



BEACH PLUM RECIPES

Beach Plum Jelly (1)

- 2 cups pitted beach plums
- 2 cups sugar
- 1 cup water

Select a mix of ripe and under-ripe fruit. Place beach plums, sugar and water in a saucepan. Bring the mixture to a full boil and boil hard for 1 minute. Reduced the heat and simmer for 45 minutes, or until the beach plums are saturated with sugar, and the liquid is the consistency of thin syrup. Pour the hot liquid through filter paper and let stand until most of the liquid has dripped out. This is the beach plum jelly. Pour into a clean jar and let stand at room temperature for 4 hours, or until set. Store in refrigerator. Makes approximately 3 half-pints.

Beach Plum Jelly (2)

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| 10 cups whole beach plums | 4 cups juice |
| 2 cups water | 7 1/2 cups sugar |
| | 1 pouch liquid pectin |

Thoroughly crush 10 cups whole, fully ripe beach plums. Add 2 cups water, bring to a boil and simmer, covered, 30 minutes or until beach plums are soft. Filter juice through a jelly bag. Let drip overnight to obtain maximum amount of juice. Do not squeeze.

Measure 4 cups juice into a large saucepan. Add sugar and mix well. Place over high heat and bring to a boil, stirring constantly. At once, stir in liquid pectin. Bring to a full rolling boil and boil hard for 1 minute. Remove from heat and skim. Pour into clean, hot jars, adjust lids, process in boiling water bath 5 minutes. Makes 7 to 8 half-pints.

Beach Plum Jam

- 2 cups pitted beach plums, cut in small pieces
- 2 cups sugar
- 1/3 cup water
- 1/3 cup orange juice

Place the ingredients in a saucepan and bring to a boil. Reduce the heat and simmer for 30 minutes, or until the fruit is soft and the liquid is the consistency of thin syrup. Pour into clean, hot jars, adjust lids and process in boiling water bath for 5 minutes. Makes 3 half-pints.

Beach Plum Butter

2 cups beach plum pulp
1 cup sugar
1 cup light brown sugar

1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon allspice

To make pulp: Place 3 cups pitted beach plums in blender with ½ cup water. Blend at high speed until skin is pulverized. Add water by tablespoons, if necessary for blending.

Place ingredients in saucepan. Cook slowly, stirring frequently for 30 minutes or until mixture becomes thick and clear. Pour into clean, hot jars, adjust lids, and process in boiling water bath for 10 minutes. Makes 2 half-pints.

Beach Plum Brandy

2 cups whole beach plums
2 cups sugar
3 cups brandy

Sterilize a large jar with a tight fitting cover. Place the beach plums in the jar, add the sugar, and let the combination stand overnight. Add brandy. The beach plums will mellow the rough taste of an inexpensive brandy, but you can use fine cognac for a superb result. Cover the jar tightly. Let the mixture stand for at least 2 weeks at room temperature. Open the jar and stir the contents daily. Strain the brandy through cheesecloth, wringing the fruit in the cloth to obtain the maximum amount of brandy. Filter the brandy, about 2 cups at a time, through coffee filter paper supported in a cone or funnel and placed over a clean jar. If the brandy is not perfectly clear, filter it again. Store in a tightly covered bottle. Makes about 1 quart.