juice and bring to a boil. Remove cloves. Add fruit. Serve hot as the first course.

## ALMOND APRICOT SAUCE

1 lb. apricots 2 T. orange juice  
 1 c. sugar 1/2 t. salt  
 1 c. water 1/2 c. almonds

Grind the apricots. Add the liquid, sugar and salt. Cook until thick. Add the toasted almonds just before serving.

## DRIED FRUIT PASTE

2 c. dried fruit, ground 1 c. sugar  
 1 c. water 1/2 t. salt  
 1 T. lemon juice

Combine ingredients and boil until of right consistency. Use as cake, cooky or sandwich filling. Any dried fruit used alone or in combination is excellent prepared this way.

## BREAKFAST FRUIT PLATES

Dried Fruit Plate.—Select attractive plump fruit. Steam very dry fruit. Use apricot, fig, raisins, date, prune.

Canned Fruit Plate.—Peach, apricot, pear, pineapple, red cinnamon apple slices.

Fresh Fruit Plate.—Orange, tangerine, strawberries, grape or cherries, pineapple, banana.

Select one or more fruits of contrasting color for each plate. The plate itself may be of a color that will show off the fruit. Green glass is very attractive for yellow fruits. Arrange the fruit in an interesting design. In groups of three, in straight lines from the center, in alternating colors of light and dark, is one suggestion. Bits of bright candied fruit, cinnamon apple circles or hearts and tiny sprays of water cress add interest. The total amount of fruit per individual serving is not large unless the fruit is the main course.

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 Foods ----- Justin and Vail

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