Oregon Agricultural College
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SUGAR AND SUGAR SUBSTITUTES

Saving of sugar is urgent. This means careful use and no waste of sugar or sugar substitutes. Cultivate a taste for less sweet desserts, beverages, jams, and jellies. We need only enough sugar to make our meals palatable. One and one-half ounces, or about three level tablespoons of sugar, honey, molasses, or sirup a day for each person will do this. This includes the sugar or sugar substitutes used in cooking.

Economy means using—

Dates, raisins, figs, or other dried fruits to sweeten puddings and cereals.

Fruit and nut confections for candy.

Honey, sirups, maple sugar, and molasses in cakes, cookies, and all desserts.

Less sugar in beverages.

Thinner sirups or no sirups in canning.

No frostings unless made without sugar.

Less Candy. The money spent in the United States for candy in one year is double the amount required to feed Belgium for one year. America consumes in a year enough sugar in the form of candy, to meet all sugar requirements under the rationing standard of England for one year, or France for one year, or Italy for two years.

APPROXIMATE DAILY SUGAR RATION

Guide in using sugar when monthly ration is two pounds. Two pounds=32 ounces for 30 or 31 days.

1 day=1 ounce
or
1 day=2½ level tablespoons
or
1 day=6 level teaspoons
or
1 day=6 half lumps (1"x9/16"x⅜")

This includes all sugar used in cooking as well as at the table.

CANNING AND PRESERVING

Successful canning depends upon killing the living organisms which cause food to spoil, and sealing tightly. It does not depend on the use of sugar. Sugar in large quantities, however, is itself a preservative, as in jams and jellies.

Put up fruits and vegetables without sugar, making sure that they are properly sterilized and sealed. The familiar and pleasing sweetness

may be given to preserves by honey and other substitutes. In all preserving observe these rules:

1. Use no sugar, if possible. Add it when the product is used and thus equalize throughout the year the demand for sugar.
2. Dry fruits when possible.
3. Use a thin sirup instead of a heavy sirup for a preserving sirup.
4. Substitute corn sirup for one-half the sugar in making the preserving sirup.

Blackberry jam, not so sweet as usually made but sweet enough under the present conditions, has been made by using ½ cup of corn sirup to 1 cup berry pulp and no sugar at all.

Jelly that is tender, that will hold its shape and when cut will show clear angles, and in all respects will be of good quality, may be made by substituting white corn sirup for sugar. The sirup is used in exactly the same amount as sugar, the only difference observed being that because of the added moisture it is necessary to cook the jelly a little longer. No definite recipe for jelly can be given. Use the same methods, same precautions, and same tests as in making sugar jelly. Jelly which is satisfactory in all respects has been made with the following proportions:

1 cup loganberry juice to ⅔ cup sirup
1 cup apple juice to ⅔ cup sirup
1 cup blackberry juice to ⅔ cup sirup.

The dark corn sirup gives a less attractive jelly and not so good a flavor.

DESSERTS—SUGAR SAVERS

Use the desserts which do not depend upon sugar for their texture. Sugar substitutes will give the desired sweetness. In cakes, not quite the same product is secured with all-sugar substitution, but in all other desserts equally satisfactory results may be obtained.

Desserts where sugar substitutes may be used in pre-war recipes:

Custards.
Junkets.
Gelatin desserts, clear jellies, sponges.
Frozen dishes, ice creams, mousse.
Puddings, cereal, tapioca.
Cookies, cakes.
Fresh fruit with sirups.

Satisfactory results may be obtained by making the following substitutions. In place of 1 cup of sugar use 1 cup of honey or 1⅔ to 2 cups of corn sirup. Approximately the same sweetness is obtained.

Every cup of sirup or honey furnishes ¼ cup of liquid; therefore, for every cup of sirup or honey that is substituted for sugar, reduce the original amount of liquid in the recipe ¼ cup. (16 level tablespoons= 1 cup).

A good conservation cake was made by using the sirup left from a jar of canned pears which were used for salad. This sirup was the only sweetening and the only liquid used in the cake.

Fruit sirups may be made by extracting the juice of fruit with a cider press or small fruit press, or by boiling fruit in a little water as for jelly making, straining the juice through a jelly bag, and boiling down to the consistency of a sirup. This may be used as other sirups are used in cooking.