

Fall Flavor Weekend Recipes 2017

These recipes are taken from original historical resources and contain spellings and references that will be unfamiliar to today's cooks. These were retained for accuracy and are explained where possible.

To Stew a Rump of Beef

Having boiled it till it is a little more than half enough, take it up, and peel off the skin: take salt, pepper, beaten mace, grated nutmeg, a handful of parsley, a little thyme, winter-savory, sweet-marjoram, all chopped fine and mixed, and stuff them in great holes in the fat and lean, the rest spread over it, with the yolks of two eggs; save the gravy that runs out, put to it a pint of claret, and put the meat in a deep pan, pour the liquor in, cover in close, and let it bake two hours, then put it into the dish, pour the liquor over it, and send it to the table.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, p. 70

To Stew Pears

Pare six pears, and either quarter them or do them whole; they make a pretty dish with one whole, the rest cut in quarters, and the cores taken out. Lay them in a deep earthen pot, with a few cloves, a piece of lemon-peel, a gill [1/2 cup] of red wine, and a quarter of a pound of fine sugar. If the pears are very large, they will take half a pound of sugar, and half a pint of red wine; cover them close with brown paper, and bake them till they are enough. Serve them hot or cold, just as you like them, and they will be very good with water in place of wine.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, p. 129

Diet Bread

One pound sugar, 9 eggs, beat for an hour, add to 14 ounces flour, spoonful rose water, one spoonful cinnamon or coriander. Bake quick.

Amelia Simmons, American Cookery, 1796, p. 49

Soup Maigre

Melt half a pound of butter in a stewpan, and shake it well. When it be done hissing, throw in six middling-sized onions, and shake the pan well for five minutes. Then put in four or five heads of celery cut small, a handful or two of spinach, a cabbage-lettuce [head lettuce], and a bunch of parsley, all cut fine. Shake these well in the pan for a quarter of an hour, stir in some flour, and pour into it two quarts of boiling water, with some stale crusts of bread, some beaten pepper, and three or four blades of mace [1 1/2] beat fine. Stir all together, and let it boil gently for half an hour. Then take it off, beat the yolks of two eggs, and stir them in. Put in a spoonful of vinegar, and pour it into the tureen.

John Farley, London Art of Cookery, 1783, p. 161-162

To Dress Parsnips

They should be boiled in a great deal of water, and when you find they are soft [which you will know by running a fork into them,] take them up, and carefully scrape all the dirt off them, and then with a knife scrape them all fine, throwing away all the sticky parts, and send them up plain in a dish with melted butter.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, p. 33

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Pickled Onions

When Onions are dry enough to house, take the small ones and peel off the outward Skin; then boil them until they begin to grow tender; then throw them into a cullendar to drain and let them cool, and when they are quite cold strip off two of their outward Coats or Skins; rub them gently with a soft, fine Linnen Cloth and lay them on a Cloth to cool. When they are cold, put them into wide mouth'd Bottles, Jars, or Jugs, with six eight or ten Bay Leaves. To every quart of Onions put in here and there, a quarter of an Ounce of Mace, two large Pares of Ginger sliced; then boil some Vinegar putting into every Quart thereof two Ounces of Bay Salt, skim it well, and then let it stand until it is cold; when you must pour it over your Onions. Cover your Bottle mouths, Jugs, or Jars with a wet Bladder dipped in Vinegar, and tie them down; As the Pickle wastes, fill up with cold Vinegar.

Ann Gibbons Gardiner, Mrs. Gardiner's Receipts, 1763, p. 54

Pickled Mushrooms

Gather the smallest Mushrooms you can, and put them into Spring Water; then rub them with a piece of new Flannel dipped in Salt, and as you rub them, throw them into Spring Water, in order that they may keep their Colour; then put them into a well tinned Saucepan, and throw an handful of Salt over them; Cover them close, and set them over the fire for four or five minutes, or untill you see they are thoroughly hot and the Liquor is drawn out of them; then lay them between two clean Cloths and there let them remain untill they are cold; when you must put them into Glass Bottles, filling them up with Vinegar, and putting into each Bottle a blade [1 tsp.] or two of Mace. Stop the Bottle close.

Ann Gibbons Gardiner, Mrs. Gardiner's Receipts, 1763, p. 50

To Make a Potatoe Pudding

Boil two pounds of potatoes, and beat them in a mortar fine, beat in half pound of melted butter, boil it half an hour, pour melted butter over it, with a glass of white-wine, or the juice of a Seville orange, and throw sugar all over the pudding and dish.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, p. 103

To Make a Pupton of Apples

Pare some apples, take out the cores and put them into a skillet: 3 mugs of Apples to 1 ½ mugs of Sugar, and two spoonfuls of water; do them over a slow fire, keep them stirring, add a little cinnamon; when it is quite thick and like marmalade, let it stand till cool; beat up the yolks of four or five eggs, and stir in a handful of grated bread and a quarter of a pound of fresh butter; then form it into what shape you please, and bake it in a slow oven, and then turn it upside down on a plate, for a second course.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, p. 220

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To Stew Red Cabbage

Take a red cabbage, lay it in cold water an hour, cut it into thin slices a cross, and then into little pieces. Put it into a stew-pan, with a pound of sausages, a pint of gravy a little bit of ham or lean bacon; cover it close, and let it stew half an hour; then take the pan off the fire, and skim off the fat, shake in a little flour, and set it on again. Let it stew two or three minutes, then lay the sausages in the dish and pour the rest all over. You may, before you take it up, put in half a spoonful of vinegar.

Susannah Carter, The Frugal Colonial Housewife, 1772, p. 66

To Make Essence of Ham

Take a ham, and cut off all the fat, cut the lean in thin pieces, and lay them in the bottom of your stew-pan: put over them six onions sliced, two carrots, and one parsnip, two or three leeks, a few fresh mushrooms, a little parsley and sweet herbs, four or five shalots, and some cloves and mace; put a little water at the bottom, set it on a gentle stove till it begins to stick; then put in a gallon of veal broth to a ham of fourteen pounds, (more or less broth, according to the size of the ham;) let it stew gently for one hour, then strain it off, and put away for use.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, pp. 93-94

A Pumpkin Pie

Pare a Pumpkin, and take the seedy part of it out; then cut it in slices; Pare and core a quarter of an hundred of apples, and cut them in slices. Make some good Paste with an Egg, and lay some all around the Brim of the Dish; lay half of a pound of good, clean Sugar over the bottom of your Dish, over that a Layer of apples; then a Layer of Pumpkin, and again &c until the Pie is full, observing to put Sugar between every two Layers, and all the remaining Sugar on the Top. Bake it half an hour, and before you send it to the Table, cut it open and put in some good fresh butter.

Ann Gibbons Gardiner, Mrs. Gardiner's Receipts, p. 81

Beans Dressed the German Way

Take a large bunch of onions, peel and slice them, a great quantity of parsley washed and cut small, throw them into a stew-pan, with a pound of butter; season them well with pepper and salt, put in two quarts of beans; cover them close, and let them do till the beans are brown, shaking the pan often. Do peas the same way.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, p. 242

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To Dress Potatoes

You must boil them in as little water as you can, without burning the sauce-pan. Cover the sauce-pan close, and when the skin begins to crack they are enough. Drain the water out, and let them stand covered for a minute or two; then peel them, lay them in your plate, and pour some melted butter over them. The best way to do them is, when they are peeled to lay them on a gridiron till they are of a fine brown, and send them to the table. Another way is to put them into a sauce-pan with some good beef dripping, cover them close, and shake the sauce-pan often for fear of burning to the bottom. When they are of a fine brown, and crisp, take them up in a plate, then put them into another for fear of the fat, and put butter in a cup.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, p. 33

To Make a Cheshire Pork Pie

Take a loin of pork, skin it, cut it into steaks, season it with salt, nutmeg, and pepper; make a good crust, lay a layer of pork, then a larger layer, of pippins, pared and cored, a little sugar, enough to sweeten the pie, then another layer or pork; put in half a pint of white wine, lay some butter on the top, and close your pie. If your pie be large, it will take a pint of white wine.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, p. 116

Honey Cake

Six pound flour, 2 pound honey, 1 pound sugar, 2 ounces cinnamon, 1 ounce ginger, a little orange peel, 2 tea spoons pearl-ash [1 teaspoon baking soda], 6 eggs; dissolve the pearl-ash in milk, put the whole together, moisten with milk if necessary, bake 20 minutes.

Amelia Simmons, American Cookery, 1796, p. 45

Cauliflower Dressed the Spanish Way

Boil them, but not too much; then drain them, and put them into a stew-pan; to a large cauliflower put a quarter of a pint of sweet oil, two or three cloves of garlic; let them fry till brown; then season them with pepper and salt, two or three spoonfuls of vinegar; cover the pan very close, and let them simmer over a very slow fire for an hour.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, p. 242

Potatoe Pudding Boiled

No. 1. One pound boiled potatoes, half pound sugar, 4 oz. butter, 1 pint flour, 1 quart milk and 5 eggs.

Amelia Simmons, American Cookery, 1796, p. 33

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Carrot Puffs

Scrape and boil your carrots or parsnips tender; then scrape or mash them very fine, add to it a pint of pulp, the crumb of a penny loaf grated, or some stale bisket, if you have it, some eggs, but four whites, a nutmeg grated, some orange flower water, sugar to your taste, a little sack, (fortified white wine), and mix it up with thick cream; they must be fried in rendered suet, the liquor very hot when you put them in: put in a good spoonful in a place.

Eliza Smith, The Compleat Housewife, 1758, p. 143

New College Puddings

Grate a penny stale loaf, put to it a like quantity of beef suet finely shred, a nutmeg grated, a little fat, and some currants; then beat some eggs in a little sack [fortified white wine], and some sugar; mix all together, knead it as stiff as for manchet [bread dough], and make it up in the form and size of a turkey egg, but a little flatter; then take a pound of butter, put it in a dish, set the dish over a clear fire in a chafing dish, and rub your butter about the dish till tis melted; put your puddings in, and cover the dish, but often turn your puddings, until they are all brown alike, and when they are enough, scrape sugar over them, and serve them up hot for a side dish. You must let the paste lie a quarter of an hour before you make up your puddings.

Eliza Smith, The Compleat Housewife, 1758, p. 143

To Make Fine Fritters

Take half a pint of thick sweet cream, put to it four eggs well beaten, a little brandy, some nutmeg and ginger; make this into a thick batter with flour: your apples must be golden pippins pared and cut into thin slices, dip them in batter, and fry them in lard. It will take two pounds of lard to fry this quantity.

Eliza Smith, The Compleat Housewife, 1758, p. 144

Chocolate Almonds

Take a pound of chocolate finely grated, and a pound and a half of the best sugar finely sifted; then soak gum dragant [a product used to stabilize the chocolate; unnecessary with modern melting chocolates] in orange flower water, and work them into what form you please; the paste must be stiff; dry them in a stove.

Eliza Smith, The Compleat Housewife, 1758, p. 224

Another Way to Make Orange Marmalade

Rasp your oranges, cut out all the meat, boil the rinds very tender, and cut them very fine; then take three pounds of double refined sugar, and a pint of water, boil and skim it, and then put in a pound of rind; boil very fast till the sugar is very thick, then put in the meat of your oranges, the seeds and skins being picked out, and a pint of strong pippin jelly; boil all together very fast half an hour, then put it in flat pots or glasses; when it is cold paper it up.

Eliza Smith, The Compleat Housewife, 1758, p. 229

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To Make Pippin Jelly

Take fifteen pippins pared, cored and sliced, and put them into a pint and half of water, let them boil till they are tender, then put them in a strainer, and let the thin run from them as much as it will; to a pint of liquor take a pound of double refined sugar; wet your sugar, and boil it to sugar again; then cut some chips of candied orange or lemon peel, cut it as fine as threads, and put it into your sugar, and then your liquor, and let it boil till it is a jelly, which will be quickly; you may perfume it with ambergrease if you please; put your jelly into shallow glasses; when it is cold paper it up, and keep it in your stove.

Eliza Smith, The Compleat Housewife, 1758, p. 210

Honey Cake

Six pound flour, 2 pound honey, 1 pound sugar, 2 ounces cinnamon, 1 ounce ginger, a little orange peel, 2 tea-spoons pearl-ash [1 teaspoon baking soda], 6 eggs; dissolve the pearl-ash in milk, put the whole together, moisten with milk if necessary, bake 20 minutes.

Amelia Simmons, American Cookery, 1796, p. 45

Mangoes

Cucumbers used for this purpose must be of the largest sort, and taken from the vines before they are too ripe or yellow at the ends. Cut a piece out of the side and take out the seeds with an apple scraper or teaspoon. Then put them into very strong salt and water for eight or nine days, or till they are very yellow. Stir them well two or three times a day, and put them into a pan with a very large quantity of vine leaves both over and under them. Beat a little alum very fine and add it to the salt and water they came out of. Pour it on the cucumbers, and set it upon a slow fire for four to five hours; till they are green: take them out, and drain them in a hair sieve, and when cold put them a little horse-radish, then mustard seed, two or three heads of garlic, a few peppercorns, a few small green cucumbers in small pieces, then horse-radish, and the same as before-mentioned, till they are filled. Take the piece cut from the side, and sew it on using a large needle and thread, and do all the rest in the same manner. Have ready the following pickle: To every gallon of vinegar put a quarter of an ounce of mace, the same of cloves, two ounces of sliced ginger, the same of long pepper, Jamaica Pepper [allspice], and black pepper; three ounces of mustard seed tied up in a bag, four ounces of garlic, and a stick of horse-radish cut in slices. Boil them five minutes in the vinegar, then pour it upon the pickles, tie them down, and keep them for use.

John Farley, London Art of Cookery, 1783, p. 230

Marrow Pasties

Cut half a pound of marrow into little lumps, and throw salt upon them; skin shred six apples small and mix them therewith; to which, add a quarter of a pound of sugar. Season with beaten mace, cinnamon, and nutmeg; mix half a pound of currants ready washed and plumpt, well with all the other ingredients, with sack, [fortified white wine] rose water, or orange flower water, to make them into turn-over pasties with puff paste.

Ann Gibbons Gardiner, Mrs. Gardiner's Receipts, 1763, p. 76

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Puff Paste, the Best Way

Rub half a pound of butter fine with a gallon of flour, and a little salt. Make it up into a light paste with cold water, just stiff enough to work it well up; then roll it out, and stick small pieces of butter all over the paste, strewing a little flour upon it from a drudging box or your hand; then roll it up together, with a rolling pin, roll it out again flat and until it is about an inch thick, and so do, nine or ten times, and until you have rolled into your paste about a pound and an half of butter. This is the crust that is most usually found in good pies of all kinds.

Ann Gibbons Gardiner, Mrs. Gardiner's Receipts, 1763, p. 84

Ginger Tablet

Melt a pound of loaf-sugar with a little bit of butter over the fire, and put in an ounce of pounded ginger; keep it stirring till it begins to rise into a froth, then pour it into pewter plates, and let it stand to cool: The platter must be rubbed with a little oil, and then put them in a china dish, and send them to table. Garnish with flowers of any kind.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, p. 341

Pompkin

One quart stewed and strained pompkin, 3 pints milk, six beaten eggs, sugar, mace, nutmeg and ginger, laid into paste No. 7, or 3, cross and chequer it, and bake in dishes three quarters of an hour.

American Cookery, Amelia Simmons, p. 34

A Paste for Sweet Meats No. 7

Rub one third of one pound of butter, and one pound of lard into two pound of flour, wet with four whites well beaten; water as much as necessary: to make a paste, roll in the residue of shortening in ten or twelve rollings — bake quick.

Amelia Simmons, American Cookery, 1796, p. 34, 38

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Roast Lamb

If a large fore-quarter, an hour and a half; if a small one, an hour. The outside must be papered [with parchment], basted with good butter, and you must have a very quick fire. If a leg, about three quarters of an hour; a neck, a breast, or shoulder, three quarters of an hour; if very small, half an hour will do. These last-mentioned joints are not to be papered, or have the skin raised, but to be dressed like mutton, and garnished with cresses or small sallading [any tender greens].

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, p. 17

To Fry Sausages with Apples

Take half a pound of sausages, six apples; slice four about as thick as a crown, cut the other two in quarters, fry them with the sausages of a fine light brown, and lay sausages in the middle of the dish, and the apples round. Garnish the quartered apples.

Susannah Carter, The Frugal Colonial Housewife, 1772, p. 39

To Make Muffins and Oat-Cakes

To a bushel of Hertfordshire white flour, take a pint and a half of good ale yeast, from pale malt, if you can get it, because it is whitest; let the yeast lie in water all night, the next day pour off the water clear, make two gallons of water just milk-warm, not to scald your yeast, and two ounces of salt; mix your water, yeast, and salt well together for about a quarter if of hour; then strain it and mix up your dough as light as possible, and let it lie in your trough an hour to rise; then with your hand like a ball, lay them on your table, and as fast as you do them, lay a piece of flannel over them, and be sure to keep your dough covered with flannel; when you have rolled out all your dough, begin to bake the first, and by that time they will be spread out in the right form; lay them on your iron; as one side begins to change color, turn the other; take great care, they do not burn, or be too much discolored, but that you will be a judge of in two or three makings. Take care the middle of the iron is not too hot, as it will be; but then you may put a brick-bat or two in the middle of the fire to slacken the heat.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, p. 352

To Make Quince Marmalade

Scald your quinces tender, take off the skin and pulp them from the core very fine, and to every pound of quince have a pound and a half of double refined sugar in lumps, and half a pint of water, dip your sugar in the water, and boil and skim it till it is a thick syrup; then put in your quince, boil and skim it on a quick fire a quarter of an hour, so put it in your pots.

Eliza Smith, The Compleat Housewife, 1758, p. 232

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To Make Parsnip Fritters

Boil your parsnips very tender, peel them and beat them in a mortar; rub them through a hair sieve, and mix a good handful of them with some fine flour, six eggs, some cream, and new milk, salt, sugar, a little nutmeg, a small quantity of sack [fortified white wine] and rose-water; mix all well together a little thicker than pancake batter; have a frying-pan ready with good store of hog's-lard very hot over the fire, put in a spoonful in a place, till the pan be so full as you can fry them conveniently; fry them a light brown on both sides. For sauce, take sack and sugar, with a little rose-water or verjuice [sour juice of crabapples], strew sugar on them when in the dish.

Eliza Smith, The Compleat Housewife, 1758, p. 139

To Make Rice Soup

To quarts of water, put three quarters of a pound of rice, clean picked and washed, with a stick of cinnamon; let it be covered very close, and simmer till your rice is tender; take out the cinnamon, and grate half a nutmeg; beat up the yolk of four eggs, and strain then to half a pint of white wine, and as much pounded sugar as will make it palatable; put this to your soup, and stir it very well together; set it over the fire, stirring it till it boils, and is of a good thickness; then send it to table.

Eliza Smith, The Frugal Colonial Housewife, 1772, p. 79

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Steaks of Cat Fish

Cut and season them as for the cutlass [sprinkle with salt]; dredge them with flour and fry them a handsome brown in boiling lard. Serve them up warm, stir into the gravy a handful of chopped parsley, a spoonful of flour, a tea-spoonful of cayenne pepper and a glass of sweet cream; shake it up and pour it at once over the steaks.

Letlice Bryan, The Kentucky Housewife, 1839, p. 152

Spiced Beets

2 bunches tender beets, quarter cup vinegar, half cup sugar, half cup water, 1 teaspoon ground cinnamon, quarter teaspoon ground allspice, quarter teaspoon ground cloves, half teaspoon salt, 2 teaspoons lemon juice.

Cook beets in salted water until done; remove skins under cold water, slice. This should make about 1 or 1 and a half pints of sliced beets. To make the dressing, mix ingredients and bring to a boil; add sliced beets and simmer about 8 minutes. Delicious either hot or cold.

Mrs. Lewis R. Andrews and Mrs. J Reaney Kelly, Maryland's Way, edited addition 1963, p. 186

Apple Charlotte No. 2

Line a goodsized bowl with slices of bread, well buttered. Cut up some apples, and fill the bowl with alternate layers of bread and butter, apples and good brown sugar. Cover the bowl with slices of bread and butter, and bake in a slow oven. When sufficiently baked, turn it out and serve.

Sarah Rutledge, The Carolina Housewife, 1847, p. 118

Maccaroni Soup

Take 5 or 6 pounds of fresh beef or veal; cut several deep gashes in it, and soak it 4 or 5 hours in fresh water, to draw out the blood, changing the water 2 or 3 times; then break the bone in several places, boil it till the meat is ready to drop to pieces, adding a sufficiency of salt and pepper, and strain the liquid into a soup pan. Have ready a pound of the best maccaroni; cut it up and boil it in the soup till tender; then take it out, mash half of it very fine and smooth, return it to the liquor, and boil and stir it occasionally, till it is well mixed with the soup, which should be at least 5 pints. Then put in the remaining half of the maccaroni, with four ounces of the best cheese, grated fine; let it simmer a minute or two, stirring all the time and pour it into a tureen.

Letlice Bryan, The Kentucky Housewife, 1839, p. 23

Butter Beans Stewed

Butter beans should be full grown, but by no means hard. Gather them early, divest them of the hulls, throw them into a pan of fresh water, and let them lie for a short time; stew them in a small quantity of water till very soft and liquor low; then add enough butter, rolled in flour, salt, pepper and cream, to season them well, boil them up again, and serve them in a deep dish with gravy.

Letlice Bryan, The Kentucky Housewife, 1839, p. 209

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Espetanga Corn Bread

Boil 3 sweet potatoes of the common size and mash them up with a large spoonful of butter. To this, add a teaspoonful of salt, and an egg. When these have been well mixed, put in about three quarters of a pint corn flour, and beat the whole together, adding by degrees about 3 gills [1 ½ cups] of milk. While this is preparing, the cover of a dutch-oven must be heated, and when the mixture is ready, which will be 10 minutes, it must be put into a skillet, which has been previously greased, and placed on hot coals to receive it. The cover must then be put over, with hot coals on top. It will take about a quarter hour to bake, which must be prepared, or it will become hard.

Sarah Rutledge, The Carolina Housewife, 1847, p. 19

To Make a Dish of Curry After the East Indian Manner

Cut 2 chickens as for fricassee, wash them clean, and put them in a stew pan with as much water as will cover them; sprinkle them with a large spoonful of salt, and let them boil till tender, covered close all the time, and skim them well; when boiled enough, take up the chickens, and put the liquor of them into a pan, then put half a pound of fresh butter in the pan, and brown it a little; put into it two cloves of garlic, and a large onion sliced, and let these all fry till brown, often shaking the pan; then put in the chickens, and sprinkle over them two or three spoonsful of curry powder; then cover the pan close, and let the chickens do till brown, often shaking the pan; then put in the liquor the chickens were boiled in, and let it all stew till tender.

Mary Randolph, The Virginia Housewife, 1824, p. 80

Sauerkraut Baked with Apples

6 medium apples, 2 tablespoons brown sugar, 1 onion, 2 cups sauerkraut. Pare, core, and slice apples, mix sugar through them. Chop onion fine, mix with apples and sauerkraut, and put all in a buttered baking dish. Cover, and cook slowly 2 or 3 hours, the longer the better. Do not let it get dry, and stir occasionally. Uncover for the last stage of baking.

Mrs. Lewis R. Andrews and Mrs. J Reaney Kelly, Maryland's Way, edited addition 1963, p. 189

Pumpkin Pudding

Stew a fine sweet pumpkin till soft and dry; rub it through a sieve, mix with the pulp six eggs quite light, a quarter pound of butter, half a pint of new milk, some pounded ginger and nutmeg, a wine glass of brandy, and sugar to your taste. Should it be too liquid, stew it a little drier, put a paste round the edges and in the bottom of a shallow dish or plate — pour in the mixture, cut some thin bits of paste, twist them, and lay them across the top, and bake it nicely.

Mary Randolph, Virginia Housewife, 1824, p. 127

Puff Paste No. 3

One and a half pints of flour, and half pound of good lard, mixed well together; add half a pint of lukewarm water, and a little salt; roll it out three times, buttering it, and dredging it each time with flour. The oftener it is rolled and buttered the lighter it becomes.

Sarah Rutledge, The Carolina Housewife, 1847, p. 113

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Buttermilk Biscuits

4 cups flour, heaping, 2 tablespoons shortening, 1 teaspoon baking powder, 1 teaspoon soda, 1 table-spoon sugar, a little salt, 1 egg, 1 pint buttermilk

Work flour and shortening together as for pie crust, then add baking powder, soda, sugar, salt, beaten egg, and last of all buttermilk. Roll out an inch thick, cut with biscuit cutter, and bake in a hot oven.

Mrs. Lewis R. Andrews and Mrs. J Reaney Kelly, Maryland's Way, edited addition 1963, p. 25

Oyster Croquettes

Chop the quantity of oysters you want from the dinner in the following manner; chop very fine one dozen oysters, take one boiled potato and mash hot into the oysters; take the yolk of one egg only, mix well into the oysters and season with pepper and salt to taste; then roll them, after making into oblong cakes, in powdered crackers; have your fat very hot, and fry quick and sent to table.

Abby Fisher, What Mrs. Fisher Knows About Old Southern Cooking, 1881, p. 18

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Apple Fritters

Make a batter in proportion of one cup sweet milk to two cups flour, a heaping tea-spoon baking powder, two eggs beaten separately, one table-spoon sugar, and salt-spoon [pinch] salt; heat the milk a little more than milk-warm, add slowly to the beaten yolks and sugar, then add flour [baking powder and salt] and whites of eggs, stir all together, and throw in thin slices of good sour apples, dipping the batter up over them; drop in boiling lard in large spoonfuls with piece of apple in each, and fry to light brown. Serve with maple syrup or a nice syrup made of sugar.

Edited by Estell Woods Wilcox, Buckeye Cookery and Practical Housekeeping, 1877, p. 34

Stewed Pork

Take a nice piece of the fillet or leg of fresh pork; rub it with a little salt, and score the skin. Put it into a pot with sufficient water to cover it, and stew it gently for two hours or more, in proportion to its size. Then put into the same pot a dozen or more sweet potatoes, scraped, split, and cut in pieces. Let the whole stew gently together for an hour and a half, or till all is thoroughly done, skimming it frequently. Serve up all together in a large dish.

This stew will be found very good. For sweet potatoes you may substitute white ones mixed with sliced turnips, or parsnips scraped and split.

Eliza Leslie, Miss Leslie's Directions for Cookery, 1851, p. 118

Excellent Cold Slaw and Dressing

Take a nice fresh white cabbage, wash, and drain it, and cut off the stalk. Shave down the head evenly and nicely into very small shreds, with a cabbage-cutter, or a sharp knife. Put it into a deep china dish, and prepare for it the following dressing. Take a jill [1/2 cup] or a half-tumblerful of the best cider vinegar, and mix with it a quarter of a pound of fresh butter, divided into four bits, and rolled in flour; a small salt-spoon of salt, [pinch] and the same quantity of cayenne. Stir all this well together, and boil it in a small saucepan. Have ready the yolks of three eggs well beaten. As soon as the mixture has come to a hard boil, take it off the fire, and stir in the beaten egg. Then pour it boiling hot over the shred cabbage, and mix it well, all through, with a spoon. Set it to cool, on ice or snow, or in the open air. It must be quite cold before it goes to the table.

Eliza Leslie, Miss Leslie's Directions for Cookery, 1851, p. 226

Fall Flavor Weekend Recipes 2017

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Firestone White/Wheat Bread/Rolls

½ cup warm water	¼ cup butter
½ cup warm milk	1 egg
1 tablespoon yeast	½ teaspoon salt
2 tablespoon sugar or honey	White and wheat flour enough to knead

Combine water, milk, yeast, and sugar or honey. Cover and set in warm place to sponge. When sponged, add butter, egg, salt. Mix in flour until dough can be handled, but is still slightly sticky. Knead until dough is smooth and elastic. Grease bowl, replace dough, and let rise in warm place until double. Grease one loaf pan and one cake pan. Shape dough into a loaf and rolls, let rise again. Bake.

Firestone House Cook Book, adapted from 19th-century cookbooks

Apple Cake

Two eggs, whites and yolks beaten separately, one and a half teacupfuls of sugar, scant three-quarters of a teacupful of butter, half a cup of sweet milk, three cups of flour, one teaspoonful of cream of tartar, sifted in the flour, half a teaspoonful of soda in the milk. Bake in jelly tins or cut for dressing.

Dressing for Same

Three good-sized sour apples grated, the juice and grated rind of one lemon, one egg, beaten, one cup of sugar. Cook all together, three minutes, and spread between the layers.

Edited by Larry B. and Priscilla Massie. Walnut Pickles and Watermelon Cake, 1990, p.240

Pork Pie

Take the lean of a leg or loin of fresh pork, and season it with pepper, salt, and nutmeg. Cover the bottom of a deep dish with a good paste, made with a pound of butter to two pounds of flour and rolled out thick. Put in a layer of pork, and then a layer of pippin apples pared, cored, and cut small. Strew over the apples sufficient sugar to make them very sweet. Then place another layer of pork, and so on till the dish is full. Pour in half a pint or more of water, or of white wine. Cover the pie with a thick lid of paste, and notch and ornament it according to your taste. Set it in a brisk oven, and bake it well.

Eliza Leslie, Miss Leslie's Directions for Cookery, 1851, p. 122

Common Pie Crust for Pork Pie

Sift two quarts of superfine flour into a pan. Divide one pound of fresh butter into two equal parts, and cut up one half in the flour, rubbing it fine. Mix it with a very little cold water and make it into a round lump. Knead a little. Then flour your paste-board, and roll the dough out into a large thin sheet. Spread it all over with the remainder of the butter. Flour it, fold it up, and roll it out again. Then fold it again, or roll it into a scroll. Cut it into as many pieces as you want sheets of paste, and roll each not quite an inch thick. Butter your pie-dish.

Eliza Leslie, Miss Leslie's Directions for Cookery, 1851, p. 118

Fall Flavor Weekend Recipes 2017

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Warm Slaw and Dressing

Take a red cabbage; wash, drain, and shred it finely. Put it into a deep dish. Cover it closely, and set it on the top of a stove, or in a bake oven, till it is warm all through. Then make a dressing as in the receipt for cold slaw. Pour it hot over the cabbage. Cover the dish, and send it to table as warm as possible.

Dressing

Take a jill [1/2 cup] or a half-tumblerful of the best cider vinegar, and mix with it a quarter of a pound of fresh butter, divided into four bits, and rolled in flour; a small salt-spoon of salt, [pinch] and the same quantity of cayenne. Stir all this well together, and boil it in a small saucepan. Have ready the yolks of three eggs well beaten. As soon as the mixture has come to a hard boil, take it off the fire, and stir in the beaten egg.

Eliza Leslie, Miss Leslie's Directions for Cookery, 1851, pp. 225-26

Stewed Apples

Peel, quarter, and core apples. Cover with water and stew until tender. Mash with a spoon until very smooth. Add sugar to suit the taste. Juicy, tart apples make the best sauce.

Frances E. Owens, Mrs. Owens' Cook Book and Useful Household Hints, 1884, p. 324

Cheese Puffs - To Serve with Salad

Two tablespoons butter, 4 tablespoons flour, 4 tablespoons grated cheese, 1 cup water, 1/2 teaspoon salt, little cayenne pepper, two eggs. Put butter and water on stove, mix cheese, flour, salt and pepper and stir into water. Cook for three minutes, stirring all the time. Let this mixture get cold, then add eggs one at a time. Beat this batter 5 minutes, and drop in teaspoonfuls on buttered pan, bake in moderate oven 20 minutes. Serve hot.

Edited by Estell Woods Wilcox, Walnut Pickles and Watermelon Cake, 1990, p. 18

Brunswick Stew

One chicken or 2 squirrels cut up small with 1/2 pound of bacon, cut small, put into 6 quarts of water. Cook tender, then separate the meat from the bones. Return the meat to the pot, adding more water if necessary. Then add the following vegetables, measured after they are prepared:

- 1 pint tomatoes, peeled and cut fine
- 1 pint of potatoes, peeled and cut fine
- 1/2 pint corn, grated or cut and scraped
- 1/2 pint butter beans
- 1/2 a lemon, juice, and grated peel

Stew until done, season with butter, pepper, and salt and stir carefully to keep from burning. Serve hot.

Frances E. Owens, Mrs. Owens' Cook Book and Useful Household Hints, 1884, p. 74

Fall Flavor Weekend Recipes 2017

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Baked Chicken

Put the chicken in a baking-pan, after being cleaned, prepared, and trussed. Salt and butter the breast, which must be upward, place a piece of buttered paper on it, and a little cold water in the bakepan. Set it in a warm, but not too quick oven; baste often with the liquor in the pan. If the water and juice are absorbed by the heat, add a little cold water, so as to have liquor to baste with. Remove the paper about ten minutes before taking from the oven. It takes about forty minutes to cook a chicken of middle size.

Pierre Blot, Handbook of Practical Cooking, 1869, p. 251

Potatoes in Jackets

Bake as many potatoes as are needed; when done, take off a little piece from one end to permit them to stand, from the other end cut a large piece, remove carefully the inside and rub through a fine sieve, or mash thoroughly; put on the fire with half an ounce of butter and one ounce of grated cheese to every four fair-sized potatoes, and add boiling milk and pepper and salt as for mashed potatoes; fill the potato shells, and sprinkle over mixed bread-crumbs and grated cheese; put in hot oven and brown. Many prefer to omit cheese and bread-crumbs, filling the shells heaping full and then browning.

Edited by Estell Woods Wilcox, Buckeye Cookery and Practical Housekeeping, 1877, p. 291

Fall Flavor Weekend Recipes 2017

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Irish Stew

This is the stew that is mostly made in Ireland. Put some slices of boiled corned beef (never fresh) into a stewpan with a good deal of water, or thin stock, two large onions sliced, and some cold boiled potatoes (whole) and a little pepper. Stew gently until the potatoes are quite soft and have taken up nearly all the gravy; some will break; but they should be as whole as possible. Turn all out on a flat dish and serve.

Farmer's and Housekeeper's Cyclopaedia, 1888, p. 296

Stuffed Squash

Pare a small squash and cut off a slice from the top; extract the seeds and lay one hour in salt water; then fill with a good stuffing of crumbs, chopped salt pork, parsley, etc., wet with gravy; put on the top slice; set the squash in a pudding dish; put in a few spoonfuls of melted butter and twice as much hot water in the bottom; cover the dish very closely and set in the oven two hours, or until tender; lay within a deep dish and pour the gravy over it.

Farmer's and Housekeeper's Cyclopaedia, 1888, p. 295

Bean Schnitzel

1 slice bacon	4 tomatoes
1 tablespoon lard	½ teaspoon red pepper
4 onions	1 teaspoon salt
2 quarts string beans	

Dice the bacon, fry it only a few minutes; add the lard. When melted and hot, the onions thinly sliced, also the tomatoes, chopped, and the string beans in one-inch lengths, put in salt and red pepper, simmer for 3 hours, adding one cup of water after one hour and stirring occasionally. Serve with the juices, reduced to sauce consistency.

J. George Frederick, Pennsylvania Dutch Cook Book, 1971, p. 65 #130

Baked Beets

One of the most satisfactory ways to cook beets is to bake them; when boiled, even if their jackets are left on, a great deal of the best part of the beet is dissolved and so lost. It will, of course, take a little longer to bake than to boil them, but this is no objection; allow from fifteen to twenty minutes more for baking; slice them and eat as you would if they were boiled. One nice way to serve them is to chop them fine. After they are cooked season with pepper, salt and butter.

Farmer's and Housekeeper's Cyclopaedia, 1888, p. 297

Fall Flavor Weekend Recipes 2017

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Sally Lunn

1 pint sweet cream	1 cup sugar
2 eggs	2 heaping teaspoons baking powder
2 pints flour	

Bake in a shallow pan, cut in square pieces and serve hot.

Frances E. Owens, Mrs. Owens' Cook Book and Useful Household Hints, 1884, p. 167

Cider Spiced Cake

One-half cup of butter, one and one-half cups of sugar, one cup of cider, one egg, two tea-spoonfuls of cinnamon, two tea-spoonfuls of cloves, one-half a nutmeg, one teaspoonful of soda, flour enough for a stiff batter.

Mary B. Welch, Mrs. Welch's Cookbook, 1884, p. 89

Beef Roll

Cut a round steak into pieces about 5 inches square. Cover each piece with thin slices of onion and bacon, dust with pepper and salt. Roll and tie each piece with string and potroast them for 2 hours.

J. George Frederick, Pennsylvania Dutch Cook Book, 1971, p. 47 #85

German Potato Salad

Wash and boil 4 large potatoes. While hot, peel and slice thin with 1 small, raw onion. Sprinkle with salt and pepper. Put a tablespoon of butter in a spider, let it brown, pour in 2/3 of a cup of vinegar. When it boils up, pour it over the salad. Add 2 sliced hard-boiled eggs.

Francis E. Owens, Mrs. Owens' Cook Book and Useful Household Hints, 1884, p. 123

Stewed Carrots

Boil the carrots until they are half done, then scrape and cut into thick slices; put them into a stew-pan with as much milk as will hardly cover them; a very little salt and pepper, and a small quantity of chopped parsley; simmer them until they are perfectly tender, but not broken. When nearly done add a piece of butter rolled in flour. Serve hot.

Farmer's and Housekeeper's Cyclopaedia, 1888, p. 298

Tomato Fritter

1 quart stewed tomatoes	1 egg
1 teaspoon soda	Flour to thicken like griddle cakes.

Fry in a skillet in hot lard.

Francis E. Owens, Mrs. Owens' Cook Book and Useful Household Hints, 1884, p. 196

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Squash Biscuits

One pint strained squash, one half cup of yeast [1 tablespoon], one small cup of sugar, and a piece of butter the size of an egg; beat the squash, butter and sugar thoroughly, add yeast and beat again, add flour till quite stiff to stir with a spoon, let it stand over night, in the morning put in gem pans, or make into biscuits, let rise and bake; these should be eaten while hot.

Farmer's and Housekeeper's Cyclopaedia, 1888, p. 308

Ribbon Cake

2 cups sugar	1 cup butter
1 cup milk	4 cups flour
4 eggs	1 teaspoon cream of tartar
½ teaspoon soda	

Have ready two tins alike; put one-third of the mixture in each, and bake. To the other third add 3 teaspoons molasses, 1 cup of currants, and citron and spices to suit the taste, and bake in a tin same size as the other. When done put a layer of the light cake, then spread with jelly, then the dark cake, jelly, and the light cake on top. Lay a paper on, turn over on a plate or tin, lay a white paper or cloth on the top, and put under flat irons or some other weight until cold. Two flat-irons are about the right weight to use.

Francis E. Owens, Mrs. Owens' Cook Book and Useful Household Hints, 1884, p. 255

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Beef Olives

Cut 2 pounds of steak into pieces 4½ inches long and 2 inches wide. Mix together in a basin 3 tablespoons breadcrumbs, 1 chopped onion, 4 tablespoons Crisco, 1 tablespoon chopped parsley, salt, pepper, and paprika to taste and 1 well beaten egg. Spread a little of this mixture on each piece of meat, roll up, and tie with fine string. Melt 2 tablespoons Crisco in a pan, brown pieces of meat in it; stir in 1 tablespoon flour, gradually add 2 cups water, bring to a boiling point and cook slowly 1½ hours. Remove string and dish in a circle, season the gravy and strain over the meat.

The Story of Crisco, 1915, p. 200

Leek and Potato Soup

Cut several leeks, or, if they cannot be had, an onion or two, into pieces, and fry them without browning in butter. Add potatoes cut into dice and a seasoning of salt and pepper, and boil. When they are soft push them through a colander, and thicken with a tablespoonful of flour and a tablespoon of butter. For two small onions four potatoes and a quart of water will be wanted. Instead of using the water in which the potatoes have boiled, milk may be used.

Celestine Eustis, Cooking in the Old Creole Days, 1904, p. 2

Sugared Beets

4 hot boiled beets	1½ tablespoons sugar
3 tablespoons butter	½ teaspoon salt

Cut beets in one-fourth inch sliced, add butter, sugar, and salt; reheat for serving.

Fannie Farmer, Boston Cooking School Cookbook, 1896, p. 256

Fruit Salad I

Arrange alternate layers of shredded pineapple, slice bananas, and sliced oranges, sprinkling each layer with powdered sugar. Chill before serving.

To Shred Pineapple. Pare and cut out eyes, pick off small pieces with a silver fork, continuing until all soft part is removed.

To Slice Oranges. Remove skin and white covering, slice lengthwise that the tough centre may not be served; seeds should be removed.

Fannie Farmer, Boston Cooking School Cookbook, 1896, p. 350

Layer Cake Au Rum, or Kirsch

Prepare two layers of Layer Cake No. 11. Lay one layer on a plate with the upper side down. Spread it thickly with raspberry and currant jelly, or with cider jelly (the jelly must be a little tart). Put the second layer over this. Make an icing of 1 gill [1/2 cup] of Jamaica rum, or Kirsch, with powdered sugar beaten into it until just thick enough to spread. Cover with this and set away. After ½ an hour a second layer of icing may be added if liked.

The Portland Woman's Exchange Cook Book, 1913, p. 202

Fall Flavor Weekend Recipes 2017

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Layer Cake No. 11

3 eggs, beaten whites and yolks apart	Lemon rind and vanilla to taste
2 cups of sifted flour	¼ teaspoon of ground mace may be added
1½ cups of sugar (essential)	1 cup of butter
1 heaping teaspoon of Royal baking powder	1 cup of milk

Cream butter and sugar together; add yolks and flavoring. Beat well. Add milk, the flour which has been sifted with the baking powder, and lastly the whites of eggs beaten to a stiff froth. Bake on well greased jelly tins in a quick oven about 6 or 8 minutes. This will make 6 medium sized layers.

The Portland Woman's Exchange Cook Book, 1913, p. 202

Ginger Punch

1 quart cold water	½ lb. Canton ginger
1 cup sugar	½ cup orange juice
½ cup lemon juice	

Chop ginger, add to water and sugar, boil fifteen minutes; add fruit juice, cool, strain, and dilute with crushed ice.

Fannie Farmer, Boston Cooking School Cook Book, 1896, p. 47

Stuffed Cabbage

1 cabbage	1 teaspoon parsley
2 oz. fat, salt pork (chopped fine)	1 teaspoon minced onion
2 oz. tender beef (chopped fine)	1 teaspoon salt
2 tablespoons butter	Few grains cayenne
2 egg yolks	1 French roll

Parboil cabbage till thoroughly wilted, drain and cool; unfold leaf by leaf, until the heart is reached. Chop the tender leaves. Soak the roll in milk and press dry. Beat the egg and bread together, add the creamed butter and work the meat, cabbage and seasoning. Form into a ball and place in the cabbage head. Refold the leaves and bake for three to four hours, basting with butter and water. Serve on a round, hot platter with the gravy from the pan.

Gold Medal Cookbook, 1916, p. 45

Cheese Drops

Add to 3½ tablespoons flour, 2 tablespoons melted Crisco, and blend together until smooth. Remove from fire, add 4 tablespoons grated cheese, ¼ teaspoon salt, and a dash of red pepper. Fold in stiffly beaten whites of 3 eggs, and drop from end of spoon on a Criscoed baking sheet about 1 inch apart, and bake from 12 to 14 minutes in a moderate oven. Serve hot in folded napkin with salad course.

The Story of Crisco, 1915, p. 194

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Quick Supper Salad

4 eggs
1 dill pickle or 2 gherkins
1 head of celery

Salt and pepper
French Dressing

Wash the celery, cut it into two-inch lengths, and then shave it down into shreds; throw this into cold water for a half hour, then dry and put on the ice. Hard boil the eggs, remove the shells, and put them on the ice. At serving time line the bowl with the crisp lettuce, cover the lettuce with slices of hard-boiled eggs, then a thick layer of celery, a little onion if you like, then egg and celery. Cover with French dressing, mix thoroughly and serve at once. This salad may be garnished with olives instead of the chopped gherkins or dill pickle, or it may be garnished with pimientos or capers.

One recipe of this kind, with a little ingenuity, may be changed into a half dozen different salads.

French Dressing

Notwithstanding the criticisms of many diners, I prefer a French dressing made in a shallow plate or bowl. Put a little salt and crushed black pepper, or a drop of liquid pepper, into a bowl or soup plate; and six or eight tablespoons of olive oil. Put in a piece of ice the size of an egg and stir it around with a fork until the salt is melted. Remove the ice, add a tablespoon of vinegar, and with a wooden fork beat rapidly until you have a thick, creamy emulsion. Pour this at once over the salad, toss until each leaf is well covered, and serve.

You get just enough water from the melting of the ice to make a perfect emulsion, which, to my mind, adds greatly to the flavor of the dressing.

Many persons prefer the French way of the dressing the salad. Have the salad brought to the table in the salad bowl. Put a half teaspoonful of salt and a drop of liquid pepper in your salad spoon, add a little vinegar and stir the salt and pepper with a fork until the salt is dissolved. Sprinkle this over your salad, toss it thoroughly and carefully, then measure as many spoonfuls of oil, five or six, as you need for the amount of salad you are to dress. Pour this over, and turn and mix the salad until the oil is distributed over every leaf. Serve at once.

There are another set of people who tell you that salad must always have the oil poured over first, otherwise it will be too sour. My inventive readers may try all these methods, but I am sure they will like the emulsion best.

Sarah Tyson Rorer, Mrs. Rorer's New Salad, 1912, pp. 80-81 & 9-10

Ham Cooked in Beer

Boil a ham in the usual way. When done put in roasting pan, stick it full of cloves, sprinkle thickly with brown sugar, put some slices of lemon on top, and place in oven. Pour one quart of beer over it and baste with the same while cooking. About one hour will be long enough for a large ham.

The Portland Woman's Exchange Cook Book, 1913, p. 86

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Bean Salad

Soak small dried beans and boil in salted water until done, but not broken; when cold, add grated onion and chopped parsley to taste; dress with salt, pepper, vinegar, and olive oil to taste.

Royal Baking Powder Company, My Favorite Receipt, 1895, p. 16

German Cabbage

Slice red cabbage and soak in cold water. Put one quart in stewpan with two tablespoons butter, one-half teaspoon salt, one tablespoon finely chopped onion, few gratings of nutmeg, and few grains cayenne; cover, and cook until cabbage is tender. Add two tablespoons vinegar and one-half table-spoon sugar, and cook five minutes.

Fannie Farmer, Boston Cooking School Cookbook, 1896, p. 258

Best Jumbles

2 cupfuls sugar	1 teaspoonful salt
1 cupful Crisco	3 teaspoonfuls baking powder
4 eggs	1 teaspoonful almond extract
4 cupfuls flour	1 teaspoonful rose extract
3 tablespoonfuls milk	

Cream Crisco and sugar thoroughly together, then gradually add eggs well beaten, now add milk, extracts, flour, salt and baking powder. Mix and roll out lightly on floured baking board; cut into circles with doughnut cutter, lay on Criscoed tins and bake in moderate oven from seven to ten minutes or till light brown. These cookies will keep fresh two weeks, and if milk is left out, a month. Sufficient for seventy jumbles.

The Story of Crisco, 1915, pp. 97-98

Pineapple Lemonade

1 pint water	1 can grated pineapple
1 cup sugar	Juice 3 lemons
1 quart ice water	

Make syrup by boiling water and sugar ten minutes; add pineapple and lemon juice, cool, strain, and add ice water.

Fannie Farmer, Boston Cooking School Cookbook, 1896, p. 46

Creole Salad

Half cup of olive oil, five tablespoons of vinegar, half teaspoon of powdered sugar, one teaspoon salt, two tablespoons chopped red pepper, three tablespoons chopped green peppers, half Bermuda onion, parsley and lettuce and serve.

Rufus Estes, Good Things to Eat, 1911, p. 32



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Apples and Onions

Select sour apples, pare, core and thinly slice. Slice about half as many onions, put some bacon fat in the bottom of a frying-pan and when melted add the apples and onions. Cover the pan and cook until tender, cooking rather slowly. Sprinkle with sugar, and serve with roast pork.

Rufus Estes, Good Things to Eat, 1911, p. 66

Orange Buns

10 ounces Five Roses flour	Rind of 1 orange (or lemon)
¼ pound sugar	Pinch of salt
2 ounces butter	1 egg
2 ounces lard	Milk
1 teaspoon baking powder	

Rub the butter and lard into flour. Add sugar, baking powder, salt, and orange rind. Mix into a stiff paste with the beaten egg and a little milk. Bake 10 minutes in a quick oven.

Strain juice of orange, add icing sugar, and ice the buns when cold.

Lake of the Woods Milling Company, Five Roses Cookbook, 1915, p. 35

Fall Flavor Weekend Recipes 2017

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Fried Ham with Red-Eye Gravy

Cured or country ham, sliced $\frac{1}{4}$ to $\frac{1}{2}$ inch thick, $\frac{1}{2}$ cup hot water, $\frac{1}{4}$ cup hot strong coffee

Score fat around ham edges to prevent them from curling while cooking. If ham is very salty, cover with water and simmer briefly, about 3 minutes, turning frequently. Discard cooking water, cover with fresh water and continue to simmer until water evaporates. Allow meat to fry over medium heat, turning several times until brown on each side. Remove from pan and keep warm. There should be a reddish-brown glaze on the bottom of the pan. Add hot water and coffee to the pan, stirring constantly and cooking until gravy turns red. Serve with red-eye gravy, grits, and hot baking powder biscuits.

Carolyn Quick Tillery, The African-American Heritage Cookbook, 1998, p. 61

Cabbage and Collards

Salt Pork, 1 small size cabbage – sliced or cut into small pieces, 3 lbs. collards

Boil meat until it is almost done. Wash and cut up collards. Put in pot with meat. Cook collards until tender. Add cabbage and let mixture steam together.

Always Enough: Recipes from the Mattox House, 1996, p. 6

Smothered Pork Chops

6 1-inch center-cut pork chops
 3 tablespoons bacon drippings
 1 lemon thinly sliced
 2 medium- sized onions thinly sliced
 1 small green bell pepper – cored and sliced into rings
 1 small red bell pepper – cored and sliced into rings
 1 cup water
 2 tablespoons vinegar
 2 tablespoons sugar
 Salt and pepper to taste.
 Pinch each of ground clove, allspice, cinnamon, cayenne, and celery seed

In a heavy skillet, brown the pork chops in the bacon drippings. Add the lemon, onion, and bell pepper slices, and continue to sauté. In a small bowl mix the tomatoes, water, vinegar, spices, sugar, salt, and pepper. Pour over the pork chops. Cover the skillet and simmer the pork chops over medium heat for 45 minutes, or until they are tender and the tomato mixture has turned into a thick, gravylike sauce.

Always Enough: Recipes from the Mattox House, 1996, p. 20

Fall Flavor Weekend Recipes 2017

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1-2-3-4 Cake with Grape Jelly

1 cup butter	½ teaspoon salt
2 cups sugar	1 teaspoon vanilla
3 cups flour	¾ cup milk
4 eggs	3 teaspoons baking powder

Cream shortening, salt, and sugar until light. Beat eggs and add to creamed mixture. Blend well. Sift flour and baking powder together. Add alternatively with milk. Beat well for 5 minutes. Bake in greased layer pans or loaf pan until done. Layer cakes, 25 to 30 minutes; loaf cake, 45 to 60 minutes. Oven temperature 350F.

Freda DeKnight, Ebony Cookbook: A Date with A Dish, 1973, p. 290

Grits and Cheese

1 cup grits – washed	4 cups boiling water
1 teaspoon salt	½ cup cheese
1 tablespoon butter	

Stir the grits slowly into boiling salted water. Cover and let cook slowly, about thirty to forty minutes, stirring often. Add butter and cheese and beat well for a few minutes. Must be eaten hot!

Always Enough: Recipes from the Mattox House, 1996, p. 12

Biscuits

2 cups flour	lard the size of an egg
½ teaspoon salt	1 teaspoon butter
4 teaspoons baking powder	milk as needed

Sift baking powder and salt with flour, and mix in with the tips of the fingers the lard and butter. Work lightly with water and a very little milk until the right consistency, and roll on a board. The dough should be as soft as can be conveniently handled. Cut out with a biscuit cutter, put in a pan, and bake in a quick oven until lightly browned on top.

Always Enough: Recipes from the Mattox House, 1996, p. 26

Okra or Tomato and Rice with Bacon

3 slices bacon cut in squares and fried quick
2 cups cooked rice
1 cup cooked okra or 1 can tomatoes

Fry the bacon and remove from pan. Put rice and okra or tomatoes into bacon drippings and simmer together for a few minutes. Add the bacon just before serving.

Always Enough: Recipes from the Mattox House, 1996, p. 16

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Country Garden Pie

2 cups mashed turnips	1 cup milk
3 eggs	$\frac{3}{4}$ cup brown sugar
2 tablespoons butter	1 teaspoon lemon juice
1 teaspoon cinnamon	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{2}$ teaspoon mace	$\frac{1}{2}$ teaspoon allspice
1 teaspoon salt	recipe for 1 pie shell

Line pie pan with pie shell and flute edges. Separate eggs. Mix turnips, milk, and egg yolks beaten with sugar and spices. Add melted butter and lemon juice. Fold in egg whites. Pour into unbaked crust. Bake in a quick oven for 10 minutes. Reduce heat to 375 degrees F. and bake 30 minutes longer until firm. Add 1 tablespoon sherry wine if desired. Makes one 8-inch pie.

Freda DeKnight, Ebony Cookbook: A Date with A Dish, 1973, pp. 51-55

Pastry for Making Pies of all Kinds

One pound of flour nicely sifted to quarter pound of butter and one quarter pound of lard, one teaspoon of salt, fine, mixed in flour while dry; then with your hands rub the butter and lard into the flour until pastry hold together, be sure not to have it too wet; sprinkle flour very lightly on pastry board, and roll pastry out to the thickness of an egg-shell for the top of fruit, and that for the bottom of fruit must be thin as paper. In rolling pastry, roll to and from you; you don't want more than ten minutes to make pastry.

What Mrs. Fisher Knows about Old Southern Cooking, 1881, p. 24