Canned Peach Ginger Salad Mold

One peach-ginger mold, about 3⅓ cups (800 ml); 6 fruit-salad side portions · Active 35 min · Total 11 hr

Ingredients

- 2 standard ¼-ounce envelopes unflavored powdered gelatin (14 g total), of specified setting strength
- 6 tablespoons cold drinking water (90 ml)
- 2 cups canned peach packing juice (480 ml), divided
- 2½ teaspoons finely grated peeled fresh ginger (5 g)
- Freshly boiled drinking water only to restore cooked juice to 240 ml if evaporation occurs
- 1 tablespoon lemon juice (15 ml)
- 2 tablespoons plus 1 teaspoon granulated sugar (30 g)
- 1¼ cups ready-to-eat canned peach pieces AFTER draining (200 g), packed in juice, patted dry and cut small
- ¼ teaspoon neutral oil (1.25 ml), for wiping mold

Set out

Fine grater, Knife and board, Sieve and clean towel, Small saucepan, Heatproof measuring jug, Mixing bowl and spoon, Scale, Metal round or ring mold of at least 1¼-liter capacity, Paper towel, Food thermometer, Cold platter, Refrigerator

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Drain/dry peaches, weigh 200 g and cut small. Check mold capacity, dry and oil lightly. Bloom gelatin over 90 ml cold water in mixing bowl 5–10 minutes.

2. Bring 240 ml canned peach juice and grated ginger to a full bubbling boil in saucepan and boil gently 5 minutes, stirring. Measure and restore to 240 ml with freshly boiled drinking water only if needed. Stir sugar into hot juice until dissolved, then let cool to 140–150°F (60–65°C). Stir into bloomed gelatin until dissolved; gelatin itself is not boiled.

3. Add remaining 240 ml juice and lemon. Refrigerate 25–40 minutes, stirring gently every 10 minutes, until lightly syrupy. Fold in cold dry peach pieces. Spoon into mold with at least ½ inch (1.25 cm) headroom; refrigerate excess separately.

4. Cover and refrigerate at 40°F (4°C) or below at least 8 hours until firm. Allow 11 hours total for ginger cooking, cooling and suspension. For unmolding, set a cold plate beside the refrigerator. Dip only the outside of the metal mold in warm, not hot, water, about 100°F (38°C), for 5–8 seconds without letting water touch food. Dry the outside, loosen just the upper edge with a clean fingertip and invert onto the plate. If stuck, repeat a brief dip rather than shaking violently. Refrigerate again immediately if not serving now. Cut 6 fruit-salad side portions.

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Gelatin starting strength

Use food-grade unflavored powdered gelatin with a manufacturer benchmark of 7 g for about 2 cups (500 ml) plain liquid. Weigh the stated grams: envelope sizes and powder density vary. A flavored dessert packet, collagen peptides, sheet gelatin or agar is not an equal substitute.

Cold service

This is an original retro-inspired recipe, not a recovered 1960s formula. Gelatin is animal-derived; the vegetable ingredients do not make the dish vegetarian. A reliable refrigerator and the stated earlier ingredient deadlines are essential.

Ingredient labels

Read canned fruit, ginger product if varied and gelatin labels. Gelatin is animal-derived.

A useful detail

Final free liquid totals 585 ml: 90 ml bloom water + 480 ml restored/measured canned juice + 15 ml lemon. Ginger 5 g, sugar 30 g and 200 g drained peaches bring estimated volume to 800 ml. Fourteen grams gelatin supports the fruit base; boiling ginger occurs before gelatin.

Keep it well

Keep covered at 40°F (4°C) or below. Use within 2 days of assembly or the earliest ingredient deadline, whichever comes first. Include the overnight setting period in that limit. Keep total unrefrigerated preparation and serving below 2 hours, or 1 hour above 90°F (32°C). Chill slices promptly after service; discard food exceeding those limits. Do not freeze; freezing damages the gel and releases water.