

This ebook is based on: "The Mehu-Maija Cookbook" by [Beatrice Ojakangas](#).  
Author of "SCANDINAVIAN FEASTS" and "THE FINNISH COOKBOOK"

# STEAM JUICER & FOOD STEAMER RECIPE BOOK

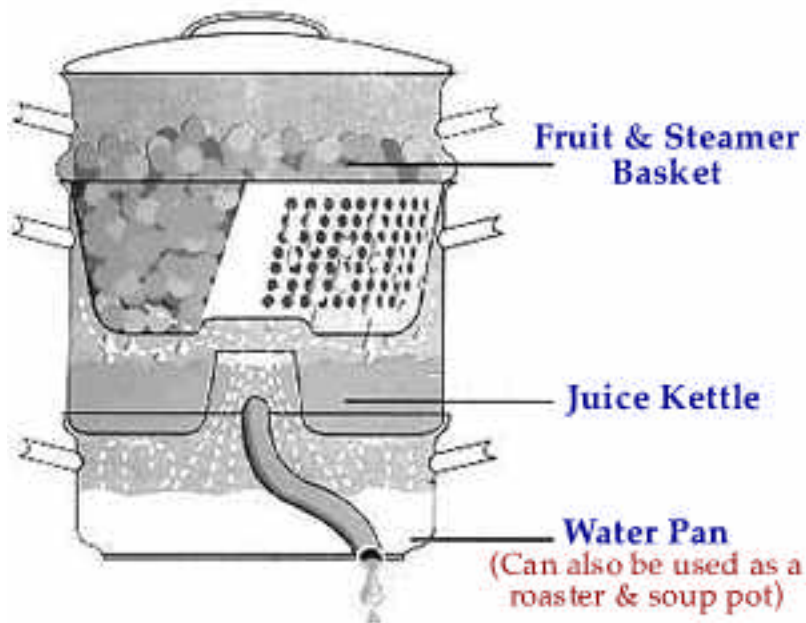
FROM: **MEHU-LIISA PRODUCTS**  
[JUICER-STEAMER.COM](http://JUICER-STEAMER.COM)



## MAKING JUICES WITH A STEAM JUICER:

1. Wash the berries or fruit. Apples, crabapples, plums, and other pitted fruits may be left whole, however, you can fit more in the basket and extract more juice from cut fruit. Rhubarb should be cubed, but not peeled. Stems from fruits like cherries, currants and grapes need not be removed.
2. Place fruits in the steamer. Layer fruit with sugar, if a sweetened juice is desired for punch bases and beverages. If using fruits for jellies do not add sugar. Use  $\frac{1}{4}$  to 1 cup sugar per basketful of fruits depending on the tartness of the fruit.
3. Attach drain tube with clip to one of the handles.
4. Fill water kettle up to the water level mark (a slight ridge that encircles the top of the pan). Bring to a boil, and set steamer and juice kettle on top.
5. Steam over continuously boiling water (medium heat) for approximately 60 minutes or longer for hard fruits (see chart). **Don't let pan run dry.**

6. Have sterilized bottles ready for sealing, or have canning jars with two-part lids hot ready for sealing. You may keep the lids in a pan of simmering water and the bottles or jars stored in the oven with the temperature set just under 200°F until you are ready to fill them with hot juice. Place hot jar or bottle in a plastic beverage pitcher or hold in a saucepan while draining hot liquid into it, being careful not to burn yourself!
7. Immediately top jars with lids filling the container to an inch or less of the top. Wipe top of jar clean and place lid on with sealing composition next to the glass; screw the band on firmly. Set apart on rack or folded cloth, out of draft to cool. Store upright in a cool, dark place.



**TIME AND YIELD CHART FOR FRUITS STEAMED**  
 AT MEDIUM TO HIGH SIMMER

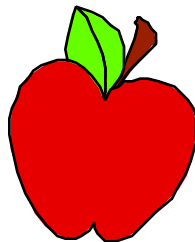
Apples	1½ to 2 hours	Yields approximately 3–4 quarts per 10 pounds of fruit
Apricots, ripe*	1 to 1½ hours	Yields 1 to 1½ cups juice per pound, depending on juiciness of fruit ripeness when picked
Berries* soft, blueberries, blackberries, red and black currants, dew berries, elderberries, gooseberries, huckleberries, raspberries, strawberries	60–80 minutes	Yields 2–3 cups per quart of most berries, depending on natural juiciness and ripeness
Chokecherries	60 minutes	Yields 2–3 cups per quart
Cherries* black or red	60 minutes	Yields about 2 cups per quart, depending on ripeness and juiciness
Crabapples	1½–2 hours	Yields 3–4 quarts per 10 pounds of fruit (1 basketful, large juicier)
Cranberries <sup>+</sup>	60 minutes	Yields 1½–2 cups per quart of berries
Grapes*	60 minutes	Yields 2–3 cups per quart, much depending on ripeness and juiciness

Peaches* +	60–90 minutes	Yields 1–1½ cups juice per pound
Pears* +	1½ to 2 hours	Yields 1–1½ cups per pound of fruit
Rhubarb*	1½–2 hours	Yields 1½–2 cups juice per quart diced fruit
Plums* wild	60–90 minutes	Yields 1–2 cups per pound
Plums* blue	60–90 minutes	Yields 1–2 cups per pound
Tomatoes	60 minutes	Yields 1–2 cups per pound

\* Add ½ to 1 cup sugar per steamer basket of fruit, depending on your taste and whether the juice will be used as a beverage or punch base. To add sugar, layer fruit in Mehu-Maija basket and sprinkle sugar over the top.

+ Pulp left in basket may be put through a food mill or pureed and used for jam. See recipes given later in this booklet.

NOTE: Along with the juice extracted from the fruit, there is some condensation of water mixed in the juice. To reduce the amount of water falling into the juice, do not lift the lid unless necessary. Juice is extracted the quickest and with less condensation when water is kept rapidly boiling. **CAUTION: Do Not Boil the Pan Dry!**

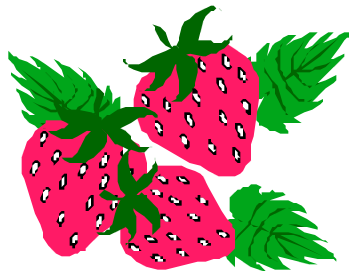


## WHAT CAN YOU DO WITH THE JUICE?

To get started, we give recipes for juices, jellies, syrups, punches, fruit soups, puddings, and other basic uses. You may wish to bottle unsweetened juice when the fruits are abundant and make jellies later when the big rush is off, to save storage space, and to distribute the cost of jelly making throughout the year.

Juices may be used for winemaking. Follow directions in winemaking books and pamphlets for the use of clear juice. However, one person we know extracts the juice from fruit for his children to drink, then uses the remaining pulp to begin a must for winemaking. Smart!

You can make all sorts of vegetable juices, too. Extra cabbage, onions, tomatoes, and such, when in season, can be combined to make vegetable bouillons and can later be used in soups, stocks, sauces, etc. To make a pulpy juice, all you need to do is stir the vegetables in the steamer basket periodically while you are steaming them. The remaining pulp makes an excellent puree to be used in spaghetti sauces, thick soups, meat mixtures, and even casseroles.



## AN ALL-PURPOSE STEAMER

Before you get the notion that Mehu-Liisa is just for juice-making, we want to introduce some other ideas. Steamed foods are becoming more and more popular because they are tastier and more nutritious. When you cook foods in steam, you don't leach out vitamins and minerals into the cooking liquid.

Mehu-Liisa is excellent for steaming vegetables to be served with a meal. You can cook a variety of vegetables at once, such as potatoes, carrots, parsnips, whole cauliflower, etc., and each comes out perfectly done with its own distinctive flavor. In **one** pot. In about 20 minutes! Saves pot washing, time, and energy!

That isn't **all** you can do with Mehu-Liisa. Use it for steaming holiday puddings, making brown bread, cooking home-made sausages, cooking Polish or bratwurst, or other favorite sausages, corned beef, chicken, fish, and shellfish, too. Vegetables

can be steamed right along with the meats by adding them to the pot during the last 20 minutes of cooking. (Imagine what you can do on a camping trip with just one burner!)

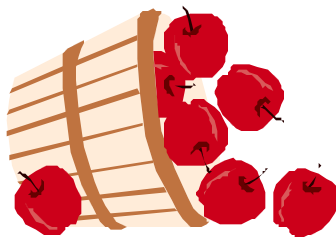
Further on in this book we give several recipes to illustrate some of the basics we've mentioned.

## RECIPES FOR JUICES AND FRUITS

The following group of recipes is by no means all inclusive. They simply illustrate what you **can** do with Mehu-Liisa, and we hope you take off from there.

Basically, you'll find that juice making is a much more convenient, simpler, cleaner process than it ever used to be by the old jelly bag method. And you have more options. You need not use juices just for jelly. You can bottle them, sugared or not, and use them later for beverages. We often have opened a variety of juices and had a "tasting party," serving the juices with cheese and crackers. Sometimes, for a quick dessert, I will make a fruit pudding using one of the juices, or a combination of juices when you have some left from the juice tasting party. See the basic recipes for ideas and directions.

It is simple to make applesauce using Mehu-Liisa. Simply cut up the apples and steam until soft, then put through strainer or food mill to strain out seeds and cores. Reheat with some of the juice that was extracted, or add juice back to sauce and boil down until thickened, then seal in canning jars.



### SPICED APPLE JUICE

10 pounds apples, hard, ripe, juicy varieties (may be windfalls)

1 cup sugar (optional), omit if apples are to be used for jelly

10 whole cloves

2 cinnamon sticks

4 whole allspice

Wash the apples and remove leaves or other debris. Apples need not be cut up, however, you get more juice from cut fruit and you fit more into the steamer basket, too. Sprinkle with sugar if used, add the cloves, cinnamon sticks and allspice. Top with second half of the apples. Cover and steam over rapidly boiling water for 1½ to 2 hours or until apples have turned into a tasteless, colorless mush. Extract juice into hot sterilized bottles or jars and top with bottle caps or two-part lids. Or use immediately for some of the following recipes.

FOR PLAIN APPLE JUICE: Omit spices.

### **APPLE CRANBERRY PUNCH**

Combine 3 cups chilled apple juice, 2 cups chilled cranberry juice and 1 bottle (1 quart) chilled ginger. Serve over ice cubes in punch cups and garnish with sliced orange.

### **HOT APPLE PUNCH**

Heat spiced apple punch. Top with a dab of butter and serve.

### **APPLE GRAPE PUNCH**

Make the above apple cranberry punch using grape juice in place of cranberry juice.

### **CHERRY JUICE**

10 pounds tart, sweet, red or black cherries

1 cup sugar (optional), omit if using juice for jelly

Wash cherries, removing any debris. Put into steamer basket. Sprinkle sugar over if used. Cover and steam over high heat for 1 hour. Drain hot juice into hot sterilized bottles or jars following standard directions. Seal with Mehu-Maija bottle caps or two-part lids as directed.

## **CHERRY COCKTAIL**

Pour chilled cherry juice over ice cubes in cocktail glasses or punch cups. Add a drop of lemon juice, if desired.

## **CHERRY FRUIT SOUP**

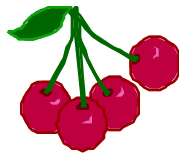
2 cups cherry juice

2 tablespoons cornstarch

Sugar to taste

Combine cherry juice and cornstarch, adding sugar if desired. Bring to a boil, stirring, and cook until thickened and clear. Chill. Serve with whipped cream.

Variations: The above fruit soup may be made with cherry juice combined with other juices or with other juices in the same proportions.



## **CHOCKECHERRY JUICE**

10 pounds chokecherries

Wash and clean the chokecherries and place in the steamer basket. Steam for 1 hour over high heat. Drain hot juice into sterilized hot bottles or canning jars, cap with Mehu-Maija bottle caps or with hot two-part lids.

Makes about 3½ quarts, depending on the juiciness of the berries.

## **CHOCKECHERRY WINE**

Chokecherries are excellent for making a dry red wine. Follow directions in winemaking booklets and pamphlets. As winemaking is a long-time process requiring special utensils and techniques, we refer you to the specialized information sources.



## **CRABAPPLE JUICE**

10 pounds crabapples

Wash crabapples and remove leaves and debris. Place in steamer. Cover and steam over rapidly boiling water for two hours or until the pulp remaining in the basket is colorless and almost tasteless. Be sure to keep water pan filled. Drain off juice into hot sterilized bottles or jars, top with sterilized, hot bottle caps or lids, or use immediately for making jelly.

## **DOLGO CRABAPPLE JUICE RECIPES**

by Ross Reid, Branchton, Ontario

We have several Dolgo crabapple trees and making jelly from their juice, extracted in the M-L produces the most beautiful, rose coloured, brilliantly clear jelly we have ever seen. Here is our basic jelly recipe using the Dolgo crabapple juice, along with two variations, that receive rave reviews from anyone who has tasted them.

Since Dolgo crabapples contain plenty of pectin, it is simple to make jelly without adding commercial pectin.

- **Dolgo Crabapple Jelly**

1.75 liters          dolgo crabapple juice from M-L

1430 grams          granulated sugar

Pour juice into large stainless steel saucepan. Add sugar. Stir well to dissolve sugar. Bring to boil over high heat and boil until temperature reaches 8°F over the boiling point of water in your area (218°F here). Ladle into sterilized 250 ml Mason jars, affix lids and screwbands. Process in BWB for 5 minutes..

- **Basil Jelly**

1 liter          dolgo crabapple juice from M-L

250 ml          fresh basil leaves; coarsely chopped

800 grams granulated sugar

Put basil leaves in a 1 liter measuring cup, pour about 750 ml hot Dolgo crabapple juice over and let steep for about 1 hour. Strain juice off basil leaves and make up quantity to 1 liter. Pour into stainless steel saucepan, add sugar and stir to dissolve completely.

Bring to boil over high heat and boil until temperature reaches 8°F over the boiling point of water in your area (218°F here). Ladle into sterilized 250 ml Mason jars, affix lids and screwbands. Process in BWB for 5 minutes.

- Rosemary Jelly (This jelly is fantastic with roast leg of lamb.)

1250 ml dolgo crabapple juice from M-L

250 ml fresh rosemary

1020 grams granulated sugar

Put rosemary in a 4 cup measuring cup, pour about 750 ml hot dolgo crabapple juice over and let steep for about 1 hour. Strain juice off rosemary and make quantity up to 1.25 liters. Pour into stainless steel saucepan, add sugar and stir to dissolve completely.

Bring to boil over high heat and boil until temperature reaches 8°F over the boiling temperature of water in your area (218°F here). Ladle into sterilized 1/2 pint Mason jars, affix lids and screwbands. Process in BWB for 5 minutes.

## **CINNAMON CRANBERRY JUICE**

6 pounds cranberries

2 sticks cinnamon

1 to 1½ cups sugar (optional); do not add if using juice for jelly

Put the cranberries, cinnamon and sugar into the steamer kettle. Steam for 1 hour. Drain hot juice into sterilized bottles or canning jars. Cap with bottle caps or two-part lids as directed earlier.

FOR PLAIN CRANBERRY JUICE: Omit cinnamon.

## **CRANBERRY APPLE JUICE**

Use a combination of cranberries and apples in place of all cranberries in the steamer basket when making juice.

## **CRANBERRY GRAPE JUICE**

Use a combination of cranberries and grapes in place of all cranberries in the steamer basket when making juice. Do not bottle juice until all juice has been extracted from the fruit to get an even blend.

## **FINNISH CRANBERRY WHIP**

1 cup boiling water

1½ cups cranberry juice

¼ cup cream of wheat (instant)

¼ cup sugar

Mix boiling water and cranberry juice in saucepan and add cream of wheat, stirring. Cook at low heat for 7 minutes; add sugar and cool, beating with a whisk until very light and fluffy. Pour into serving bowls and refrigerate. Serve with cream to pour over. Makes 6 servings.

## **GRAPE JUICE**

4 quarts (about 5½ pounds) ripe grapes

Place cleaned grapes in steamer basket. Steam for 1 hour or until grapes are colorless and dry. Drain hot juice into sterilized hot bottles or canning jars. Cap with hot bottle caps or with two-part lids. Let cool on a rack set in a draft-free place. Makes approximately 2 quarts of juice depending on the juiciness of the grapes.

## **GRAPE JUICE COCKTAIL**

Pour grape juice over ice cubes, mixing half and half with lemon-flavored soda. Sweeten to taste, if necessary, however, the grape juice is usually sweet enough by itself with no sugar added.

## PEACH JUICE

5 pounds fresh ripe peaches, halved and pitted

1 cup sugar

Place peaches in steamer basket. Steam for 1½ hours or until the peaches look “drained” and dry. Drain hot juice into sterilized hot bottles or hot canning jars. Cap with sterilized bottle caps or with two-part lids. Let cool on a rack set in a draft-free place. Makes approximately 2 quarts of juice. Use the remaining pulp for jam (see below).

## PEACH AND RASPBERRY JUICE

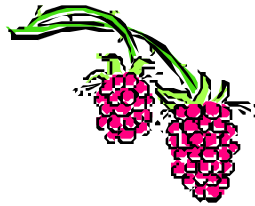
Use a combination of fresh raspberries, up to ½ the total fruit, mixed with the peaches and proceed as directed above. This makes a delicious juice to serve as a beverage.

## PEACH JUICE COCKTAIL

Use the peach juice or peach and raspberry juice as a beverage poured over ice cubes, or mix with lemon-flavored soda in a punch bowl. Add lemon juice and orange slices if desired.

## GINGER PEACH JAM

Put pulp remaining from making peach juice into blender or run through a food mill. Measure. You should have 5 to 5½ cups pulp. Mix with 1 piece (about 1 inch cube) grated fresh ginger, 1 tablespoon grated orange peel, ⅓ cup orange juice, 1 cinnamon stick and 5 cups sugar. Cook over low heat until the mixture reaches 215°F on a candy thermometer. Pour into sterilized jars and seal. Makes about 8 jars of jam, ½ pint size.



## **RASPBERRY PEACH JAM**

Follow directions given for ginger peach jam, using the pulp remaining when making peach and raspberry juice. Put pulp through strainer first to remove seeds if desired.

## **PEAR JUICE**

6 pounds fresh ripe pears

2 cups sugar

Cut washed pears in half and place in steamer basket. Steam for 1½ to 2 hours over high heat (check to be sure water doesn't boil out of pan). Pears will look drained and dry. Drain hot juice into sterilized hot bottles or canning jars. Cap with Mehu-Maija bottle caps or two-part lids. Let cool on a rack set in a draft-free place. Makes about 2½ quarts juice depending on the juiciness of the pears. Use the pulp for making pear jam (recipe follows).

## **PEAR JUICE COCKTAIL**

Pour pear juice over ice cubes into cocktail glasses. Add a dash of lemon or lime juice. Pear juice is also delicious served for breakfast.

## **PEAR JAM**

Press pear pulp through a sieve or put through a food mill; measure; you should have about 6 cups of pulp. Blend with the juice and grated rinds of 1 orange and 1 lemon. Add 2 cinnamon sticks, 4 whole cloves, ½ teaspoon ground cinnamon and 5 cups of sugar. Simmer over low heat, stirring, until candy thermometer reaches 215°F. Pour into sterilized half-pint jars and top with sterilized two-part lids. Makes about 8 or 9 jars.

## **PLUM JUICE**

10 pounds wild, blue, or prune plums

1 cup sugar (optional), omit if juice is to be used for jelly

Layer the cleaned plums (it isn't necessary to pit and halve if the plums are little wild ones) and sugar, if used, in steamer basket. Steam for 1 to 1½ hours or until plums look dry. Drain hot juice into sterilized bottles or jars and cap with bottle caps or lids. Makes about 3 quarts juice.

## **PLUM JUICE COCKTAIL**

Serve sweetened plum juice over ice cubes in cocktail glasses or punch cups, or serve plum juice chilled as breakfast beverage. The best beverage is made from prune plums, rather than wild plums, unless wild plums are sweet and quite ripe.

## **RASPBERRY JUICE**

4 quarts fresh raspberries, cleaned

1½ cups sugar

Layer two quarts of the raspberries in the perforated steaming basket. Sprinkle with half the sugar and top with the remaining two quarts of berries. Sprinkle with second half of the sugar. Cover and set over water pan filled to about 1½ inches of the top; bring to a rapid boil. Steam the berries for 45 minutes to 1 hour or until they look “faded.” Have hot sterilized bottles or jars ready; hold jars or bottles in oven set at 200°F. Keep Mehu-Maija bottle caps or lids in boiling water in a small pan.

Extract the juice through the rubber tube into hot bottles or jars. Cap immediately and let cool on rack or folded piece of cloth, well apart, away from drafts. Makes 8 to 12 cups juice, depending on the juiciness of the berries.

## **TO USE RASPBERRY JUICE:**

### **RASPBERRY COCKTAIL**

Pour raspberry juice over ice cubes in individual glasses. Garnish with a sprig of mint or a twist of lemon.

### **RASPBERRY PUNCH**

Pour raspberry juice over ice cubes in individual glasses. Garnish with a sprig of mint or a twist of lemon. Garnish with fresh raspberries if available. Makes 8 servings, ½ cup size.

### **RASPBERRY FRUIT SOUP**

Blend 2 tablespoons cornstarch into 2 cups raspberry juice and bring to a boil quickly, stirring. Cook until thickened and clear. Serve with a dollop of whipped cream.

## **RHUBARB JUICE**

5 quarts rhubarb, cut up, unpeeled

3 cups sugar

Layer the rhubarb with the sugar in the perforated steaming basket. Cover and place over water pan filled with boiling water to about 1½ inches of the top. Steam for 1 to 1½ hours or until the rhubarb appears limp, colorless, and “dry.” Have hot sterilized bottles or jars ready (hold them in a 200°F oven if desired), and bottle caps or lids ready in boiling water.

Extract the juice into the prepared bottles or jars, put cap or lid on, and let cool on a rack in a draft-free place. Makes approximately 2 quarts juice depending on the juiciness of the rhubarb.

## **TO USE RHUBARB JUICE**

### **RHUBARB DRINK**

Pour rhubarb juice from bottle over ice cubes, dilute to taste with water. Or combine half and half with soda water or carbonated lemon-flavored beverage.

### **RHUBARB SAUCE**

Mix 2 cups rhubarb juice, 1 cup water, and 3 tablespoons cornstarch in small pan. Bring to a boil, stirring, and cook until thickened and clear. Add a dab of butter while still hot. Cool and serve with whipped cream or pour over baked rice pudding. Makes 4 to 6 servings.

### **RHUBARB PUDDING**

Mix ¼ cup quick cooking tapioca, 2½ cups rhubarb juice and a dash of salt. Let stand five minutes. Bring to a boil over medium heat, stirring often. Cool 20 minutes. Stir well. Serve warm or cold with whipped cream or light cream to pour over. Makes 6 servings, ½ cup each.

## **JUICE SUPREME — CURRANT AND RASPBERRY**

3 quarts fresh raspberries

3 quarts fresh red currants

2 cups sugar

Clean the berries, removing any debris. Layer the raspberries, currants and sugar in the steamer basket. Steam for 60 minutes over rapidly boiling water. Drain juice into hot sterilized bottles or jars and top with hot bottle caps or two-part lids. Cool on a rack in a draft-free place. Makes 4 to 5 quarts juice.

### **SUPREME PUNCH**

2 quarts chilled currant and raspberry juice

1 pint raspberry sherbet

1 quart lemon-flavored soda

Put the juice into a cold punch bowl. When ready to serve, add the sherbet in one block. Pour in the lemon-flavored soda. Garnish with slices of lemon. Makes 24 punch cup servings, about 5 ounces each.

### **SUPREME COCKTAIL**

Pour currant and raspberry juice over ice cubes in cocktail glass; garnish with a twist of lemon. Also makes a delightful breakfast juice drink.

### **“AMBROSIA” RASPBERRY RHUBARB JUICE**

4 quarts fresh rhubarb, cut in 1 inch chunks

1 quart fresh raspberries

1 cup sugar

Layer the rhubarb with the raspberries and sugar in the steamer basket. Steam over rapidly boiling water for 60 minutes. Drain juice into hot sterilized bottles or jars, seal with Mehu-Maija bottle caps or two-part lids. Set on a rack to cool away from draft.

### **AMBROSIA COCKTAIL**

Pour rhubarb-raspberry juice over ice cubes in cocktail glass or punch cup. Garnish with a fresh raspberry, if possible.



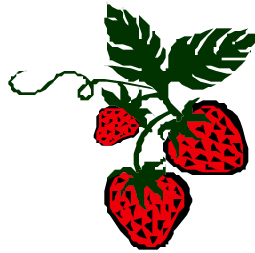
## **AMBROSIA PUNCH**

2 quarts rhubarb-raspberry juice, chilled

1 pint rich vanilla ice cream or raspberry sherbet

1 quart chilled white soda

Pour rhubarb-raspberry juice into chilled punch bowl. When ready to serve add the ice cream or sherbet in one big block. Pour over the white soda. Serve immediately. Makes 24 punch cup servings, 5 ounces each.



## **STRAWBERRY JUICE**

4 quarts strawberries, washed, stems removed

1 cup sugar, 2 cups if strawberries are very tart

Layer two quarts of the strawberries into the perforated steaming basket. Sprinkle with half the sugar and top with the remaining two quarts of strawberries and the remaining sugar. Put cover on, and set over water pan with water to about 1½ inches of the top of the pan, at a rapid boil. Steam for 45 minutes to 1 hour. Have hot sterilized bottles or jars ready. Drain hot juice into bottles or jars and top with hot sterilized bottle caps or lids. Makes about 3½ quarts juice, depending on the juiciness of berries.

## **STRAWBERRY COCKTAIL**

Pour strawberry juice over ice cubes in glass or punch cup. Garnish with a sprig of mint or a fresh strawberry.

## **STRAWBERRY PUNCH**

Pour 1 quart strawberry juice over ice cubes in punch bowl. Pour in 1 quart of chilled lemon-flavored soda pop and garnish with fresh strawberries. Makes 8 servings.

## **STRAWBERRY FRUIT SOUP**

2 cups strawberry juice

2 tablespoons cornstarch or potato starch

Whipped cream

Mix strawberry juice and starch; pour into pan and quickly bring to a boil. Cook, stirring, until thickened and clear. Pour into glass or serving bowl and cover to prevent skin from forming. Serve with whipped cream. Makes about 4 servings.

## **STRAWBERRY RHUBARB JUICE**

3 quarts strawberries

3 quarts rhubarb

2 cups sugar

Clean berries, removing any debris. Cut rhubarb into one-inch cubes. Layer strawberries, rhubarb and sugar in the steamer basket. Steam for 60 minutes. Drain juice into hot sterilized bottles or jars and top with hot bottle caps or two-part lids. Cool on a rack in a draft-free place. Makes 4 to 5 quarts of juice.

## **STRAWBERRY RHUBARB PUNCH**

2 quarts chilled strawberry rhubarb juice

1 pint lemon or strawberry flavored sherbet

1 quart chilled ginger ale

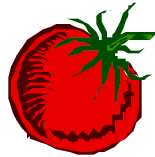
Put the strawberry rhubarb juice into a cold punch bowl. When ready to serve, add the sherbet in one block. Pour in the ginger ale. Garnish with mint leaves. Makes 24 punch cup servings, 5 ounces each.

## **MINT ESSENCE**

3 quarts mint leaves

1 cup sugar

Wash mint leaves and put into steamer basket of Mehu-Liisa. Do not pack tightly, but let leaves fluff up in the basket. Steam for 1 hour over rapidly boiling water. Drain extract out of Mehu-Liisa into sterilized jars. Seal. Use a bit of the mint essence with apple or pear juice when making jelly.



### **TOMATO JUICE** (thick, pulpy variety)

10 quarts fresh, ripe tomatoes, washed

1 tablespoon salt

Place tomatoes into steamer basket and sprinkle with salt. Place over boiling water and steam for 1 hour. Stir tomatoes occasionally after 30 minutes of steaming, extract the juice that has collected and pour juice over tomatoes in the steamer basket. Repeat this process to get a pulpy tomato juice. For an even thicker juice, after you have steamed the tomatoes for 1 hour, run the remaining pulp through the blender, strain, and combine with the collected juice. Bring to a boil and pour into hot sterilized bottles or jars. Seal with Mehu-Maija bottle caps or lids.

### **TOMATO BOUILLON AND TOMATO PASTE**

12 pounds fresh tomatoes, quartered

1 small bunch carrots, diced (about 1 pound)

4 onions, sliced

1 bunch celery, cut in 1-inch pieces

3 green peppers, cut in pieces

1 teaspoon salt

1 tablespoon sugar

Clean the vegetables, removing stems and ends, but it isn't necessary to peel tomatoes. Layer vegetables into steamer basket. Steam over rapidly boiling water for 60 minutes. Stir vegetables in steamer basket at the end of the steaming time to get some of the tomato pulp and color into the juice. Drain into hot sterilized jars or bottles and seal with hot two-part lids or with bottle caps. Makes about 4 quarts. Take the pulp from the basket and press through a food mill. This makes an excellent paste to use in recipes where you normally would use plain tomato paste, such as in spaghetti sauce, etc. Put paste into  $\frac{1}{2}$  pint jars, put caps on and process to seal. To use tomato bouillon, use in recipes where broth is needed. Or serve hot and topped with a pat of butter as a buttered broth. Or chill and serve as you would tomato juice.



## **APPLESAUCE**

Fill Mehu-Liisa basket with fresh apples, preferably quartered. Place over rapidly boiling water and steam for  $\frac{3}{4}$  to 1 hour or until apples are soft. Press apple pulp through a food mill or strainer and add apple juice until sauce is the consistency you desire. Bring to boiling again and put into hot sterilized jars and seal with two-part lids. Bring any juice that may have collected to a boil and seal in bottles using Mehu-Maija bottle caps.

## **FRUIT SYRUPS**

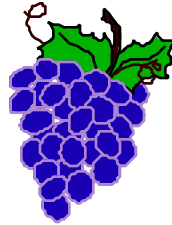
You can serve pancakes and waffles with gourmet flair, and impress all your guests when you have on hand your own homemade fruit syrups for toppings. All juices, and even a mixture of juices, make successful syrups. It's a matter of experimentation and imagination.

Here is a basic fruit syrup that you can use. I like it especially with the tart juices like chokecherries, wild cranberries and wild plums.

## BASIC FRUIT SYRUP

2 CUPS JUICE  
1/2 CUP WHITE CORN SYRUP  
3 cups sugar

Put juice and sugar into a large saucepan and bring to a boil. Boil for 15 minutes. Let bubbles die down, skim, and pour into hot sterilized bottles or jars, 1/2 pint size or so. Top with hot sterilized Mehu-Maija bottle caps or two-part lids. Makes about 4 jars or bottles, 1/2 pint size.



## JELLY MAKING

There is no reason in the world why you cannot make jellies during the long cold days of winter rather than during the hot humidity of summer. With Mehu-Liisa you can make your juices, bottle or seal the juice in jars or bottles, and make your jellies at leisure, a small batch at a time.

It is important that you know about pectin content in juices. Pectin is the protein substance in certain fruits and berries that makes jellies gel. Once the fruit or juice is frozen, it alters the quality of the pectin, and therefore, if you have frozen your fruit or juice, you should use a powdered or liquid pectin for your jellies. Simply follow the directions on the pectin packages and use the juice straight. Some people like to dilute the juice, however, as some come out very concentrated.

Because juice is concentrated, you should be careful to taste it and dilute it accordingly. Crabapples and apples, especially, may be very concentrated and make a very tart jelly — perhaps too tart for your tastes if the juice isn't diluted a bit.

To determine whether or not the juice you have has enough pectin to gel properly, mix 1 tablespoon juice with 1 tablespoon grain alcohol. The alcohol will bring the pectin together to form a jelly. If the juice has a lot of pectin, a single mass or clot will form when poured from the container. This indicates that you can use equal quantities of sugar and juice to make jelly. If the clot collects in two or three masses, use  $\frac{2}{3}$  to  $\frac{3}{4}$

cup sugar to each cup of juice. If it collects in many small particles, use  $\frac{1}{2}$  cup sugar to each cup of juice. If no clots or masses form, there is not enough pectin in the juice to make a jelly and you should use a bottled liquid pectin or powdered pectin to make jelly. Follow manufacturer's directions for jelly making.

Here is a recipe for basic jelly using the standard method where no pectin is added to the mixture. For apple-chokecherry jelly, use a combination of apple or crabapple and chokecherry juice. For plum, grape, cherry, or berry juices, check the pectin content of the juice first, then proceed.

## **BASIC JELLY**

4 cups juice

Sugar, 4 cups if juice has high pectin, 3 cups if medium pectin, 2 cups if low pectin

Bring juice to a boil in large enamel or stainless steel pan. Simmer about 5 minutes. Skim. Add measured sugar and stir until dissolved and keep juice at simmering point to protect pectin and color. Stop stirring. After about 10 minutes, place a small amount of the mixture into a spoon and let it drop back into the pan from the side of the spoon. When the mixture is thick enough to form a sheet on the spoon that collects in two large drops, the jelly stage has been reached. If you use a candy thermometer, this will register 220 to 222°F.

Meanwhile, keep jelly jars and lids in boiling water. Remove from water just before needed, drain, and let dry by inverting on a rack. Fill to  $\frac{1}{4}$  inch of the top with hot jelly. Seal with paraffin or two-part lids. Makes about four half-pints of jelly.

When using liquid or powdered pectin, simply follow the directions on the package.



## STEAM BLANCHING VEGETABLES FOR FREEZING

You may use your Mehu-Liisa for steam blanching garden fresh vegetables for freezing. Blanching vegetables is necessary to stop the enzyme action in produce, which brings about off flavors and nutritional losses. Basically, there are two methods of blanching: boiling and steaming. They may be used interchangeably, although steam blanching takes about 1 minute longer. Most vegetables may be steam blanched with the exception of leafy ones such as spinach or kale, which must be boiled in order to get quick heat penetration.

Vegetables that are watery like squash and sweet corn lose flavor if boiled, and it is best to steam blanch them.

Blanching is not intended to cook vegetables, but merely to prepare them for freezing. It should be carefully timed.

To steam blanch vegetables in Mehu-Liisa, select vegetables or cut them into uniform pieces. Place them, not more than a pound at a time, in the steamer basket of Mehu-Maija. Put basket over kettle when water is at a rolling boil, then cover and time. Shake the basket once or twice to move vegetables around and expose all parts to steam. When the time is up, lift basket from Mehu-Liisa and immerse immediately into cold water to stop the cooking action, drain well, and package.

The following chart gives times for steam-blanching vegetables.

## STEAM BLANCHING VEGETABLES FOR FREEZING

Vegetable	Preparation	Length of steaming time
Asparagus, small stalks	cut in 2-inch lengths	3 minutes
medium stalks	cut in 2-inch lengths	4 minutes
large stalks	cut in 2-inch lengths	5 minutes
Beans, lima small, medium, large	shelled and sorted	3–4–5 minutes
Beans, shell, green	shelled	2 minutes
Beans, snap, green or wax	cut in 1–2 inch lengths	4 minutes

Broccoli	washed, trimmed, cut into 1½ inch diameter pieces	5 minutes
Brussels sprouts, sorted	into small, medium, large	4–5–6 minutes
Cauliflower	break into 1-inch pieces	4 minutes
Corn, whole kernel	blanch with corn on bars, cut off after blanching	5 minutes
Corn on the cob	husk, wash, sort ears	8 (small ears) 10 (medium) 11 minutes (large ears)
Mushrooms	dip in solution of 1 tsp. lemon juice/pint water to prevent darkening	5 minutes (whole) 3 minutes (slices)
Peas, green	remove from pods	2½ to 3 minutes
Peppers, green or red	wash, remove seeds, dice	2 minutes
Pumpkin, seeds removed	wash and quarter	steam until soft, about 10 minutes
Squash, summer	wash, cut 12 inch slices	4 minutes
winter	remove seeds, cut into pieces	steam until soft, about 10 minutes

NOTE: Cook about 1 pound of vegetables at a time. Plunge into ice water to cool quickly, then seal and freeze.

## STEAMING VEGETABLES

Vegetables can be cooked with little nutritive loss. The bottom pan is filled with water as usual, and vegetables placed in the steamer basket. Steam over high heat, and the vegetables will cook quickly. For instance, a head of cauliflower, whole



carrots, whole potatoes or parsnips will be tender in twenty minutes. To check for tenderness pierce with a toothpick.

Most vegetables can be cooked in Mehu-Liisa, and a combination may be cooked together at one time. Try combining three or four kinds of root vegetables and a meat at the same time. (See next section on steaming meats in Mehu-Liisa.)



## **PUMPKIN SEEDS**

Remove fresh pumpkin seeds from pumpkin, clean and wash. Place in Mehu-Liisa steamer basket and steam for 30 minutes. Spread seeds on cookie sheet and pour over enough vegetable oil or melted butter to coat completely. Sprinkle with salt. Toast in a slow oven (300°F) for 30 minutes.

## **STEAMED PUMPKIN**

(or how to recycle your jack-o-lantern)

Wash and clean the pumpkin well, removing any wax or black spots from burning candle. Cut into chunks and place into steamer basket. Steam for 30 minutes or until tender. Put through food mill which screens out the tough skin and presses just the flesh through. You may, if you wish, peel the pumpkin first, then steam, and process the flesh in the blender.

## **STEAMED UNGROUND WHEAT**

(making your own bulgur)

Place 6 to 8 cups of unground wheat in the steamer basket. Steam over gentle heat for 4 hours (check to be sure pan doesn't boil dry). Cool, then place wheat on cookie sheet and toast in 300°F oven stirring occasionally until browned, about 2 hours.

Put wheat through wheat grinder; grind to coarse texture. Use as you would regular bulgur wheat.

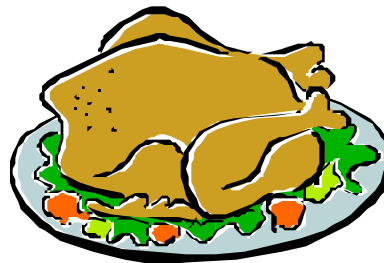
## STEAMING POULTRY, MEAT AND FISH

You can cook meats, fish and poultry by steaming.

When meat is cooked in water, much of the meat flavor passes into the liquid. Since the steamer basket holds the meat above the water, steam surrounds all surfaces of the meat and it is heated evenly. It is best to steam meats with water at a simmer rather than a hard boil, as high temperatures toughen protein. Steam penetrates meat rapidly, and the water should be held at 185°F. Do not salt meats. You may steam cook pot roasts, corned beef, and other meats that you would normally braise, as steaming is a moist method of cookery.

You'll find that the process is so much simpler you'll be tempted to steam foods more often than you ever did in the past.

If you're interested in Oriental foods, Japanese and Chinese cookery requires steaming of buns, bread and cakes. Mehu-Maija is useful for steaming other Oriental and foreign foods, too.



### BASIC STEAMED CHICKEN

1 stewing or roasting chicken, disjointed or left whole

parsley

paprika

Place roasting chicken, washed and dried, in the steamer basket. Sprinkle with parsley and paprika if desired. Cover and steam with water at a simmer (water should be no hotter than 185°F) for 2 to 2½ hours or until chicken is tender when pierced with a fork. About ½ hour before chicken is done, add whole carrots, potatoes, broccoli or cauliflower to the pot. If vegetables don't test done when chicken is done, simply remove chicken from the pot, turn up the heat and steam for 5 to 10 minutes while you get the chicken ready for the table.

Drippings from the chicken will collect in the juice kettle, along with some condensed water. These may be boiled down, seasoned and thickened to use as gravy.

### **CORNED BEEF AND CABBAGE**

Prepare corned beef as directed for chicken, adding cabbage during the last half hour of cooking. If desired, you may season the corned beef with 1 to 4 teaspoons caraway seeds.

### **STEAMED HAM**

Prepare ham the same as for the chicken, allowing 20 minutes per pound for a large ham, 30 minutes for a small one. Boil down drippings and make gravy from it, or save drippings for adding to pea or bean soup.

### **BEEF TONGUE**

Wash beef tongue thoroughly and steam the same as for chicken, steaming 1 hour per pound. Remove skin while hot; slice diagonally. Serve with horseradish sauce.

### **STEAM BRATWURST, POTATOES AND SAUERKRAUT**

1 pound bratwurst

4 medium-sized potatoes, well scrubbed

1 pint sauerkraut

1 teaspoon caraway seed

Place bratwurst, potatoes and sauerkraut in steamer basket. Place over boiling water, cover, and steam for 20 to 25 minutes or until the potatoes are tender when pierced with a toothpick. Serve immediately with mustard and melted butter.

### **HOMEMADE SAUSAGE**

5 pounds hamburger meat

2 tablespoons salt

½ teaspoon saltpeter (optional; this gives the reddish color)

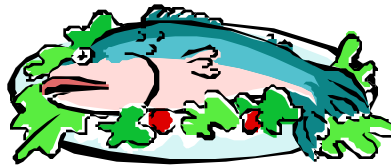
2½ teaspoons whole mustard seed

2½ teaspoons coarsely ground black pepper

2½ teaspoons garlic salt

1 teaspoon hickory smoke salt

Mix all ingredients well and refrigerate 8 to 12 hours for flavors to blend well. Shape into 4 rolls of uniform size and shape. Wrap each roll in aluminum foil and place in steamer basket. Steam over vigorously boiling water for 1 hour and 15 minutes. Remove from Mehu-Liisa and chill immediately. Slice thinly. Makes about 5 pounds sausage.



## **STEAMED FISH**

Fish is very tender and cooks quickly. If fish is more than 2 inches thick, cut in half along the backbone or into slices (steaks) of uniform thickness. Place fish into steamer basket. Cover and steam for approximately 10 minutes or until fish flakes easily when probed with a fork. Serve with lemon juice, fresh chopped parsley and melted butter.

## **STEAMED LOBSTER, CRABS, OR CRAWFISH**

Wash fish thoroughly and place in steamer basket. Steam crawfish over high boil for 5 to 6 minutes, crabs for 8 to 10 minutes, and lobster for 10 to 12 minutes. Shellfish continue to cook as they cool. Serve with lemon juice and melted butter.

## **STEAMED SHRIMPS, CLAMS AND MUSSELS**

Wash thoroughly and place in steamer basket. Do not remove shells; steam over boiling water for 3 to 5 minutes or until shrimps are pink. Be careful not to overcook. Smaller shrimps, clams and mussels will cook more quickly than larger pieces; check

to be sure they are cooked before removing from heat. Remove from heat and take lid off.

## **STEAMING PUDDINGS**

Mehu-Liisa is a convenient and easy utensil to use to steam your favorite holiday puddings, fruitcakes, and brown bread. Simply choose your favorite recipe and prepare as usual, but place it in the steamer basket of Mehu-Liisa, steaming it the same length of time as directed in your recipe.

You'll find that the process is so much simpler you'll be tempted to steam foods more often than you ever did in the past.

If you're interested in Oriental foods, Japanese and Chinese cookery requires steaming of buns, bread and cakes. Mehu-Liisa is useful for steaming other Oriental and foreign foods, too.

The following recipes are for some of my favorite steamed puddings.

### **STEAMED PUMPKIN PUDDING**

- 1/2 cup shortening (part butter)
- 1 cup brown sugar, firmly packed
- 1/4 cup white sugar
- 1 teaspoon salt
- 1 teaspoon pumpkin pie spice
- 1/4 teaspoon ginger
- 2 eggs, beaten
- 3/4 cup chopped pecans or walnuts
- 2 cups sifted all purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon soda
- 3/4 cup canned or cooked and mashed pumpkin

$\frac{1}{4}$  cup sour cream or light cream

Cream the shortening with the brown sugar and white sugar; add the salt, spice, ginger and eggs; beat well. Stir in the nuts. Sift flour with the baking powder and soda and add to the creamed mixture alternately with the pumpkin and sour cream or light cream; mix well after each addition.

Turn batter into a well greased 2-quart mold and cover top tightly. Set mold in steamer basket. Steam over continuously boiling water for 2 hours. Let stand for 5 minutes before removing from mold. Serve hot with cold whipped cream sauce (recipe next page). Makes 10 to 12 servings.

### **WHIPPED CREAM SAUCE**

Beat 1 egg until frothy, then beat  $\frac{1}{3}$  cup melted butter,  $1\frac{1}{2}$  cups sifted powdered sugar, 1 teaspoon vanilla,  $\frac{1}{4}$  teaspoon nutmeg. Carefully fold in 1 cup heavy cream, whipped. Refrigerate until ready to use. Stir to blend just before serving.

### **STEAMED CARROT PUDDING**

1 cup all purpose flour

1 teaspoon each soda, cinnamon, nutmeg and allspice

$\frac{1}{2}$  teaspoon each cloves and salt

1 cup each fine dry bread crumbs, brown sugar, finely shredded raw carrots, shredded raw potatoes, ground raisins, chopped walnuts, and ground suet

1 tablespoon dark molasses

2 eggs, slightly beaten

Sift flour, measure, and sift again with soda, cinnamon, nutmeg, allspice, cloves and salt into bowl. Stir in the bread crumbs, brown sugar, carrots, potatoes, raisins, walnuts, and suet until ingredients are blended and moistened. Mix in the molasses and eggs until blended. Turn into a buttered 2-quart pudding mold (or 8 individual molds). Place in steamer basket of the Mehu-Liisa, cover and steam over continuously boiling water for 3 hours for the large mold, or  $1\frac{1}{2}$  hours for individual modes (check to be sure steamer doesn't run dry). Remove molds from steamer, cool for 10 minutes, remove from mold and serve hot, or wrap when cold and store and freeze. Serve with brown sugar sauce. Makes 8 servings.

## BROWN SUGAR SAUCE

Beat 2 egg yolks with  $\frac{1}{4}$  cup brown sugar until frothy. Whip 2 egg whites with  $\frac{1}{4}$  cup brown sugar until stiff. Fold the two egg mixtures together, then fold in 1 cup heavy cream, whipped stiff. Add  $\frac{1}{2}$  teaspoon rum flavoring; refrigerate until serving time.

## STEAMED ENGLISH PLUM PUDDING

1 cup sifted all purpose flour  
1 teaspoon each soda, salt, and cinnamon  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{3}{4}$  teaspoon mace  
 $1\frac{1}{2}$  cups each cut raisins and currants  
 $\frac{3}{4}$  cup each finely cut citron and candied orange and lemon peel  
 $\frac{3}{4}$  cup chopped walnuts  
 $1\frac{1}{2}$  cups coarse soft bread crumbs  
2 cups ground suet (about  $\frac{1}{2}$  pound)  
1 cup brown sugar  
3 eggs, beaten  
6 tablespoons currant jelly  
 $\frac{1}{4}$  cup fruit juice, brandy, or sherry

Sift the flour, soda, salt and spices together. Mix in the raisins, currants, citron, and candied orange and lemon peel, walnuts and bread crumbs. Mix together the suet, brown sugar, eggs, jelly and fruit juice or brandy and blend into fruit mixture, stirring well. Pour into a well greased 2-quart mold. Steam over continuously boiling water for 6 hours. Remove from mold, soak in brandy, wrap well and age at least 4 weeks. Serve with hard sauce.

## HARD SAUCE

Cream  $\frac{1}{2}$  cup butter until soft and gradually beat in  $1\frac{1}{2}$  cups sifted powdered sugar and 2 teaspoons vanilla until light and fluffy.

