

Preserved Mulberries

Ingredients

To 2 lbs. of fruit and 1 pint of juice allow 2-1/2 lbs. of loaf sugar.

Method

Put some of the fruit into a preserving-pan, and simmer it gently until the juice is well drawn. Strain it through a bag, measure it, and to every pint allow the above proportion of sugar and fruit. Put the sugar into the preserving-pan, moisten it with the juice, boil it up, skim well, and then add the mulberries, which should be ripe, but not soft enough to break to a pulp. Let them stand in the syrup till warm through, then set them on the fire to boil gently; when half done, turn them carefully into an earthen pan, and let them remain till the next day; then boil them as before, and when the syrup is thick, and becomes firm when cold, put the preserve into pots. In making this, care should be taken not to break the mulberries: this may be avoided by very gentle stirring, and by simmering the fruit very slowly.

Source: Mrs Beeton's Book of Household Management (1861)

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