



Fall Flavor Weekends Presented by **Beaumont**

2018 RECIPES

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. Some recipes include modifications by Beaumont Health Registered Dietitians for those seeking healthy alternatives.

Daggett Farmhouse, 1760

To Dress Mutton the Turkish Way

First cut your meat into thin slices, then wash it in vinegar, and put it into a pot or sauce-pan that has a close cover to it, put in some rice, whole pepper, and three or four whole onions; let all these stew together, skimming it frequently; when it is enough, take out the onions, and season it with salt to your palate, lay the mutton in the dish, and pour the rice and liquor over it.

N.B. The neck or leg are the best joints to dress this way; put to a leg four quarts of water, and a quarter of a pound of rice; to a neck, two quarts of water, and two ounces of rice. To every pound of meat allow a quarter of an hour, being close covered. If you put in a blade or two of mace, and a bundle of sweet herbs, it will be a great addition. When it is just enough, put in a piece of butter, and take care the rice do not burn to the pot. In all these things you should lay skewers at the bottom of the pot to lay your meat on, that it may not stick.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, 1971 reprint, p. 72

Red Cabbage Dressed the Dutch Way

Take a cabbage, cut it small and boil it soft, then drain it, and put it in a stew-pan with sufficient quantity of oil and butter, a little water and vinegar, and an onion cut small; season it with pepper and salt, and let it simmer on a slow fire till all the liquor is wasted.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, 1971 reprint, p. 240

Carrot Pudding

You must take a raw carrot, scrape it very clean, and grate it; take half a pound of the grated carrot, and a pound of grated bread, beat up eight eggs, leave out half the whites, and mix the eggs with half a pint of cream; then stir in the bread and carrot, half a pound of fresh butter melted, half a pint of sack, and three spoonfuls of orange-flower water, a nutmeg grated; sweeten to your palate; mix all well together, and if it is not thin enough, stir in a little new milk or cream; let it be of a moderate thickness, lay a puff-paste all over the dish, and pour in the ingredients; bake it; it will take an hour's baking; or you may boil it; but then you must melt butter, and put in white wine and sugar.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, 1971 reprint, p. 244

Common Biscuits

Beat up six eggs, with a spoonful of rose water and a spoonful of sack, then add a pound of fine powdered sugar, and a pound of flour; mix them into the eggs by degrees, with an ounce of coriander seeds; mix all well together, shape them on white thin paper or tin moulds, in any form you please. Beat the white of an egg, and with a feather rub them over, and dust fine sugar over them. Set in an oven moderately heated, till they rise and come to a good colour; and if you have no stove to dry them in, put them into the oven at night, and let them stand till morning.

Susannah Carter, The Frugal Colonial Housewife, 1772, 1976 reprint, p. 106



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Daggett Farmhouse, 1760

To Stew Cod

Cut your cod into thin slices, and lay them one by one in the bottom of a dish; put in a pint of white wine, half a pound of butter, some oysters and their liquor, two or three blades of mace, a few crumbs of bread, some pepper and salt, and let it stew till it is enough. Garnish the dish with lemons.

Eliza Smith, The Compleat Housewife, 1758, 1994 reprint, p. 79

BEAUMONT REGISTERED DIETITIAN APPROVED MODIFICATION

Cut your cod into thin slices, and lay them one by one in the bottom of a dish; put in a pint of white wine, **1 cup of olive oil**, some oysters and their liquor, two or three blades of mace, a few crumbs of **100% whole grain bread**, some pepper and salt, and let it stew till it is enough. Garnish the dish with lemons.

To Dress Spinach

Pick it very clean, and wash it in five or six waters; put it in a sauce-pan that will just hold it, throw a little salt over it, and cover the pan close. Do not put any water in, but shake the pan often. You must put your sauce-pan on a clear quick fire. As soon as you find the greens are shrunk and fallen to the bottom, and that the liquor which comes out of them boils up, they are enough. Throw the spinach into a clean sieve to drain, and squeeze it well between two plates, and cut it in any form you like. Lay it in a plate, or small dish, and never put any butter on it, but put it in a cup or boat.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, 1971 reprint, p. 29

BEAUMONT REGISTERED DIETITIAN APPROVED RECIPE

To Make Almond Cheesecake

Take half a pound of Jordan almonds and lay them in cold water all night, the next morning blanch them into cold water, then take them out and dry them in a clean cloth, beat them very fine in a little orange-flower water, then take six eggs, leave out four whites, beat them and strain them, then half a pound of white sugar with a little beaten mace; beat them well together in a marble mortar, take ten ounces of good fresh butter, melt it, a little grated lemon-peel, and put them in the mortar with the other ingredients; mix all well together, and fill your patty-pans.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, 1971 reprint, p. 319

To Pickle Fennel

Set spring-water on the fire, with a handful of salt; when it boils, tie your fennel in bunches, and put them into the water, just give them a scald, lay them on a cloth to dry; when cold, put it in a glass, with a little mace and nutmeg, fill it with cold vinegar, lay a bit of green fennel on the top, and over that a bladder and leather.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, 1971 reprint, pp. 303-304

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Daggett Farmhouse, 1760

Jugged Hare

Cut it into little pieces, lard them here and there with little slips of bacon, season them with Cayenne pepper and salt, put them into an earthen jug, with a blade or two of mace, an onion stuck with cloves, and a bundle of sweet herbs; cover the jug or jar you do it in so close that nothing can get in, then set it in a pot of boiling water, and three hours will do it; then turn it out into the dish, and take out the onion and sweet herbs, and send it to the table hot. If you do not like it larded, leave it out.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, 1971 reprint, p. 126

Green Peas with Cream

Take a quart of fine green peas, put them into a stew-pan with a piece of butter as big as an egg, rolled in a little flour, season them with a little salt and nutmeg, a bit of sugar as big as a nutmeg, a little bundle of sweet herbs, some parsley chopped fine, a quarter of a pint of boiling water; cover them close, and let them stew very softly half an hour, then pour in a quarter of a pint of good cream: give it one boil, and serve it up for a side-plate.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, 1971 reprint, p. 240

BEAUMONT REGISTERED DIETITIAN APPROVED MODIFICATION

Take a quart of fine green peas, put them into a stew-pan with $\frac{1}{4}$ cup coconut oil, rolled in a little 100% whole grain or (100% whole wheat) flour, season them with a little salt and nutmeg, a little bundle of sweet herbs, some parsley chopped fine, a quarter of a pint of boiling water; cover them close, and let them stew very softly half an hour, then pour in a quarter of a pint of 2% milk: give it one boil, and serve it up for a side-plate.

A Crookneck or Winter Squash Pudding (Using Pumpkin)

Core, boil and skin a good squash, and bruise it well, take 6 large apples, pared, cored, and stewed tender, mix together; add 6 or 7 spoonfuls of dry bread or biscuit, rendered fine as meal, one pint milk or cream, 2 spoons of rose-water, 2 spoons of wine, 5 or 6 eggs beaten and strained, nutmeg, salt and sugar to your taste, one spoon flour, beat all smartly together, bake on hour.

The above is a good receipt for Pumpkins, Potatoes, or Yams, adding more moistening or milk and rose-water, and to the two latter a few black or Lisbon currants, or dry whortleberries scattered in, will make it better.

Amelia Simmons, The First American Cookbook, 1796, 1996 reprint, p. 34

German Fritters with Maple Syrup

Take some well-tasted crisp apples, pare, quarter, and core them; take the core quite out, and cut them into round pieces. Put into a stewpan a quarter of a pint of French brandy, a table spoonful of fine sugar pounded, and a little cinnamon. Put the apples into this liquor, and set them over a very gentle fire, stirring them often, but not to break them. Set on a stewpan with some lard. When it boils drain the apples, dip them in some fine flour, and put them into the pan, they will be brown and very good. Stew some sugar over a dish, and set it on the fire; lay in the fritters, strew a little sugar over them, and glaze them over with a red hot salamander.

John Farley, The London Art of Cookery, 1783, 1988 reprint, p. 215

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Daggett Farmhouse, 1760

To Stew Scallops

Boil them very well in salt and water, take them out and stew them in a little of liquor, a little white wine, a little vinegar, two or three blades of mace, two or three cloves, a piece of butter rolled in flour, and the juice of a Seville orange; stew them well and dish them up.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, 1971 reprint, p. 173

BEAUMONT REGISTERED DIETITIAN APPROVED MODIFICATION

Boil them very well in salt and water, take them out and stew them in a little of liquor, a little white wine, a little vinegar, two or three blades of mace, two or three cloves, **a ¼ cup coconut oil**, rolled in a little **100% whole grain or (100% whole wheat) flour**, and the juice of a Seville orange; stew them well and dish them up.

Green Beans Done 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, 1971 reprint, p. 228

BEAUMONT REGISTERED DIETITIAN APPROVED MODIFICATION

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 **2 cups olive oil**; season them well with pepper and **2 tablespoons** 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.

To Fry Onions

Take some large onions, peel them and cut them into slices about a quarter of an inch thick; then dip these slices into batter or an egg beaten, without breaking them and fry them of a nice brown.

Susannah Carter, The Frugal Colonial Housewife, 1772, 1976 reprint, p. 45

Wafers

Take a spoonful of orange-flower water, two spoonfuls of flour, two of sugar, and the same of cream. Beat them well together for half an hour; then make your wafer-tongs hot, and pour a little of your batter in to cover the irons. Bake them on a stove fire, and as they be baking, roll them round a stick like a spigot. When they be cold, they will be very crisp, and are very proper to be eat with jellies, or with tea.

John Farley, The London Art of Cookery, 1783, 1988 reprint, p. 282

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Giddings Family Home, 1760

Chocolate Almonds

Take a pound of chocolate finely grated, and a pound and half of the best sugar finely sifted; then soak gum dragant in orange-flower water, and work them into what form you please; the past must be still; dry them in a stove.

Eliza Smith, The Compleat Housewife, 1758, 1994 reprint, p. 224

Lemon Pickle

Take twelve lemons, scrape them with a piece of broken glass, then cut them across in two, four parts downright, but none quite through, but that they will hang together; put in as much salt as they will hold, rub them well, and strew them over with salt. Let them lie in an earthen dish three days, and turn them every day; slit an ounce of ginger very thin, and salted for three days, twelve cloves of garlick parboiled and salted three days, pick up a small handful of mustard seeds bruised and searched [sifted] through a hair sieve, and some red Indian pepper; take your lemons out of the salt, squeeze them very gently, put them into a jar with the spice and ingredients and cover them with the best white vinegar. Stop them up very close, and in a month's time they will be fit to eat.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, 1971 reprint, p. 152

Spinach Pudding

Scald your spinach and chop it very fine, or the juice will do; mix with cream, the yolks of eight eggs, four ounces of bisket, and four of melted butter; season with sugar, nutmeg, and salt; then set it on the fire, till 'tis still, but do not boil it; then cool it and bake it in puff-paste, or boil it.

Charles Carter, The Compleat City and Country Cook, 1732, p. 144

Everlasting Syllabub

Take five half pints of thick cream, half a pint of Rhenish wine, half a pint of sack, and the juice of two large Seville oranges, grate in just the yellow rind of three lemons, and a pound of double-refined sugar well beat and sifted; mix all together with a spoonful of orange-flower water; beat it well together with a whisk half an hour, then with a spoon take it off, and lay it on a sieve to drain, then fill your glasses: these will keep above a week, and are better made the day before. The best way to whip syllabub is, have a fine large chocolate-mill, which you must keep on purpose, and a large deep bowl to mill them in: it is both quicker done, and the froth stronger; for the thin that is left at the bottom, have ready some calf's-foot jelly boiled and clarified, there must be nothing but the calf's-foot boiled to a hard jelly; when cold take off the fat, clear it with the whites of eggs, run it through a flannel bag, and mix it with the clear which you saved of the syllabubs; sweeten it to your palate, and give it a boil, then pour it into basins, or what you please: when cold, turn it out, and it is a fine summery.

Hannah Glasse, Everlasting Syllabub and the Art of Carving, 1797, p. 39

Rice Fritters

Boil a quarter of a pound of rice in milk till it be pretty thick; then mix it with a pint of cream, four eggs, some sugar, cinnamon, and nutmeg; six ounces of currants washed and picked, a little salt, and as much flour as will make it a thick batter. Fry them in little cakes in boiling lard. Serve them with white sugar and butter.

John Farley, The London Art of Cookery, 1783, 1988 reprint, p. 214

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Giddings Family Home, 1760

Sweetmeat Pudding

Cover your dish with a thin puff paste, then take candied orange, lemon-peel, and citron, of each an ounce. Slice them thin, and lay them all over the bottom of the dish. Then beat eight yolks of eggs and two whites, near half a pound of sugar, and half a pound of melted butter. Beat all well together, pour in all your sweetmeats, and bake it something less than an hour in a moderately heated oven.

John Farley, The London Art of Cookery, 1783, 1988 reprint, p. 176

Rich Seed Cake

You must take four pounds of the finest flour, and three pounds of double-refined sugar beaten and fisted; mix them together, and dry them by the fire till you prepare the other materials; take four pounds of butter, beat it with your hand till it is soft like cream; then beat thirty-five eggs, leave out sixteen whites, strain off your eggs from the treads, and beat them and the butter together till all appears like butter; put in four or five spoonfuls of rose or orange-flower water, and beat again; then take your flour and sugar, with six ounces of caraway-seeds, and strew them in by degrees, beating it up all the time for two hours together; you may put in as much tincture of cinnamon or ambergris as you please; butter your hoop, and let it stand three hours in a moderate oven. You must observe always, in beating of butter, to do it with a cool hand, and beat it always one way in a deep earthen dish.

Hannah Glasse, Everlasting Syllabub and the Art of Carving, 1797, p. 43

An Italian Pudding

Take a pint of cream, and slice in some French rolls, as much as you think will make it thick enough, beat ten eggs fine, grate a nutmeg, butter the bottom of the dish, slice twelve pippins into it, throw some orange-peel and sugar over, and half a pint of red wine; then pour your cream, bread, and eggs over it; first lay a puff-paste at the bottom of the dish and round the edges, and bake it half an hour.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, 1971 reprint, p. 211

Orange Cakes

Take the peels of four oranges, being first pared, and the meat taken out; boil them tender, and beat them small in a marble mortar; then take the meat of them, and two or more oranges, the seeds and skins being picked out, and mix it with the peelings that are beaten, set them on the fire, with a spoonful or two of orange-flower water, keeping it stirring till that moisture be pretty well dried up; then have ready, to every pound of that pulp, four pounds and a quarter of double-refined sugar, finely sifted. Make the sugar very hot, and dry it upon the fire, and then mix it and the pulp together, and set it on the fire again, till the sugar be very well melted, but take care it does not boil. You may put in a little peel, small shred or grated; and when it is cold, draw it up in double papers; dry them before the fire, and when you turn them, put two together; or you may keep them in deep glasses or pots, and dry them as you have occasion.

Susannah Carter, The Frugal Colonial Housewife, 1772, 1976 reprint, p. 105



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Giddings Family Home, 1760

Fritters Royal

Put a quart of new milk into a saucepan, and when it begins to boil, pour in a pint of sack. Then take it off, let it stand five or six minutes, skim off the curd, and put it into a bason. Beat it up well with six eggs, and season it with nutmeg. Then beat it with a whisk, and flour sufficient to give it the usual thickness of batter, put in some sugar, and fry them quick.

John Farley, The London Art of Cookery, 1783, 1988 reprint, p. 214

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McGuffey Birthplace, 1810s

Scotch Collops

Dip the pieces of lean veal in the yolks of eggs, that have been beaten up with melted butter, a little salt, some grated nutmeg, and grated lemon-peel. Fry them quick; shake them all the time, to keep the butter from spoiling. Then put them to some beef gravy, and some mushrooms, or forced meat balls. Garnish with sausages and sliced lemon, and slices of broiled or fresh bacon.

Susannah Carter, The Frugal Colonial Housewife, 1772, 1976 reprint, p. 40

Spinach and Eggs

Put your spinach into a saucepan, having first washed it very clean in four or five waters. Cover it close, and shake it about often. When it be just tender, and while it be green, throw it into a sieve to drain, and lay it in your dish. In the mean time have a stew-pan of water boiling, and break as many eggs into cups as you would poach. When the water boils, put in the eggs, and when done, take them out with an egg-slice, and lay them on the spinach. Send it up with melted butter in a cup, and garnish your dish with an orange cut into quarters.

John Farley, The London Art of Cookery, 1783, 1988 reprint, p. 169

BEAUMONT REGISTERED DIETITIAN APPROVED MODIFICATION

Put your spinach into a saucepan, having first washed it very clean in four or five waters. Cover it close, and shake it about often. When it be just tender, and while it be green, throw it into a sieve to drain, and lay it in your dish. In the mean time have a stew-pan of water boiling, and break as many eggs into cups as you would poach. When the water boils, put in the eggs, and when done, take them out with an egg-slice, and lay them on the spinach. Send it up with **olive oil** in a cup, and garnish your dish with an orange cut into quarters.

Turnip Soup

Pare a bunch of turnips (save out three or four), put them into a gallon of water, with half an ounce of white pepper, an onion stuck with cloves, three blades of mace, half a nutmeg bruised, a good faggot of sweet herbs, and a large crust of bread. Boil them an hour and a half, then pass them through a sieve; clean a bunch of celery, cut it small, and put it into your turnips and liquor, with two of the turnips you saved, and two young carrots cut in dice; cover it close and let it stew; then cut turnips and carrots in dice, flour them, and fry them brown in butter, with two large onions cut thin, and fried likewise; put them all into your soup, with some vermicelli; let it boil softly, till your celery is tender, and your soup is good. Season it with salt to your palate.

Susannah Carter, The Frugal Colonial Housewife, 1772, 1976 reprint, p. 79

BEAUMONT REGISTERED DIETITIAN APPROVED MODIFICATION

Pare a bunch of turnips, put them into a gallon of water, with half an ounce of white pepper, an onion stuck with cloves, three blades of mace, half a nutmeg bruised, a good faggot of sweet herbs, and a large crust of **100% whole grain (or whole wheat) bread**. Boil them an hour and a half, then pass them through a sieve; clean a bunch of celery, cut it small, and put it into your turnips and liquor and two young carrots cut in dice; cover it close and let it stew. Add in **100% whole grain (or whole wheat)** vermicelli; let it boil softly, till your celery is tender, and your soup is good.

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McGuffey Birthplace, 1810s

Indian Slapjack

One quart of milk, 1 pint of indian meal, 4 eggs, 4 spoons of flour, little salt, beat together, baked on griddles, or fry in dry pan, or baked in a pan which has been rub'd with suet, lard or butter.

Amelia Simmons, American Cookery, 1796, 1996 reprint, p. 53

An Apple Pudding

Make a good puff paste, roll it out half an inch thick, pare the apples, and core them, enough to fill the crust and close it up. Tie it in a cloth and boil it. If a small pudding two hours; if a large one three or four hours. When it is enough turn it into a dish; cut a piece of crust out of the top, butter and sugar it to the palate; lay on the crust again, and send it to table hot.

Susannah Carter, The Frugal Colonial Housewife, 1772, 1976 reprint, p. 112

A Thatched House Pie

Take an earthen dish that is pretty deep, rub the inside with two ounces of butter, then spread over it two ounces of vermicelli. Make a good puff paste and roll it pretty thick and lay it on the dish. Take three or four pigeons, season them very well with pepper and salt and put a good lump of butter in them. Lay them in the dish with the breast down, and put a thick lid over them and bake it in a moderate oven. When enough take the dish you intend for it and turn the pie on to it, and the vermicelli will appear like thatch, which gives it the name of Thatched House Pie.

Elizabeth Raffald, The Experienced English Housekeeper, 1769, p. 74

Vermicelli for A Thatched House Pie

Mix yolks of eggs and flour together in a pretty stiff paste, so as you can work it up cleverly, and roll it as thin as it is possible to roll the paste. Let it dry in the sun; when it is quite dry, with a very sharp knife cut it as thin as possible, and keep it in a dry place. It will run up like little worms, as vermicelli does; though the best way is to run it through a course sieve whilst the past is soft. If you want some to be made in haste, dry it by the fire, and cut it small. It will dry by the fire in a quarter of an hour. This far exceeds what comes from abroad, being fresher.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, 1971 reprint, p. 371

BEAUMONT REGISTERED DIETITIAN APPROVED MODIFICATION

Mix yolks of eggs and **100% whole grain (or whole wheat) flour** together in a pretty stiff paste, so as you can work it up cleverly, and roll it as thin as it is possible to roll the paste. Let it dry in the sun; when it is quite dry, with a very sharp knife cut it as thin as possible, and keep it in a dry place. It will run up like little worms, as vermicelli does; though the best way is to run it through a course sieve whilst the past is soft. If you want some to be made in haste, dry it by the fire, and cut it small. It will dry by the fire in a quarter of an hour. This far exceeds what comes from abroad, being fresher.



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McGuffey Birthplace, 1810s

Carrot Fritters

Take two or three boiled carrots, and beat them with a spoon till they are a smooth pulp. Put to every carrot two or three eggs; a little nutmeg; to three carrots put a handful of flour; wet them with cream, milk, or sack, and add to them as much sugar as will sweeten them. Beat them well half an hour, and fry them in boiling lard. Squeeze over them a Seville orange, and shake some fine sugar over them.

John Farley, The London Art of Cookery, 1783, 1988 reprint, p. 215

Brown Soup

Into a clean saucepan, put three quarts, or more, of water, with raspings sufficient to thicken it, two or three onions cut across, two or three cloves, some whole pepper, and a little salt; cover it close, and let it boil about an hour and half, then strain it through a sieve; have celery, carrot, endive, lettuce, spinach, and what other herbs you like, not cut too small, and fry them in butter; take a clean stewpan, that is large enough for your ingredients, put in a good piece of butter, dust in flour, and keep it stirring till it is of a fine brown; then pour in your herbs and soup, boil it till the herbs are tender, and the soup of a proper thickness. Have bread cut in dice, and fried brown; pour your soup into the dish, put some of the bread into the soup, the rest in a plate, and serve it up.

Susannah Carter, The Frugal Colonial Housewife, 1772, 1976 reprint, p. 78

Brain Cakes

Take a handful of bread crumbs, a little shred lemon peel, pepper, salt, nutmeg, sweet marjoram, parsley shred fine, and the yolks of three eggs; take the brains and skin them, boil and chop them small, so mix them all together; take a little butter in your pan when you fry them, and drop them in as you do fritters, and if they run in your pan, put in a handful more of bread crumbs.

Susannah Carter, The Frugal Colonial Housewife, 1772, 1976 reprint, p. 69

Apple Dumplings

Pare and core as many codlins as you intend to make dumplings. Make a little cold butter paste. Roll it to the thickness of one's finger; and lap it round every apple singly, and if they be boiled singly in pieces of cloth, so much the better. Put them into boiling water, and they will be enough in half an hour. Serve them up with melted butter and white wine; and garnish with grated sugar about the dish.

Susannah Carter, The Frugal Colonial Housewife, 1772, 1976 reprint, p. 115



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Susquehanna Plantation, 1860

Rabbit Soup

Take a large hare, or two fine rabbits; case them, cut them into joints, and rinse them clean in cold water, but do not soak them in it; season them with salt and pepper, and put them into a pot with a few slices of ham and a good quantity of water. Have ready some small young white potatoes; scrape them, rise them clean, split each one in two, and boil them in the soup till done, and the meat ready to drop from the bones. Then take it out, reserve some of the nicest pieces to send to the table whole, mince the remaining part of the meat from the bones, and put it into the soup, with a small cup of boiled rice. Add a small lump of butter, rolled in flour, a little powdered nutmeg and cloves, and a cup of sweet cream. Mix in any kind of catchup you choose; just let it come to a boil, and remove it from the fire; then stir in gradually the juice of one lemon; serve it hot, lay on the top some light sprigs of parsley, and accompany it with dry toasts.

Mrs. Lettice Bryan, The Kentucky Housewife, 1839, p. 13

Potatoes a la Lyonnaise

As you would with the potatoes in cream recipe, cut the potatoes and place in a frying-pan with a bit of butter and a small quantity of onion cut into strips.

Susan Rutledge, The Carolina Housewife, 1847, p. 95

Pickled Mushrooms

Sufficient vinegar to cover the mushroom; to each quart of mushrooms, two blades pounded mace, one ounce ground pepper; salt to taste. Choose some nice young button-mushrooms for pickling, and rub off the skin with a piece of flannel and salt, and cut off the stalks; if very large, take out the red inside, and reject the black ones, as they are too old. Put them in a stew-pan, sprinkle salt over them, with pounded mace and pepper in the above proportion; shake them well over a clear fire until the liquor flows, and keep them there until it is all dried up again; then add as much vinegar as will cover them; just let it simmer for one minute, and store it away in stone jars for use. When cold, tie down with bladder, and keep in a dry place; they will remain good for a length of time, and are generally considered delicious.

Lord & Taylor, Lord and Taylor's Everyday Cook Book, 1860, p. 149

Clay Cake

Half pound of butter beat very light, one pound of sugar, one of flour, half a pint of cream, half a nutmeg, one lemon, and five eggs. Bake half an hour.

Mrs. E. Putnam, Mrs. Putnam's Receipt Book, 1863, p. 177

Susquehanna Plantation, 1860

Baked Scallops and Mushrooms

2 pounds scallops, ½ pound mushrooms, 1 small onion, 4 tablespoons butter, 3 tablespoons flour, 2 cups rich milk, ½ cup or more of broth in which scallops were cooked, salt and pepper to taste, ½ cup sherry, ½ cup buttered bread crumbs.

Wash scallops and barely cover with water; bring to a simmer and cook 10 minutes. Drain, reserving liquid. Cool, then cut scallops in half. Wash and slice mushrooms, chop onion, and sauté both in butter. Add flour and blend until smooth; add milk and scallop liquid and season well with salt and pepper. Add sherry and cook slowly until thickened. Mix in scallops and turn into buttered oven dish. Cover with buttered crumbs and bake in 350° oven for about 30 minutes.

Mrs. Lewis Andrews, Maryland's Way, 1963, p. 73

BEAUMONT REGISTERED DIETITIAN APPROVED MODIFICATION

2 pounds scallops, ½ pound mushrooms, 1 small onion, 4 tablespoons **olive oil**, 3 tablespoons **100% whole grain flour**, 2 cups **2% milk**, ½ cup or more of broth in which scallops were cooked, pepper to taste, **1 tablespoon salt**, ½ cup sherry.

Wash scallops and barely cover with water; bring to a simmer and cook 10 minutes. Drain, reserving liquid. Cool, then cut scallops in half. Wash and slice mushrooms, chop onion, and sauté both in **olive oil**. Add flour and blend until smooth; add milk and scallop liquid and season well with salt and pepper. Add sherry and cook slowly until thickened. Mix in scallops and turn into buttered oven dish. Bake in 350° oven for about 30 minutes.

Parsnips and Carrots

If large, after washing split them in two; lay them in a stew pan with the flat side down, and turn on boiling water enough to cover them. Boil till tender, or till you can easily thrust a fork through them; take up, skin and butter them.

Mrs. A.L. Webster, The Improved Housewife, 1843, p. 146

BEAUMONT REGISTERED DIETITIAN APPROVED MODIFICATION

If large, after washing split them in two; lay them in a stew pan with the flat side down, and turn on boiling water enough to cover them. Boil till tender, or till you can easily thrust a fork through them; take up, skin and **add olive oil to them**.

Corn Egg Bread

Two eggs, one pint of meal, half pint of sour milk, one teaspoonful of soda, — beat eggs very light, — one tablespoonful of melted lard or butter, mix all together, well stirred or beaten. Bake in an ordinary pan.

Abby Fisher, What Mrs. Fisher Knows About Old Southern Cooking, 1881, p. 11

Jumbles

One cup of butter, and two of sugar, beaten together; one cup of milk, half a teaspoonful of saleratus stirred into the milk, and four eggs. Beat it well together; add spice of any kind, and six cups of flour; roll it rather thin; cut it with a tumbler and with a wineglass to form a ring; brush them over with the white of an egg, and sift on a very little fine white sugar before baking. Bake them fifteen or twenty minutes.

Mrs. E. Putnam, Mrs. Putnam's Receipt Book, 1863, p. 172



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Susquehanna Plantation, 1860

Baked Shrimps and Tomatoes

Butter well a deep dish, upon which place a thick layer of pounded biscuit. Having picked and boiled your shrimps, put them upon the biscuit; a layer of shrimps, with small pieces of butter, a little pepper, mace or nutmeg. On the top of the shrimps put a layer of stewed tomatoes, with a little butter, pepper and salt. Then add a thinner layer of beat biscuit, and another of shrimps, and so on, till three or four layers of both are put in the dish. The last layer must be of biscuit. Bake, and brown the whole.

Sarah Rutledge, The Carolina Housewife, 1847, pp. 55-56

Okra a la Daube

Twelve tomatoes (from which take out the seeds and express the juice); two slices of lean ham; two onions, sliced; two table-spoonfuls of lard. Fry in a pot until the onions are brown. Then add the juice expressed from the tomatoes, a gill, [$\frac{1}{2}$ cup], of warm water, one table-spoonful of wheat flour, one quart of young okra (just cutting off the stalk end), and a little pepper and salt. Let the whole simmer on a very slow fire for three hours, observing that the okra does not get too dry. If it does, wet it sparingly with warm water, to prevent its burning.

A good addition to the daube is a beef or veal olive, put in at the same time as the okra.

Sarah Rutledge, The Carolina Housewife, 1847, pp. 101-102

Short Biscuit

Rub half a pound of butter into a quart of flour, sprinkling in a salt-spoonful of salt. Make it into good common paste with cold water, knead it well, and beat it till very smooth, with a roller; then roll it into a sheet about half an inch thick, cut it into small round cakes with a biscuit cutter, and bake them in a moderate oven.

Mrs. Lettice Bryan, The Kentucky Housewife, 1839, pp. 304-305

Apple Float

Stew six large apples; lay them on a sieve to drain and cool; then put them on a flat dish, with about two spoonfuls of fine white sugar, a very little essence of lemon, or the juice of one, and the whites of two or three eggs. Beat all this to a froth with an egg-beater; fill a glass bowl, or custard-cups, with soft custard. Lay this froth on as high as it will stand.

Mrs. E. Putnam, Mrs. Putnam's Receipt Book, 1863, p. 160

Egg Plant Stuffed

Take out the inside of the plant and boil it in just enough water to cover it for ten minutes, and then drain or press the water all out through a cullender. Chop some ham fine, take bread crumbs and butter (one tablespoonful to one egg plant), and have equal proportions of ham, cracker and bread crumbs to the inside of the plants. Season with salt and black pepper to taste and fry it brown. Then stuff the plants full and close and put them to bake. They will bake in ten minutes, but should not be put in the oven until just before table use. They are a delicious vegetable prepared in this manner. Use a hot oven.

Abby Fisher, What Mrs. Fisher Knows About Old Southern Cooking, 1881, p. 65

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Susquehanna Plantation, 1860

Roasted Sweet Potato

Get them as nearly the same size as possible, wash them clean, trim off the sharp ends, but do not break the skins, wipe them with a cloth, lay them on a clean hearth before the fire to dry, and then roast them in clean wood ashes. When they are done perfectly soft, draw them out carefully, lest you break them; brush them nicely with a flannel, and send them to table warm. They are also nice for supper with butter, &c.

Mrs. Lettice Bryan, The Kentucky Housewife, 1839, p. 198

BEAUMONT REGISTERED DIETITIAN APPROVED MODIFICATION

Get them as nearly the same size as possible, wash them clean, trim off the sharp ends, but do not break the skins, wipe them with a cloth, lay them on a clean hearth before the fire to dry, and then roast them in clean wood ashes. When they are done perfectly soft, draw them out carefully, lest you break them; brush them nicely with a flannel, and send them to table warm. ***Serve drizzled with olive oil.***

Marmalade Peach

Peel the peaches and take the seeds away. Use the freestone peach, taking one-half pound of sugar to one pound of peaches. Sprinkle the sugar thickly over the peaches and let them lay in the sugar one night; next morning mash the peaches and sugar thoroughly, and put to cook, and let it cook slowly. Do not put any water to it. It requires five hours cooking. Use porcelain kettle and keep it from burning. Use granulated sugar. Can be put up in glasses, jars or bowls.

Abby Fisher, What Mrs. Fisher Knows About Old Southern Cooking, 1881, p. 49

BEAUMONT REGISTERED DIETITIAN APPROVED MODIFICATION

Peel the peaches and take the seeds away. Use the freestone peach, taking ***½ cup of coconut sugar (or 100% pure maple syrup)*** to one pound of peaches. Sprinkle the sugar over the peaches and let them lay in the sugar one night; next morning mash the peaches and sugar thoroughly, and put to cook, and let it cook slowly. Do not put any water to it. It requires five hours cooking. Use porcelain kettle and keep it from burning. Use granulated sugar. Can be put up in glasses, jars or bowls.

Walnut Wafer

1 cup brown sugar, 2 eggs, 2 ½ tablespoons sifted flour, pinch of salt, 1 cup shelled walnuts, broken, not chopped; ½ teaspoon vanilla.

Stir brown sugar and unbeaten eggs together until sugar dissolves, but do not beat thin; then add flour, salt, nuts, and vanilla. Drop half teaspoon of mixture on well-buttered pans and cook in moderate oven (325°) not too quickly. Slide sharp flat knife under each wafer while still a little warm, then they will not break. Also good with hazel nuts. Makes 2 ½ dozen.

Mrs. Lewis Andrews, Maryland's Way, 1963, p. 29



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Ford Home, 1876

Irish Stew

Pieces of salt pork and small chunks of beef have been simmering all morning. When my mother goes up about eleven o'clock, the water is nearly boiled away, the meat is beginning to sizzle. She puts in potatoes cut in half, and several onions, adds a very little water, seasons with salt and pepper, perhaps a bay leaf, and lets them steam and cook. Her ear, although she is busy stirring up batter for the dumplings and setting the table, is attuned to the song of the kettle, and when she hears the meat begin to fry she adds half a cup or so of water — no more. Ten minutes before dinner she will add a little more water and drop in the dumplings. When we are called there is a piping-hot platter of lightly browned meat, potato, and onion, with gravy made after these are taken up — and the dumplings, light as a feather, tinted here and there with the brown of the meat, savoring of all the other ingredients, and delectable to the tongue.

Della Lutes, The Country Kitchen, 1935, pp. 179-180

Dumplings for Soup

One pint of flour, 1 dessert-spoon of lard, a pinch of salt; mix with cold water and roll thin, cut in small pieces, put in soup, and let them boil about 20 minutes. Thicken with a tablespoon of flour and cream. Boil up once and serve.

Mrs. F.E. Owens, Mrs. Owens' Cook Book, 1884, p. 19

Fried Cabbage

Slice thin or chop fine. Put into frying-pan, with some salt pork gravy, and a very little water. Season with salt and pepper. Cover closely. Cook slowly on top of stove. When done, add half a cup of vinegar, if liked.

Mrs. F.E. Owens, Mrs. Owens' Cook Book, 1884, p. 139

Mother's Sliced Tomatoes

Prepare half an hour before dinner, scald a few at a time in boiling water, peel, slice, and sprinkle with salt and pepper, set away in a cool place, or lay a piece of ice on them. Serve as a relish for dinner in their own liquor, when vinegar and sugar may be added if desired.

Estelle Woods Wilcox, Buckeye Cookery and Practical Housekeeping, 1877, p. 297

BEAUMONT REGISTERED DIETITIAN APPROVED RECIPE

Cheese Straws

Three tablespoons flour, 1 of bread crumbs, pinch of salt, little red pepper, 4 tablespoons grated cheese*, yolk of 1 egg, 1 tablespoon water, knead with fingers very hard, roll out. Cut in narrow strips like straws, bake on greased manila paper.

*Using swiss, cheddar, smoked, or pepper cheese, this makes a tasty snack that can be frozen and reheated.

Larry and Priscilla Massie, Walnut Pickles and Watermelon Cake, 1899, 1990 edition, p. 19

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Ford Home, 1876

Baked Apple Dumplings

1 quart prepared flour
1 tablespoonful of butter and the same of lard
1 pint of milk
1 saltspoonful of salt
Some ripe apples

Chop the shortening into the flour when you have sifted and salted the latter. Wet up with milk and roll out quickly in a sheet less than half an inch thick. Cut into squares; lay in the centre of each a tart, juicy apple, pared and cored. Bring the corners of the square together and pinch to join them neatly. Lay in a baking pan, the joined edges downward, and bake to a fine brown. When done, brush over with the butter and close the oven door for a minute more to glaze them. Sift powdered sugar over them, and eat hot. These are more wholesome and more easily prepared than boiled dumplings. Eat with sweet sauce.

Marion Harland, The Dinner Year-Book, 1878, p. 48

Beef Stew

Order 2 pounds of beef or veal cut up small for a stew. Cheap cuts answer every purpose. Cook 2 or 3 hours. Put in some potatoes peeled and cut in halves, and some onions if they are liked. Season well; skim out into a platter; thicken the gravy and pour over. This will give a good dinner to 6 or 8 persons.

Mrs. F.E. Owens, Mrs. Owens' Cook Book, 1884, p. 84

Tomato Salad

Peel and slice your tomatoes, put into a salad-dish, and pour over them a dressing prepared as follows:

3 yolks of hard-boiled eggs, pounded
1 beaten raw egg
1 teaspoonful of salt
A pinch of cayenne
1 teaspoonful white sugar
2 tablespoonfuls of salad oil
1 teaspoonful of made mustard
½ teacupful of vinegar

Rub yolks, mustard, pepper, salt, sugar and [vinegar] to a paste. Beat in the raw egg with your whisk, finally, the oil, a little at a time. Stir a great lump of ice into the dressing, whirling rapidly for half a minute. Take it out and pour the mixture over the salad.

Marion Harland, The Dinner Year-Book, 1878, p. 376



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Ford Home, 1876

Firestone Rolls

½ cup warm water
½ cup warm milk
1 tablespoon yeast
2 tablespoons sugar or honey
¼ cup butter
1 egg
½ teaspoon salt
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.

Sadie Wutka, Firestone Farm House Cookbook, 2009, p. 4

Boiled Apple Dumplings

1 quart prepared flour; ¼ lb. suet, powdered; 1 teaspoonful salt; cold water to make a pretty stiff paste; fine juicy apples, pared and cored.

Make the paste; roll into a sheet a quarter of an inch thick; cut into squares; put in the centre of each an apple; bring the corners together, and pinch the edges. Have ready some small square cloths, dipped in hot water, and floured on the inside. Enclose each dumpling in one of these, leaving room to swell, and tie it up, bag-wise, with a stout string. Boil one hour, turn out and serve with a plenty of sweet sauce.

Marion Harland, The Dinner Year-Book, 1878, p. 542

Spare Ribs

Spare-ribs, as they are sold in the city, are so very spare that it is an improvement to roast them with a dressing of bread crumbs. Lay some ribs in the dripping-pan; salt and pepper; spread over them a dressing of crumbs, seasoned with pepper, salt, and sage; then lay on more spare-ribs; put a pint of water in the pan; season; roast till well done; pour off the top for fryings; add more water and thicken for gravy. Fried apples are a nice accompaniment to spare-ribs.

Mrs. F.E. Owens, Mrs. Owens' Cook Book, 1884, pp. 95-96

Potato Scallops

Mash the potatoes light with a little milk, and an even tablespoonful of butter for every cupful. Salt and pepper to taste. Fill buttered patty-pans, or scallop-shells with the mixture, sift fine crumbs over the tops, and brown in a good oven. Serve in the shells.

Marion Harland, The Dinner Year-Book, 1878, p. 343

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Ford Home, 1876

Cold Slaw

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 large half-pint of the best cider vinegar, and mix it with a quarter of a pound of fresh butter, divided into four bits, and rolled in flour; a small salt-spoon of salt, and the same quantity of cayenne. Stir all this well together, and boil it in a small saucepan. Have ready the yolks of four 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 a table.

Eliza Leslie, Miss Leslie's Directions for Cookery, 1851, pp. 226-227

Baking Powder Drop Biscuits

I take the usual baking-powder biscuit recipes (two cups of flour, four teaspoonfuls baking powder, half teaspoonful of salt, two tablespoonfuls of shortening, and about three fourths of a cup of milk), ... Another variation of the same biscuit dough is to make drop biscuits by adding about three table-spoonfuls of milk to rule, beating well, and dropping from a spoon into greased muffin tins. Sprinkle a little sugar over the top, put a raisin in the centre, and bake.

Della Lutes, The Country Kitchen, 1935, pp. 202-203

Spare-Rib Pot-Pie

Cut the spare-ribs once across and then in strips three or four inches wide, put on in kettle with hot water enough to cover, stew until tender, season with salt and pepper, and turn out of kettle; place a layer of spare-ribs in the bottom, add a layer of peeled potatoes (quartered if large), some bits of butter, some small squares of baking-powered dough rolled quite thin, season again, then another layer of spare-ribs, and so on until the kettle is two-thirds full, leaving the squares of crust for the last layer; then add the liquor in which the spare-ribs were boiled, and hot water if needed, cover, boil half to three-quarters of an hour, being careful to add hot water so as not to let it boil dry. The crust can be made of light biscuit dough, without egg or sugar, as follows: Roll thin, cut out, let rise, and use for pie, remembering to have plenty of water in the kettle, so that when the pie is made and the cover on, it need not be removed until dished. To warm over pot-pie, set it in a dripping-pan in the oven, and more squares of dough may be laid on the top.

Estelle Woods Wilcox, Buckeye Cookery and Practical Housekeeping, 1877, p. 175

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Ford Home, 1876

Fried Apples and Onions

In my own practice I use a cast aluminum saucepan in lieu of the heavy iron spider which my mother had, and into this I put perhaps two tablespoons of fat, — depending on the amount I am making, — either salt pork or bacon fat with another of butter. When this is hot, place a generous layer of thinly sliced onion on the bottom and let it cook until soft but not browned. This is salted and sprinkled with pepper. Now over the onion goes a thick layer of tart apple, unpeeled to keep the shape, cored and sliced across. This is sprinkled with sugar, the dish is covered, and the whole cooked until the apples are tender and the onions slightly browned on the bottom. If there is any danger of scorching, the dish must be stirred, of course, which will break the apples, but the taste will not be impaired. This can be used as a garnish or served separately.

Della Lutes, The Country Kitchen, 1935, pp. 247-248

Baked Tomatoes

1 can of tomatoes
Stale bread, crumbled fine
1 tablespoonful of butter
Pepper, salt, a little chopped parsley, and white sugar

Drain off two-thirds of the liquor from the tomatoes; salt it and set aside for another day's soup. One has no excuse for waste whose "stock-pot" is always near at hand. Little comes amiss to it. Cover the bottom of a bake-dish with crumbs; lay the tomatoes evenly upon this bed; season with pepper, salt, sugar, and parsley, with bits of butter here and there. Strew bread-crumbs over all, a thicker layer than at the bottom; and put tiny pieces of butter upon this, and bake, covered, about thirty-five minutes. Take off the cover and brown upon the upper shelf of the oven. Do not let it stay there long enough to get dry.

Marion Harland, The Dinner Year-Book, 1878, p. 28

Pumpkin Fritters

One pint of flour, one of buttermilk, half a teaspoonful of salt, one of soda, half a cupful each of molasses and stewed pumpkin, two eggs. Fry quickly in plenty of lard. Serve hot with sugar and cream.

Larry and Priscilla Massie, Walnut Pickles and Watermelon Cake, 1899, 1990 edition, p. 291

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Firestone Farm, 1885

Spaetzle

3 eggs
¼ teaspoon salt
1 quart flour

Make the Spaetzle in the following manner: Mix the flour and salt in enough water to make a paste. Mold in the shape of thick noodle slabs, 3 inches long and a quarter of an inch or more thick. Boil them in salted water for ten minutes. Then take out and fry them in hot butter until brown. Pour over them the eggs, beaten, and fry again for three or four minutes.

J. George Frederick, Pennsylvania Dutch Cookbook, 1935, p. 42

Pot Roast of Beef

Get a solid piece from the round, about 5 pounds. Put in a medium-sized kettle, that can set in the oven. Put it over the fire in hot water, to cover it. Boil slowly for 3 hours or more; season well; then remove the meat, and thicken the gravy with flour and water. Put the meat back in; set in the oven; put a cover over and let cook slowly till needed; 2 hours will not hurt. This mode of cooking will make the toughest beef tender. Serve in a large platter with part of the gravy; but dish up the greater part in a gravy dish.

Mrs. F.E. Owens, Mrs. Owens' Cook Book, 1884, p. 82

Baked Tomatoes

Cut a thin slice from blossom side of twelve solid, smooth, ripe tomatoes, with a tea-spoon remove pulp without breaking the shell; take a small, solid head of cabbage and one onion, chop fine, add bread-crumbs rubbed fine, and pulp of tomatoes, season with pepper, salt and sugar, add a tea-cup good sweet cream, mix well together, fill tomatoes, put the slice back in its place, lay them stem end down in a buttered baking-dish with just enough water (some cook without water), with a small lump of butter on each, to keep from burning, and bake half an hour, or until thoroughly done; place a bit of butter on each and serve in baking-dish. They make a handsome dish for a dinner-table.

Estelle Woods Wilcox, Buckeye Cookery and Practical Housekeeping, 1880, pp. 343-344

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.

Stephen Lewandowski, The Farmers and Housekeepers Cyclopaedia, 1888, p. 295

Cucumber Salad

Peel and slice cucumbers, mix with salt and let stand half an hour; mix two table-spoons sweet oil or ham gravy with as much vinegar and a tea-spoon sugar, add the cucumbers which should be drained a little; add a tea-spoon pepper and stir well. Sliced onions are an addition if their flavor is liked.

Estelle Woods Wilcox, Buckeye Cookery and Practical Housekeeping, 1880, p. 291



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Firestone Farm, 1885

Apple Pie

Line the pan with crust; pare and quarter three or four nice tart apples and spread on crust, sprinkle with two table-spoons sugar and small bits of butter; mix one table-spoon flour, one tea-spoon essence of lemon, two table-spoons sugar, and three or four of water together, pour over the apples and bake till they are thoroughly cooked; serve warm with sweetened milk or cream. Or, half a tea-spoon cinnamon, nutmeg, or allspice, may be used in place of essence of lemon, sprinkling it on just before baking. Or, after putting in apples, pour over them a custard made of two eggs and a pint of milk, sweetened to taste.

Estelle Woods Wilcox, Buckeye Cookery and Practical Housekeeping, 1877, p. 184

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 tea-spoons molasses, 1 cup of currants, and citron and spices to suit the taste, and bake in a tin same size as the others. 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.

Mrs. F.E. Owens, Mrs. Owens' Cook Book, 1884, p. 255

Cold Meat Turnovers

Make the dough as for soda biscuit; roll thin and cut circles as large as liked. In this put any kind of cold fresh meat or game chopped fine and well seasoned with catsup and sweet herbs, moistened well with melted butter or cream. Lay the meat on one side, turn over the other and pinch down the edges. They can be baked in the oven or fried in hot lard, like doughnuts, and are very good, hot or cold. Salt and pepper to the taste. These are very nice for picnics, but should be baked, as they keep fresher than those fried in lard.

Mary Perrin Goff, The Household of the Detroit Free Press, 1881, p. 525

Soda Biscuit

One quart flour, one tablespoon of lard, one teaspoonful of soda, two teaspoonfuls of cream tartar. Put both in the flour and wet with sweet milk.

Mary Perrin Goff, The Household of the Detroit Free Press, 1881, p. 389



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Firestone Farm, 1885

Heidelberg Cabbage

Select two small, solid heads of hard red cabbage; divide them in halves from crown to stem; lay the split side down, and cut downwards in thin slices. The cabbage will then be in narrow strips or shreds. Put into a sauce-pan a table-spoon of clean drippings, butter or any nice fat; when fat is hot, put in cabbage, a tea-spoon of salt, three table-spoons vinegar (if the latter is very strong, use but two), and one onion, in which three or four cloves have been stuck, buried in the middle; boil two hours and a half; if it becomes too dry and is in danger of scorching, add a very little water.

Estelle Woods Wilcox, Buckeye Cookery and Practical Housekeeping, 1880, pp. 330-31

German Potato Salad

Take six medium-sized cold potatoes, and slice thin, three good-sized sweet apples, also cut in small slices, four silver skinned onions chopped fine, and a little parsley cut in bits; dress these with two table-spoonfuls of oil, salt, pepper, sugar, and a little mustard and vinegar to blend the whole; beat it very light, and stir through the salad; garnish with hard-boiled eggs cut in rings.

Stephen Lewandowski, The Farmers and Housekeepers Cyclopaedia, 1888, p. 304

BEAUMONT REGISTERED DIETITIAN APPROVED MODIFICATION

Take six medium-sized cold potatoes, and slice thin, three good-sized sweet apples, also cut in small slices, four silver skinned onions chopped fine, and a little parsley cut in bits; dress these with two table-spoonfuls of **olive oil**, salt, pepper, and a little mustard and vinegar to blend the whole; beat it very light, and stir through the salad; garnish with hard-boiled eggs cut in rings.

Stewed Carrots

Take any quantity desired, divide the carrots lengthwise, and boil until perfectly tender, which will require from one to two hours. When done, have ready a sauce-pan with one or two table-spoons butter, and small cup cream; slice the carrots very thin, and put in the sauce-pan; add salt and pepper, and let stew ten or fifteen minutes, stirring gently once or twice, and serve in a vegetable dish. Some add more milk or cream; when done, skim out carrots, and to the cream add a little flour thickening, or the beaten yolks of one or two eggs. When it boils, pour over the carrots and serve. Carrots may also be boiled with meat like turnips or parsnips, but they take longer to cook than either.

Estelle Woods Wilcox, Buckeye Cookery and Practical Housekeeping, 1880, p. 327

Squash Biscuits

One pint of strained squash, one half cup of yeast, 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 biscuit, let rise and bake; these should be eaten while hot.

Stephen Lewandowski, The Farmers and Housekeepers Cyclopaedia, 1888, p. 308



Fall Flavor Weekends Presented by **Beaumont**

2018 RECIPES

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Firestone Farm, 1885

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 tea-spoonful of soda, flour enough for a stiff batter.

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

Apple Butter

Boil one barrel of new cider down half, peel and core three bushels of good cooking apples; when the cider has boiled to half the quantity, add the apples, and when soft stir constantly for from eight to ten hours. If done it will adhere to an inverted plate. Put away in stone jars (not earthenware), covering first with writing-paper cut to fit the jar, and press down closely upon the apple butter; cover the whole with thick brown paper snugly tied down.

Estelle Woods Wilcox, Buckeye Cookery and Practical Housekeeping, 1877, p. 218

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Edison Homestead, 1915

Fillet of Beef

Trim fillet into good shape. Lard it plentifully, letting the whole upper surface be perforated with lardoons. Place in baking pan thin slices of larding pork, over pork place layer of chopped onion, carrots, turnip, and celery; lay tenderloin on top. Pour in 1 cup stock, add ½ teaspoon salt, ¼ teaspoon pepper; 4 sprigs parsley, 1 bay leaf, and 2 cloves. Bake in hot oven 30 minutes, and baste frequently. Remove when done; strain off gravy and skim off grease. Blend 1 tablespoon Crisco with 1 tablespoon flour in a pan, add gravy strained from pan, ¼ cup grated horseradish, salt and paprika to taste and bring to a boiling point, then add 2 tablespoons lemon juice and 1 tablespoon vinegar. Spread sauce on hot serving dish and lay fillet on it.

Marion Harris Neil, The Story of Crisco, 1913, p. 205

Potatoes au Gratin

Finely slice 2 lbs. fair-sized cold cooked potatoes. Put them in a basin and add thereto salt, pepper, grated nutmeg, 1 ½ pints of boiled sweet cream and 4 oz. fresh grated Parmesan cheese. Mix up the whole. Pour the preparation into earthenware dishes well buttered, copiously sprinkle with grated Parmesan cheese, add a few pieces of sweet butter and cook in a moderate oven.

James Beard, Portland Woman's Exchange Cook Book, 1913, p. 119

New Beets

Peel hot cooked beets, cut into slices, and toss about for 3 or 4 minutes in saucepan which contains 3 tablespoons Crisco to which has been added 1 teaspoon plain vinegar, or a few drops of tarragon, 2 cloves, and 1 teaspoon sugar.

Marion Harris Neil, The Story of Crisco, 1913, p. 203

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.

Mrs. Ernest E. Crepin, My Favorite Receipt, 1895, p. 16

Fruit Punch I

1 quart cold water
2 cups sugar
½ cup lemon juice
2 cups chopped pineapple
1 cup orange juice

Boil water, sugar, and pineapple twenty minutes; add fruit juice, cool, strain, and dilute with ice water.

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



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Edison Homestead, 1915

Onion Soup

Slice thin 4 or 6 onions, brown them a golden brown in a little butter. Add this to the required amount of soup stock and let it boil half an hour. Pour the soup into a casserole dish. Have thickly buttered squares of toast covered with the grated American or Parmesan cheese; brown them in the oven a few minutes and put them in the soup and serve separately some grated cheese. The toast may also be served separately. Serve in casserole or individually.

James Beard, Portland Woman's Exchange Cook Book, 1913, p. 27

Cheese Drops

Add to 3 ½ 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.

Marion Harris Neil, The Story of Crisco, 1913, p. 194

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 tablespoon sugar, and cook five minutes.

Fannie Farmer, Boston Cooking School Cook Book, 1896, p. 258

Pineapple Fritters

1 small pineapple
1 small glass brandy
2 ounces flour

Soak the pineapple in the brandy and sugar for 4 hours. Make batter of ½ lb. flour, ½ ounce butter, ½ saltspoon salt, 2 eggs and a little cream. Dip in the pineapple cut in pieces, and fry them in boiling lard 5 to 8 minutes. Sift sugar over them and serve.

James Beard, Portland Woman's Exchange Cook Book, 1913, p. 165

Baked Ham

Soak ham over night then wash and scrape it. Put it into cold water; let it come to boiling point then simmer for 2 hours. Let the ham cool in the water; then remove and draw off the skin. Bake in moderate oven for 2 hours; baste it frequently; using 1 cup of sherry wine, 2 spoonfuls at a time; then baste with melted Crisco. When done, cover with a paste made of browned flour and browned sugar moistened with sherry, and return to oven to brown.

Marion Harris Neil, The Story of Crisco, 1913, p. 209

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Edison Homestead, 1915

Potatoes, Deviled-German

Boil a pound of waxy potatoes, peel and slice. Fry six slices of bacon, cut in dice, until crisp; stir in a scant tablespoon of flour, a teaspoon of French mustard, a pinch each of salt and sugar, a quarter cup of vinegar and cayenne to taste. Heat the potatoes in this, add a tablespoon each of parsley, chives, and pickles, finely chopped, and serve.

L.L. McLaren, The Pan-Pacific Cook Book, 1915, p. 65

Egg Salad I

Cut six hard boiled eggs in halves crosswise, keeping whites in pairs. Remove yolks, and mash or put through a potato ricer. Add slowly enough Oil Dressing II to moisten. Make into balls the size of original yolks and refill whites. Arrange on a bed of lettuce and pour Oil Dressing II around eggs.

Fannie Farmer, Boston Cooking School Cook Book, 1896, pp. 296-297

Oil Dressing II

1 ½ teaspoons mustard
 1 teaspoon salt
 2 teaspoon powdered sugar
 Few grains cayenne
 2 eggs slightly beaten
 2 Tablespoons oil
 ⅓ cup vinegar diluted with cold water to make one-half cup

Mix dry ingredients, add egg and oil gradually, stirring constantly until thoroughly mixed; then add diluted vinegar. Cook over boiling water until mixture thickens; strain and cool.

Fannie Farmer, Boston Cooking School Cook Book, 1896, p. 290

Colcannon

3 tablespoonfuls Crisco
 ½ lb. cold cooked potatoes
 ½ lb. cold cooked cabbage
 1 onion
 Salt and pepper to taste

Chop onion and cabbage and mash potatoes. Put into frying pan with Crisco and fry few minutes adding seasonings. Turn into Criscoed fireproof dish and brown in oven.

Marion Harris Neil, The Story of Crisco, 1913, p. 67

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Edison Homestead, 1915

Ginger Gems

1 cupful sugar
 ½ cupful Crisco
 ¾ cupful chopped preserved ginger
 2 eggs
 1 cupful milk
 3 cupfuls flour
 3 teaspoonfuls baking powder
 ½ teaspoonful salt

Cream Crisco and sugar together then add eggs well beaten. Sift flour, baking powder, and salt together; add alternately with milk to first mixture. Now mix in ginger and divide mixture into Criscoed and floured gem pans and bake in hot oven twenty-five minutes. Sufficient for sixteen gems.

Marion Harris Neil, The Story of Crisco, 1913, p. 104

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 [½ 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. Recommended.

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

Layer Cake No. 11

3 eggs, beaten whites and yolks apart
 2 cups of sifted flour
 1 ½ cups of "A" sugar (essential)
 1 heaping teaspoon of Royal baking powder
 Lemon rind and vanilla to taste
 ¼ teaspoon of ground mace may be added
 1 cup of butter
 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. Recommended.

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

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Edison Homestead, 1915

Stuffed Onions

Boil 8 large onions in boiling salted water till tender. Drain, and with sharp knife cut centers from each. Mix together in a basin 2 tablespoons chopped cooked ham, 3 tablespoons crumbs, 2 tablespoons Crisco, 2 tablespoons cream, 1 beaten egg, salt, pepper, and paprika to taste, and 1 tablespoon chopped parsley. Fill with this mixture, sprinkle each with crumbs and dot with Crisco. Place on baking dish and bake in moderate oven 1 hour. Spanish onions are best to use.

Marion Harris Neil, The Story of Crisco, 1913, p. 207

Hungarian Salad

Mix equal parts shredded fresh or preserved pineapple, bananas in small pieces, and sections tangerines, and marinate together in French dressing. Fill banana skins with mixture, sprinkle generously with paprika, arrange on lettuce leaves, and serve with French dressing.

The dressing is made as follows: Put 4 tablespoons melted Crisco in cold bowl; if possible, put in small piece ice. Add ½ teaspoon salt, saltspoon pepper, and stir until salt is dissolved, add tablespoon vinegar or lemon juice. Beat for 3 minutes until dressing is as thick as good cream. Use at once.

Marion Harris Neil, The Story of Crisco, 1913, p. 187

Pineapple Lemonade

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

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 Cook Book, 1896, p.46

Green Peas a la Maitre d'Hotel

4 tablespoonfuls Crisco
1 quart shelled peas
Salt and pepper to taste
1 tablespoonful lemon juice
2 sprigs mint
1 tablespoonful chopped parsley
1 teaspoonful sugar

Shell peas and throw into plenty boiling water containing a teaspoonful of salt, sugar, and mint; boil fast until tender, then drain. Mix lemon juice with Crisco and parsley; stir this among the peas, reheat them, and serve at once.

Marion Harris Neil, The Story of Crisco, 1913, p. 69

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Mattox Family Home, 1930

Fried Fish

There are so many ways to prepare fried fish that it would be difficult to select one recipe to please each preference. But here are a few simple rules:

1. Select fresh fish!
2. Removing heads is a matter of choice, and largely depends upon size of fish.
3. Cut large fish in slices or fillets.
4. Rub fish with salt, pepper, garlic salt, lemon or mustard. Place in refrigerator overnight or at least several hours to allow seasoning to penetrate fish.
5. Dip in corn meal, fish fry, or flour. Be sure fish is well coated.
6. Be sure fat is very hot. For ordinary frying at least $\frac{1}{8}$ inch of fat is necessary.
7. Turn and brown on each side, allowing 8 to 10 minutes a side, depending on thickness of fish.
8. Drain on brown paper before serving.
9. For French fried fish, use hot deep fat. Fry fast, 5 to 7 minutes. Small pieces of fish are best.
10. A good tart or hot sauce is a "must" on crisp fried fish.
11. Sweet basil or thyme and celery, onion, or hickory salt may be rubbed on fish before frying.

Freda DeKnight, The Ebony Cookbook: Date with a Dish, 1962, p. 122

Buttered Baked Potatoes

Pare before baking. Wash and dry. Brush over with melted butter or bacon fat. Bake until soft at any temperature from moderate (350° F.) to very hot (450° F.). The lower temperature gives excellent results.

Sue Bailey Thurman, The Historical Cookbook of the American Negro, 2000, p. 52

Pickled Beets and Onions

1 16-ounce can (2 cups) sliced beets, with juice
 2 tablespoons vegetable oil
 $\frac{1}{4}$ cup cider vinegar
 3 whole cloves
 1 teaspoons sugar
 $\frac{1}{2}$ teaspoon salt
 1 onion, sliced thin

Drain beet juice into a serving dish. Blend in oil, vinegar, cloves, sugar, and salt. Finally, add beets and onion; refrigerate 1 hour.

Carolyn Quick Tillery, The African American Heritage Cookbook, 1996, p. 139

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Mattox Family Home, 1930

Old-Fashioned Country Green Beans

2 pounds green beans
 ½ pound bacon ends
 1 teaspoon sugar
 2 teaspoons salt
 2 onions
 1 pound new potatoes
 ¼ teaspoon red pepper

Cut bacon in chunks, cover with water, and boil 20 minutes. Wash and cut green beans in half. Add onions, beans, sugar and seasonings. Boil 15 minutes. Add scraped new potatoes, and boil until potatoes are done. Serve with corn bread and garden country salad. Serves 4.

To your green string beans add fresh cut corn from cob.

Freda DeKnight, The Ebony Cookbook: Date with a Dish, 1962, p. 165

Corn Bread

2 eggs
 1 ½ cups buttermilk
 ½ cup melted shortening
 1 ½ cups corn meal
 ¾ cup sifted flour
 1 tsp. salt
 1 Tbsp. sugar (optional)
 2 ½ tsp. baking powder

Beat eggs and add milk and shortening. Sift remaining ingredients together. Add egg mixture and beat well. Pour into greased pan. Bake in hot oven, 400°F., for about 25 minutes.

Marcia Heringa Mason, Always Enough, 1996, p. 28

Gingerbread

Two quarts flour, 3-4 th [¾] lb. lard, 3-4 ths [¾] lb. sugar, three teaspoonfuls cinnamon, two of ginger, one of allspice, one pint sour milk, molasses to make a stiff batter, one teaspoonful soda dissolved in milk.

Mrs. Malinda Russell, A Domestic Cook Book, 1866, p. 6

Fried Ham with Red-Eye Gravy

Cured or country ham, sliced ¼ to ½ inch thick
 ½ cup hot water
 ¼ 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 moderate 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, 1996, p. 61



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Mattox Family Home, 1930

Black-Eyed Peas a la Carolyn

1 pound dried black-eyed peas
1 large onion, chopped
5 garlic cloves, minced
3 tablespoons bacon drippings
1 large ham hock or turkey wing
2 bay leaves
4 teaspoons seasoned salt
½ teaspoon onion powder
¼ teaspoon Liquid Smoke
¼ teaspoon ground cumin
1 pinch crushed red pepper

Place peas in a large colander. Pick over peas, and remove any foreign objects. Rinse under cold water. Place them in a large bowl and add sufficient water to cover by 3 inches. Soak overnight. Drain. In a large pot over medium heat, saute onion and garlic in bacon drippings. Add washed ham hock and enough water to cover. Bring to a rapid boil, reduce heat, and simmer ham hock, covered, for 1 hour. Add soaked peas, and additional water to cover peas, if necessary. Cover pot and simmer over low heat for ½ hour. Add remaining ingredients and simmer uncovered an additional hour. Add more water if mixture is too thick.

Carolyn Quick Tillery, The African American Heritage Cookbook, 1996, p. 104

Fried Green Tomatoes

1 cup yellow cornmeal
¾ tablespoon all-purpose flour
1 teaspoon sugar
1 teaspoon seasoned salt
⅛ teaspoon cayenne pepper
Pepper to taste
5 green tomatoes, sliced
2 to 3 tablespoons bacon drippings or vegetable shortening

Combine cornmeal, flour, sugar, and seasonings; coat both sides of the tomato slices with the mixture. Place on a wire rack and allow to dry 10 minutes. In a large cast-iron skillet, heat drippings or shortening over medium heat and fry tomatoes in a single layer. Brown each side lightly. Serve immediately.

Carolyn Quick Tillery, The African American Heritage Cookbook, 1996, p. 137