

Fall Flavor Weekends

2019 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.

Daggett Farmhouse, 1760

To Make a Cabbage Pudding

Take two pounds of the lean part of a leg of veal, of beef-suet, the like quantity, chop them together, then beat them together in a mortar, adding to it half a little cabbage scalded, and beat that with your meat; then season it with mace and nutmeg, a little pepper and salt, some green gooseberries, grapes, or barberries in the time of the year; in the winter put in a little verjuice [sour juice made from unripe grapes], then mix all well together, with the yolks of four or five eggs well beaten; wrap it up in green cabbage leaves, lie a cloth over it, boil it an hour; melt cutter for sauce.

Eliza Smith, The Compleat Housewife, 1758, p. 134

Batter for Celery

Cut off the green tops of six or eight heads of celery, and take off the outside stalks. Wash them well and pare the roots clean. Then have ready half a pint of white wine, the yolks of three eggs beat fine, and a little salt and nutmeg. Mix all well together with flour into a batter, and dip every head into the batter, and fry them in butter. When they be enough, lay them in your dish, and pour melted butter over them.

John Farley, The London Art of Cookery, 1783, p. 56

Snowballs

Pare and take out the cores of five large baking apples, and fill the holes with orange or quince marmalade: then make some good puff paste, roll the apples in it, and make the crust of an equal thickness. Put them in a tin dripping-pan, bake them in a moderate oven, and when taken out, make icing for them. Let the icing be about a quarter of an inch thick, and set them at a good distance from the fire till they are hardened; but take care not to let them brown. Put one in the middle of a dish, and the others round it.

John Farley, The London Art of Cookery, 1783, pp. 277-78

Puff Paste (for Snowballs)

Rub a pound of butter very fine into a quarter of a peck of flour. Make it up into a light paste with cold water, just stiff enough to work it. Then roll it out about the thickness of a crown piece, and put a layer of butter all over. Sprinkle on a little flour, double it up, and roll it out again. Double it and roll it out seven or eight times, when it will be fit for all sorts of pies and tarts that require a puff paste. Or, beat the white of an egg to a strong froth, and mix it with as much water as will make three quarters of a pound of flour into a tolerably stiff paste. Roll it out very thin, lay the third part of a half pound of butter in thin pieces, and dredge it with a little more flour. Roll it up tight, then roll it out again, and continue to do so until half a pound of butter and flour is used. Cut it in square pieces, and make the tarts. This will require a quicker oven than for your crisp paste.

John Farley, The London Art of Cookery, 1783, pp. 199-200

Icing for Tarts

Beat and sift a quarter of a pound of fine loaf sugar. Put it into a mortar with the white of one egg that has been well beat up. Add to these two spoonfuls of rose water, and beat all together till it be so thick as just to run, observing to stir it all one way. It is laid on the tart with a brush or small bunch of feathers dipped in the icing. Set the tarts, when so done, into a cool oven to harden. But take care not to let them stand too long; for that will discolour them.

Susannah Carter, The Frugal Colonial Housewife, 1772, p. 101

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Daggett Farmhouse, 1760

Grapes

Put into a jar some close bunches of grapes, but they must not be too ripe; it matters not whether they are black or white grapes. Put to them a quarter of a pound of sugar candy, and fill the jar with common brandy. Tie them up close with a bladder, and set them in a dry place. Morello cherries may be preserved in the same manner.

John Farley, The London Art of Cookery, 1783, pp. 301-302

To Hash Mutton

Take mutton half roasted, and cut it in pieces as big as half a crown; then put into the sauce-pan half a pint of claret, as much strong broth or gravy, (or water, if you have not the other) one anchovy, a shallot, a little whole pepper, some nutmeg grated, and salt to your taste; let these stew a little, then put in the meat, and a few capers and samphire [a coast marsh herb much like asparagus] shred; when it is hot through, thicken it up with a piece of fresh butter rolled in flour; toast sippets, and lay them in the dish, and pour the meat on them. Garnish with lemon.

Susannah Carter, The Frugal Colonial Housewife, 1772, p. 68

Spinach Pudding

Pick and wash clean a quarter of a peck of spinach, put it into a saucepan with a little salt, cover it close, and when boiled just tender, throw it into a sieve to drain. Then chop it with a knife, beat up six eggs, and mix well with it half a pint of cream, and a stale roll grated fine, a little nutmeg, and a quarter of a pound of melted butter. Stir all well together, put it into the saucepan in which the spinach was boiled, and keep stirring it all the time till it begins to thicken. Then wet and flour the cloth well, tie it up and boil it an hour. When enough, turn it into the dish, pour melted butter over it, and the juice of a Seville orange.

John Farley, The London Art of Cookery, 1783, p. 187

Green Peas

The peas must not be shelled till just before they are wanted: put them into boiling water, with a little salt and a lump of loaf sugar, and when they begin to dent in the middle, they will be enough. Strain them into a sieve, put a good lump of butter into the dish, and stir them till the butter is melted. Boil a sprig of mint by itself, chop it fine, and lay it round edge of the dish in lumps.

John Farley, The London Art of Cookery, 1783, p. 179

To Make a Pupton of Apples

Pare some apples, take out the cores and put them into a skillet: to a quart mugful heaped put in a quarter of a pound 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 a 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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Daggett Farmhouse, 1760

To Preserve Peaches

Take the largest peaches you can get, not over ripe, rub off the lint with a cloth, and run them down the seam with a pin, skin deep; cover them with French brandy, tie a bladder over them, and let them stand a week; make a strong syrup and boil and skim it well; take the peaches out of the brandy, and put them in and boil them till they look clear; then take them out, put them in glasses, mix the syrup with the brandy, and when cold pour it over your peaches: tie them close down with a bladder, and leather over it.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, p. 363

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Giddings Family Home, 1760

To Stew Apples

Take to a quart of water a pound of double refin'd sugar beaten fine, boil and skim it, and put into it a pound of the largest and clearest pippins, pared, cut in halves, and cored; let them boil, cover'd with a continual froth, till they be as tender and clear as you would have them; then put in the juice of two lemons, and a little peel cut like threads; let them have five or six walms [circular waves rising from the bottom of a boiling pot] after the lemon is in, then put them in a China dish or salver you serve them in; they should be done two hours before used.

Eliza Smith, The Compleat Housewife, 1758, p. 218

To Make Catchup to Keep Twenty Years

Take a gallon of strong stale beer, one pound of anchovies washed from the pickle, a pound of shalots peeled, half an ounce of mace, half an ounce of cloves, a quarter of an ounce of whole pepper, three or four large races of ginger, two quarts of the large mushroom-slaps rubbed to pieces; cover all this close, and let it simmer till it is half wasted, then strain it through a flannel bag; let it stand till it is quite cold, then bottle it. You may carry it to the Indies. A spoonful of this to a pound of fresh butter melted makes a fine fish-sauce, or in the room of gravy sauce. The stronger and staler the beer is, the better the catchup will be.

Hannah Glasse, Everlasting Syllabub and the Art of Carving, 2011, p. 70

Sweet Meat Balls

Take part of a leg of lamb or veal and scrape it fine and shred the same quantity of beef suet; put thereto a good quantity of currants, season it with sweet spice, a little lemon peel, three or four yolks of eggs, and a few sweet herbs; mix it well together and make it into little balls.

Edward Kidder, Receipts of Pastry and Cookery, 1720, p. 2

To Make Kickshaws

Make puff paste, roll it thin, and if you have any moulds work it upon them; make them up with preserved pippins: you may fill some with gooseberries, some with raspberries, or what you please; then close them up, and either bake or fry them; throw grated sugar over them, and serve them up.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, p. 222

To Make Milk Chocolate

Take a quart of milk, chocolate without sugar four ounces, fine sugar as much; fine flour or starch half a quarter of an ounce, a little salt; mix them, dissolve them, and boil them as before [10 or 12 minutes].

John Nott, The Cooks and Confectioners Dictionary: Or, the Accomplish'd Housewives Companion, 1723, p. 141

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Giddings Family Home, 1760

To Make a Hedge-Hog

Take two pounds of sweet almonds blanched, beat them well in a mortar, with a little canary and orange-flower water, to keep them from oiling; make them into a stiff paste, then beat in the yolks of twelve eggs, leave out five of the whites, put to it a pint of cream, sweeten it with sugar, put in half a pound of sweet butter melted, set it on a furnace or slow fire, and keep continually stirring till it is stiff enough to be made into the form of a hedge-hog, then stick it full of blanched almonds slit, and stuck up like the bristles of a hedge-hog, then put it into a dish. Take a pint of cream and the yolks of four eggs beat up, and mix with the cream; sweeten to your palate, and keep them stirring over a slow fire all the time till it is hot, then pour it into your dish round the hedge-hog; let it stand till it is cold, and serve it up.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, p. 224

Marlborough Pudding

Take 12 spoons of stewed apples, 12 of wine, 12 of sugar, 12 of melted butter, and 12 of beaten eggs, a little cream, spice to your taste; lay in paste No. 3, in a deep dish; bake one hour and a quarter.

Amelia Simmons, American Cookery, 1796, p. 36

Puff Pastes for Tarts, No. 3

To any quantity of flour, rub in three fourths of its weight of butter, (twelve eggs to a peck) rub in one third or half, and roll in the rest.

Amelia Simmons, American Cookery, 1796, p. 37

Pan Perdu or Cream Toasts

Having two French rolls, cut them into slices as thick as your finger, crumb and crust together; lay them on a dish, put to them a pint of cream and half a pint of milk; strew them over with beaten cinnamon and sugar; turn them frequently till they are tender, but take care not to break them; then take them from the cream with the slice, break four or five eggs, turn your slices of bread in the eggs, and fry them in clarified butter: make them of a good brown colour, but not black; scrape a little sugar over them. They may be served for a second-course dish, but are fittest for supper.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, p. 222

To Make Pink-Coloured Pancakes

Boil a large beet-root tender, and beat it fine in a marble mortar, then add the yolks of four eggs, two spoonfuls of flour, and three spoonfuls of good cream, sweeten it to your taste, and grate in half a nutmeg, and put in a glass of brandy; beat them all together half an hour, fry them in butter, and garnish them with green sweet-meats, preserved apricots, or green sprigs myrtle. It is a pretty corner dish for either dinner or supper.

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

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Giddings Family Home, 1760

To Make India Pickle

To a gallon of vinegar, one pound of garlic, three quarters of a pound of long-pepper, a pint of mustard seed, one pound of ginger, and two ounces of tumerick; the garlic must be laid in salt three days, then wiped clean and dried in the sun; the long-pepper broke, and the mustard-seed bruised: mix all together in the vinegar; then take two large hard cabbages, and two cauliflowers, cut them in quarters, and salt them well; let them lie three days, and dry them well in the sun.

N.B. – The ginger must lie twenty-four hours in salt and water, then cut small, and laid in salt three days.

Hannah Glasse, The Art of Cookery Made Plain and Easy, 1796, p. 308

Orange Pudding

Three spoons of ground boiled rice, 9 of melted butter, 9 of wine, 9 eggs, half pound currants, six ounces sugar, one pint milk, half a nutmeg, juice of one orange, and one orange peel; lay in paste No. 7 Bake one hour.

Amelia Simmons, American Cookery, 1796, p. 36

Puff Pastes 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. 38

The Lemon Salad

Take lemons and cut them into halves, and when you have taken out the meat, lay the rinds in water twelve hours; then take them out, and cut the rinds thus: boil them in water till they are tender; take them out and dry them; then take a pound of loaf sugar, putting to it a quarter of a pint of white wine, and twice as much white wine vinegar, and boil it a little; then take it off, and when it is cold put it in the pot to your peels; they will be ready to eat in five or six days; it is a pretty salad.

Eliza Smith, The Compleat Housewife, 1758, p. 115

To Make a Sweet-Meat Pudding

Put a thin puff paste at the bottom of your dish, then have of candied orange, lemon, and citron peel, of each an ounce; slice them thin, and put them in the bottom on your paste; then beat eight yolks of eggs, and two whites, near half a pound of sugar, and half a pound of butter melted; mix and beat together, and when the oven is ready, pour it on your sweet-meats in the dish. An hour or less will bake it.

Eliza Smith, The Compleat Housewife, 1758, p. 142

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Giddings Family Home, 1760

To Make Carraway Cakes

Take two pounds of white flour, and two pounds of coarse loaf-sugar well dried and fine fisted; after the flour and sugar are fisted and weighed, mingle them together, fist the flour and sugar together, through a hair sieve, into the bowl you use it in; to them you must have two pounds of good butter, eighteen eggs, leaving out eight of the whites; to these you must add four ounces of candied orange, five or six ounces of carraway-comfits; you must first work the butter with rose-water till you can see none of the water, and your butter must be very soft; then put in flour and sugar, a little at a time, and likewise your eggs; but you must beat your eggs very well, with ten spoonfuls of sack, so you must put in each as you think fit, keeping it constantly beating with your hand till you have put it into the hoop for the oven; do not put in your sweet-meats and seeds till you are ready to put it into your hoops; you must have three or four doubles of cap-paper under the cakes, and butter the paper and hoop: you must sift some fine sugar upon your cake when it goes into the oven.

Hannah Glasse, Everlasting Syllabub and the Art of Carving, 2011, p. 50

Bilboquet Fritters

Break five eggs into two handfuls of fine flour, and put milk enough to make it work well together. Then put in some salt, and work it again. When it is well made, put a tea-spoonful of powder of cinnamon, the same quantity of lemon-peel grated, and half an ounce of candied citron cut very small with a pen-knife. Put on a stew-pan, rub it over with butter, and put in the paste. Set it over a very gentle fire on a stove, and let it be done very gently, without sticking to the bottom or sides of the pan. When it is in a manner baked, take it out and lay it on a dish. Set on a stewpan with a large quantity of lard; when it boils cut the paste the size of a finger, and then cut it across at each end, which will rise and be hollow, and have a very good effect. Put them into the boiling lard but great care must be taken in frying them, as they rise so much. When they are done, sift some sugar on a warm dish, lay on the fritters, and sift some more sugar over them.

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

To Make Puff-Paste

To a peck of flour you must have three quarters the weight in butter; dry your flour well, and lay it on a table; make a hole, and put in it a dozen whites of eggs well beaten, but first break into it a third part of your butter; then with water make up your paste, then roll it out, and by degrees put in the rest of the butter.

Eliza Smith, The Compleat Housewife, 1758, p. 165

Lemon Pudding

Grate the peels of three large lemons, only the yellow, then take two lemons more, and the three you have grated, and roll them under your hand on a table till they are very soft; but be careful not to break them; then cut and squeeze them, and strain the juice from the seeds to the grated peels, then grate the crumb of three half-penny loaves, (or ten ounces of crumb, white loaves) into a bason, and make a pint of white wine scalding hot, pour it to your bread, and stir it well together to soak, then put to it the grated peel and juice; beat the yolks of eight eggs and four whites together, and mingle with the rest three quarters of a pound of butter that is fresh and melted, and almost a pound of white sugar, beat it well together till it be thoroughly mixt, then lay a sheet of puff-paste at the bottom and brim, cutting it into what form you please; the paste that is left roll out, and with a jagging iron cut them out in little stripes, neither so broad or long as your little finger, and bake them on a floured paper; let the pudding bake almost an hour, when it comes out of the oven stick the pieces of paste on the top of it to serve it to table. It eats well either hot or cold.

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

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McGuffey Birthplace, 1810s

To Make Onion Soup

First, put a tea-kettle of water on to boil, then slice six Spanish onions, or some of the largest onions you have got; flour them pretty well, then put them into a stew-pan that will hold about three quarts, fry them in butter till they are of a fine brown, but not burnt; pour in boiling water sufficient to fill the soup-dish you intend; let it boil, and take half a pound of butter rolled in flour, break it in, and keep it stirring till your butter is melted. As it boils, skim it very well, and put in a little pepper and salt; cut a French roll into slices, and set it before the fire to crisp; poach seven or eight eggs very nicely; cut off all the ragged part of the whites, drain the water from them, and lay them upon every slice of roll; pour your soup into the dish, and put the bread and eggs carefully into the dish with a skimmer. If you have any spinach boiled, lay a leaf between every piece of roll, and send it to table.

Susannah Carter, The Frugal Colonial Housewife, 1742, p. 78

To Roast a Rabbit Hare Fashion

Lard a rabbit with bacon, put a pudding in its belly, and roast it as you do hare, and it eats very well. Send it in with gravy sauce.

Susannah Carter, The Frugal Colonial Housewife, 1742, p. 14

To Roast a Hare

Case and truss your hare, and then make a pudding thus: A quarter of a pound of beef suet minced fine; as much bread crumbs; the liver chopped fine; parsley and lemon-peel shred fine; season'd with pepper, salt and nutmeg. Moisten it with an egg, and put it into the hare; sew up the belly, and lay it down to a good fire: Let your dripping-pan be very clean, put into it a quart of milk, and six ounces of butter, and baste it with this till the whole is used: about five minutes before you take it up; dust on a little flour and baste with fresh butter, that it may go to table with a good froth. Put a little gravy in the dish, and the rest in a boat. Garnish your dish with lemon.

Susannah Carter, The Frugal Colonial Housewife, 1742, p. 14

To Make Onion Sauce

Boil some large onions in a good deal of water, till they are very tender; put them into a cullender, and when drained, pass them through it with a spoon; put them into a clean sauce-pan, with a good piece of butter, a little salt, and a gill of cream: Stir them over the fire till they are of a good thickness.

Susannah Carter, The Frugal Colonial Housewife, 1742, p. 55

The Tunbridge Puddings

Pick and dry a pint of oatmeal. Bruise it, but not small, in a mortar. Boil it a quarter of an hour in new milk. Then cover it close, and let it stand till it be cold. To this, when cold, add eight eggs beaten and strained, a penny loaf grated, half a pound of beef suet shred small, half a nutmeg grated, three spoonfuls of Madeira or sack, a quarter of a pound or more of sugar. Mix these well together. Tie it up in a cloth, and boil it three hours. Serve it up with a good deal of butter poured over it.

Susannah Carter, The Frugal Colonial Housewife, 1742, p. 110

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McGuffey Birthplace, 1810s

Indian Slapjack

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

Amelia Simmons, American Cookery, 1796, pp. 41-42

To Hash a Hare

Cut up your roasted hare intirely, put in into a stew-pan with some good gravy, and a gill of red wine, some shred lemon-peel, and a bundle of sweet-herbs; let it stew for an hour; then add some forced meat balls, and yolk of twelve hard-boiled eggs, with truffles and morells. Give them a boil up, then take out the herbs, place the hare handsomely on the dish, and pour gravy, &c. over it Garnish with sliced lemon and barberries.

Susannah Carter, The Frugal Colonial Housewife, 1742, p. 71

To Stew Pears

Pare six pears, and either quarter them or do them whole as they make a pretty dish with some whole, and 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 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 the place of wine.

Susannah Carter, The Frugal Colonial Housewife, 1742, p. 67

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 an 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 roll it, and pull it into little pieces about as big as a large walnut, roll them 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

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Susquehanna Plantation, 1860

To Fry Ochra

Boil a quart; strain it well from the water; mash it smooth; season with salt and pepper. Beat in one or two eggs, and add flour (about half a tumbler of sifted flour) to make the batter stiff enough to fry as fritters. Serve on a flat dish upon a napkin. They should not be piled; send in as fast as fried.

Mrs. A.P. Hill, Mrs. Hill's New Cookbook or Housekeeping Made Easy, 1876, p. 191

Cheese Biscuits

One pound of flour, half a pound of butter, half a pound of grated cheese; make up quick, and with very little handling, as puff paste. Roll thin; cut and bake in a quick oven. Salt to taste.

Mrs. A.P. Hill, Mrs. Hill's New Cookbook or Housekeeping Made Easy, 1876, p. 232

Carolas

Five eggs to two cups of sugar; break eggs into the sugar and beat the whole till perfectly light. Sift one quart of flour; take one-half teacup of sweet milk and put a level teaspoonful of soda in it, without lumps; one teaspoon of salt. Flavor with the juice of one orange, the peel of half an orange, grated, and one teaspoonful of butter. Make the dough in the same way as for light bread [make up overnight at 10 o'clock; make dough soft and spongy, and set to rise in a warm place]; roll out dough as for biscuit. Cut them out five inches by two inches, slice them two inches in the middle and stretch open a little. Have your fat boiling hot, but do not let it burn. Put carolas in hot fat, shake skillet gradually till brown. As you take them out of the fat, lay them in a pan on clean paper, so as to drain grease from them.

Mrs. Abby Fisher, What Mrs. Fisher Knows About Old Southern Cooking, 1881, p. 31

Meat Puffs

Roll out a sheet of good paste; cut it into circular pieces by pressing upon the dough with a saucer; pass a sharp knife round the saucer. Lay upon the half of each circular piece a spoonful of any kind of meat, poultry, fish, oysters, lobsters, clams, etc., minced fine, and seasoned to taste. Wet with wine or catsup; lay over the other half; crimp the edges, and bake or fry. Serve hot or cold.

Mrs. A.P. Hill, Mrs. Hill's New Cook Book or Housekeeping Made Easy, 1867, p. 146

A Good Crust for Meat Pies, No. 4

Half a pound of lard rubbed into a quart of flour; dissolve a teaspoonful of soda in a wineglassful of water; add this to the flour, and wet up with sour milk to a smooth dough.

Mrs. A.P. Hill, Mrs. Hill's New Cook Book or Housekeeping Made Easy, 1867, p. 249

Veal Soup

Take the knuckle and put it into salted water, enough to cover it, and also put in a pound of ham. When it is boiled very tender take up the meat, and strain the soup, and add a head of celery, cut small, one onion, a turnip and carrot sliced, four sliced tomatoes, a dozen corns of pepper, and salt to your taste. Thicken with three great spoonfuls of rice, or vermicelli, or a thin flour paste. Simmer it gently till all the vegetables are done. Almost any kind of meat can be made into soup, by taking the broth, and adding various kinds of seasoning and thickening; such as tomatoes, ochra, vermicelli, sweet herbs, and vegetables, and in such proportions as each one likes best. The preceding kind of soup will be a guide as to proportions.

Catharine E. Beecher, Miss Beecher's Domestic Receipt-Book, 1858, p. 60

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Susquehanna Plantation, 1860

To Dress Macaroni

Boil a pound of the best macaroni in milk and water, till it is quite tender, stirring it in by degrees, and stirring occasionally after it is all in; the water should be boiling when you commence stirring in the macaroni. As soon as it is done, drain it, by raising it with a perforated skimmer, spread it out on a sieve, and sprinkle it with a very little salt. Grate half a pound of the best cheese, break up half a pound of butter, and mix them together, put them in a deep dish in alternate layers with the macaroni. Having filled the dish in this manner, lay on the top some small bits of butter, and bake it in a brisk oven for about twenty-five minutes, raising the lid once or twice, for fear of its getting too brown.

Mrs. Lettice Bryan, The Kentucky Housewife, 1839, p. 223-224

One, Two, Three, Four Cake

One cup of butter, two of sugar, three of flour, four eggs, well beaten; nutmeg, or essence of lemon, to season it.

Beadle's Dime Cookbook, Beadle and Co., 1863, p. 65

Icing (Excerpt from To Make Queen's Cake)

Make an icing with the whites of three eggs, beaten till it stands alone, and twenty-four teaspoonfuls of the best loaf-sugar, powdered, and beaten gradually into the white of egg. Flavour it with a tea-spoonful of rose-water or eight drops of essence of lemon, stirred in at the last. Spread it evenly with a broad knife, over the top of each queen-cake, ornamenting them, (while the icing is quite wet) with red and green nonpareils, or fine sugar-sand, dropped on, carefully, with the thumb and finger.

Eliza Leslie, Seventy-Five Receipts for Pastry, Cakes, and Sweetmeats, 1828, pp. 47-48

Fall Flavor Weekends

2019 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.

Ford Home, 1876

Fricassee of Chicken

Wipe each piece of chicken with a clean cloth... Do not throw it into a kettle of water and let it soak... Put the pieces of chicken into a small amount of boiling water and let them cook slowly (not at a top boil) until the meat is tender. This should take about an hour and a half with a year-old fowl. When the chicken is done there should be only a small amount of strong broth left — a pint or so ... Dust each piece lightly with flour and fry in spider pan in which butter is melted to the sizzling point ... Each piece of chicken should be browned and turned as it browns. The outside should not get hard or crisp ... Place the pieces of fowl on a hot platter or serving dish and set it where it will keep warm ... Skim off any surplus grease from the broth if the fowl was very fat.

Della Lutes, The Country Kitchen, 1935, p. 103-105

Gravy

To make the gravy, add three level tablespoonfuls of butter to the fat in the pan after the chicken is fried, and let it come to a bubbling heat. Now stir into it four tablespoonfuls of flour and mix until smooth and delicate brown. Stir in the broth in which the chicken was boiled. Add a half cup of cream, season and pour over split baking-powder biscuits.

Della Lutes, The Country Kitchen, 1935, p. 104

Sour Milk and Soda Biscuits

The "sour milk and sody" biscuits my mother made called for two cups of flour, one teaspoonful of soda, one-fourth teaspoonful of salt, three tablespoonfuls of shortening (half lard, half butter), and a cup of thick sour cream. The soda and salt are sifted with the flour, and the shortening worked into this. Use a mixer, or finger it in lightly. Add the sour cream, knead lightly, pat or roll out, cut into rounds about three quarters of an inch thick, lay in a greased pan, and bake quickly.

Della Lutes, The Country Kitchen, 1935, p. 203

Mashed Potatoes

The potatoes should be peeled as thinly as possible and thrown into cold water; then into boiling water and boiled until quite done, but not broken. They are then drained through a colander, and put back into the kettle in which they were boiled, and which has been wiped dry. With a wire masher, press them free from lumps ... add one teaspoonful of melted butter and one tablespoonful of cream to each cup of potato — adding each gradually, with salt and pepper to season. Then with a wire whisk, or wooden spoon, beat them until they are light as a feather... Pile them in a serving dish ... dib a dab of butter ... sprinkle them gently with paprika, minced parsley, or chopped chives.

Della Lutes, The Country Kitchen, 1935, p. 105

Roast Pork

Season well. Put a pint of water in the pan, and roast slowly at first, allowing fully ½ hour to a pound. Baste often. Cook very thoroughly. Make gravy after pouring off the surplus from the top of the drippings. Fried cabbage is very good with pork. Any tart sauce may be used, or any canned vegetable. Turnips go nicely; celery always admissible. Fried apples are also very nice.

Mrs. Frances E. Owens, Mrs. Owens' Cook Book and Useful Household Hints, 1884, pp. 94-95.

Fall Flavor Weekends

2019 RECIPES

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Ford Home, 1876

Fried Cabbage

Slice thin or chop fine. Put into a 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. Frances E. Owens, Mrs. Owens' Cook Book and Useful Household Hints, 1884, p. 139.

Summer Squash a la Fried Oysters

Slice in round slices. Dip in beaten egg, roll in flour seasoned with pepper and salt, and fry in hot butter.

Mrs. Frances E. Owens, Mrs. Owens' Cook Book and Useful Household Hints, 1884, p. 144.

Tomato Salad

Take the skin, juice, and seeds from nice, fresh tomatoes, chop what remains with celery, and add a good salad-dressing.

Buckeye Cookery and Practical Housekeeping, Estelle Woods Wilcox, Ed., 1877, p. 256

Salad-Dressing

Yolks of two hard-boiled eggs rubbed very fine and smooth, one tea-spoon English mustard, one of salt, the yolks of two raw eggs beaten into the other, dessert-spoon of fine sugar. Add very fresh sweet oil poured in by very small quantities, and beaten as long as the mixture continues to thicken, then add vinegar till as thin as desired. If not hot enough with mustard, add a little cayenne pepper.

Buckeye Cookery and Practical Housekeeping, Estelle Woods Wilcox, Ed., 1877, p. 256

Apple Dowdy

Pare your apples, quarter and core them, and heap them in your crock as high as possible. Pour over them a cup of New Orleans molasses to sweeten, and add a little water. Take bread dough... roll it out a little thicker than for pie crust, and lay it over the top. Put the dowdy in the oven in the morning and bake until the crust is done and brown. Take off the crust and set it aside. Leave the apples in the oven to cook slowly the rest of the day ... They should cook down until the crock is about half full ... Now break your crust into small pieces and stir it into the apple mixture, then set aside for the night to cool. "The crust," we are told ... "it is eaten with cream." If the crust, when ready to remove, was a little soft on the underside from resting on the apples, turn it upside down on the crock, to dry and brown, before it is set aside.

Della Lutes, Home Grown, 1936, pp. 146-147

Yeast Bread

Make a well in the middle of four quarts of flour, into which turn one table-spoon sugar, one of salt, and one cup of yeast; then mix with one pint of milk which has been warmed by adding one pint of boiling water; add one table-spoon lard, knead well, and let rise over night; in the morning knead again, make into loaves, let them rise one hour, and bake fifty minutes. Water can be used instead of the pint of milk, in which case use twice as much lard.

Buckeye Cookery and Practical Housekeeping, Estelle Woods Wilcox, Ed., 1877, p. 16

Fall Flavor Weekends

2019 RECIPES

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Ford Home, 1876

Peach Fritters

1 quart of flour; 1 cup of milk; 1/3 cup of yeast; 2 tablespoonfuls of sugar; 4 eggs; 2 tablespoonfuls of butter; a little salt; ripe, freestone peaches, pared and stoned. Sift the flour into a bowl; work in milk and yeast, and let it rise five or six hours. Then, beat eggs and sugar light with butter, salt, and stir into the risen dough. Knead faithfully with your hands. Pull off bits nearly as large as an egg. Flatten and put in the centre of each a peach (pared). Close the dough over it; make into a round ball, and lay upon a floured pan for the second rising. The balls must not touch each other. In an hour they should be light. Fry as you would doughnuts, but more slowly. Drain in a colander, and eat hot with bran- dy-sauce.

Marion Harland, The Dinner Year-Book, 1878, p. 506

Brandy Sauce

2 cups of powdered sugar.

1/2 cup of butter.

1 wineglass of brandy. That from brandied peaches — the liqueur, if you have it.

1 teaspoonful mixed cinnamon and mace.

Warm the butter slightly, work in the sugar until they form a rich cream, then add brandy and spice. Beat hard; shape by putting into a mould made very wet with cold water, and set in a cool place to harden. Should it not turn out readily by shaking gently, dip for a second in hot water.

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

Baked Celery

Cut two bunches of celery, the best stalks only, into inch-lengths, and stew in boiling water, a little salt, for ten minutes. Drain off the water, and add a cup of milk, a tablespoonful of butter, rolled thickly in flour, a little pepper and salt. Simmer three minutes after heating, and pour into a shallow bowl to cool. Butter a bake- dish, strew the bottom with fine bread-crumbs. When the celery is almost or quite cold, beat into it two eggs, and pour into the dish. Strew bread-crumbs thickly over the top, turn a tin plate over all, and bake twenty minutes. Remove the cover and brown.

Marion Harland, The Dinner Year-Book, 1878, p. 175

New Potatoes

Rub the skins off, and cook until tender in boiling salted water. Serve whole.

Marion Harland, The Dinner Year-Book, 1878, p. 393

Apple Frump

To make a frump you put a layer of buttered and browned bread crumbs in the bottom of a baking dish ... On these you placed hot stewed apple — sliced apple, that is, stewed until tender, sweetened with brown sugar, and spiced with nutmeg or cinnamon, with the juice of a lemon added. Over the apple sprinkle a layer of seeded raisins, and on top of all put slices of bread, trimmed and generously buttered on both sides. Set this in the oven until the bread is well toasted. Serve with or without cream.

Della Lutes, Home Grown, 1936, pp. 147-148

Fall Flavor Weekends

2019 RECIPES

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Ford Home, 1876

English Pork Pie

Make a pie-crust, not very rich, and put around the sides of a deep pie-dish. In the bottom, and above, put layers of thin sliced bacon, thin sliced potatoes, onion chopped or sliced very fine, lean fresh pork cut into small pieces. Season with pepper, salt, and sage. Fill the dish with any good gravy left from roasts, or with water thickened for the occasion, with some butter added. Cover with crust, and bake about 1½ hours. Cover the pie with thick brown paper if it gets too brown.

Mrs. Frances E. Owens, Mrs. Owens' Cook Book and Useful Household Hints, 1884, p. 95

Scalloped Tomatoes

Pare and slice; scatter fine crumbs in the bottom of a bake-dish; cover with slices of tomatoes, seasoned with sugar, pepper, salt and butter; cover with crumbs and then with tomatoes; fill the dish in this order, covering all with crumbs, with bits of butter sprinkled upon them. Bake, covered, half an hour, and brown.

May Perrin Goff, The Household and Ladies' Cyclopedia, 1886, p. 641

Fall Flavor Weekends

2019 RECIPES

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Firestone Farm, 1885

Beef Balls

Chop very fine two pounds of raw beef (off the round is best) and one-fourth pound of suet; mix with it a handful of flour; season to taste with salt, black pepper, and cloves; mold into balls or cakes (a little thicker than codfish cakes) and fry in suet or drippings until a nice brown on both sides, keeping the cover on all the time.

The Household of the Detroit Free Press, May Perrin Goff, Ed., 1881, p. 522

Dutch Red Wine Cabbage

1 red cabbage	1 tablespoon butter
1 apple	1 wineglass red wine (or half tumbler grape jelly)
¼ onion	1 tablespoon vinegar

Bring to boil two cups of water in large pot; put in it a tablespoon of salt. Trim off three or four layers of the outer-leaves of the cabbage, and shred the cabbage. Rinse in two cold waters. Peel and core and cut into quarters the apple, and mince the onion. Put this and the cabbage into the boiling water, together with the butter and a teaspoon of pepper, and add the wine or jelly. Cover and let simmer gently for 55 minutes. Drain and serve.

J. George Frederick, Pennsylvania Dutch Cook Book, 1935, p. 67

Eggplant

Peel and slice one or two medium-sized egg-plants, put on in cold water, boil till tender, drain, mash fine, season with salt and pepper, and add a beaten egg and a table-spoon of flour; fry in little cakes in butter or butter and lard in equal parts; or cut in slices, lay in cold well-salted water for an hour or two, roll in egg and cracker crumbs, and fry with a little butter. Parsnips and salsify or oyster-plant may be cooked in the same way, but the oyster-plant is made in smaller cakes to imitate oysters.

Buckeye Cookery and Practical Housekeeping, Estelle Woods Wilcox, Ed., 1877, p. 287

Scalloped Squash

Boil and mash the squash in the customary way and let it cool; beat the yolks of two eggs, and when the squash is nearly cold whip these into it, with three tablespoonfuls of milk, one of butter rolled in flour and melted into the milk; pepper and salt to taste; pour into a buttered bake-dish, cover with fine crumbs, and bake to a light brown in a quick oven. To be eaten hot.

The Household of the Detroit Free Press, May Perrin Goff, Ed., 1881, p. 639

Apple Custard

One pint of mashed stewed apples, one pint sweet milk, four eggs, one cup sugar and a little nutmeg; bake slowly.

Buckeye Cookery and Practical Housekeeping, Estelle Woods Wilcox, Ed., 1877, p. 88

Fall Flavor Weekends

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Firestone Farm, 1885

Sponge Cake (Schwamm-Kuchen)

One pound of powdered sugar, ½ pound of sifted flour, 8 eggs, 1 teaspoon of salt, 1 teaspoon of rose brandy or 1 teaspoon of lemon essence. Beat the egg yolks, the flour, and the sugar together until smooth and light. Beat the egg whites to a froth. Mix all of this together well and add a little saleratus [baking powder]. Butter a square tin pan, line it with paper, pour a layer of the above batter 1-inch deep, and bake in a moderate oven.

William Woys Weaver, Sauerkraut Yankees, 1983, p. 140

Sallie Lunn Bread

One quart of flour, four eggs, one pint of milk, one tablespoonful of lard, same of butter, two spoonfuls of sugar, one gill of yeast.

Farmer's and Housekeeper's Cyclopaedia, Stephen Lewandowski, Ed., 1888, p. 326

Boiled Cod with Caper Sauce

Sew the fish up neatly in a thin cloth and cook in boiling water, fifteen minutes to the pound.

Unwrap, lay upon a hot dish, and pour over it the following sauce:

Put a cupful of boiling water into a saucepan, and stir in two tablespoonfuls of butter, cut up in a heaping teaspoonful for flour. Beat in, when thick, the whipped yolk of an egg, the juice of a lemon, and twenty-four capers. Stir up well, cook half a minute, and take from the fire.

Marion Harland, The Dinner Year-Book, 1878, p. 234

German Hot Potato Salad

10 potatoes

1 onion

2 slices bacon

2 tablespoons vinegar

½ teaspoon salt

Boil potatoes in skin, which remove when cold. Dice or slice them, add sliced onion. Then dice the bacon and fry the pieces crisp. Add the vinegar and salt. Pour this over the potato, mix, and serve hot.

J. George Frederick, Pennsylvania Dutch Cook Book, 1935, p. 96

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. Those who desire may add vinegar and sugar.

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

Fall Flavor Weekends

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Firestone Farm, 1885

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 tablespoons 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.

Buckeye Cookery and Practical Housekeeping, Estelle Woods Wilcox, Ed., 1877, p. 280

Squash Biscuit

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.

Farmer's and Housekeeper's Cyclopaedia, Stephen Lewandowski, Ed., 1888, p. 308

German Coffee Cake

Take ½ cake of compressed yeast (or teacup of homemade), put it in a pint of warm milk. Stir this in the middle of a pan of flour. When light, add ½ pound of butter, ½ pound sugar, some raisins, lemon, nutmeg, cinnamon, and flour. Put in dripping-pans like gingerbread, or a short-cake. Let it rise, for baking. Then with a cake-brush, rub over the top a beaten egg, and sprinkle on some sugar and cinnamon. Bake.

Mrs. Frances E. Owens, Mrs. Owens' Cook Book and Useful Household Hints, 1884, p. 280

German Apple Cake

Take tender, pleasant, tart apples, peel, quarter, and cut in two, and spread in a nice even layer over the top of the German coffee cake [recipe above]. Sprinkle freely with sugar and bake carefully.

Mrs. Frances E. Owens, Mrs. Owens' Cook Book and Useful Household Hints, 1884, p. 280

Pumpkin Pie

Remove the seeds of the pumpkin, cut into small pieces, steam till tender, then remove peel and mash fine with Victor vegetable masher. Or, cut up, peel, and boil in a very little water till well done and dry. After mashing, to each quart add 1 quart milk, 2 cups sugar, 1 teaspoon each of cinnamon, ginger, and salt, 4 tablespoons corn starch or 2 eggs. Bake in a custard-pan with an under crust.

Mrs. Frances E. Owens, Mrs. Owens' Cook Book and Useful Household Hints, 1884, p. 177

Fall Flavor Weekends

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Firestone Farm, 1885

Pie-Crust

1½ cups flour before sifting.

½ cup butter, or a trifle less of lard.

3 tablespoons water; pinch of salt.

This is for upper and under crusts of a large, round tin or yellow pie-plate. Put the salt in the flour and sift it. Take a knife and use in mixing the shortening with the flour. Butter will cut up nicer than lard, and will make the crust more flaky. When it is well cut together, put in the water very gradually, chopping the mixture, and trying to avoid wet streaks. Do not knead it with the hands. Sprinkle some flour on the mold-board; flour the rolling-pin, take a little more than half of the crust and gather it into a little round pile, and roll it out from you. If it is not the proper shape, turn it at right angles and roll from you again. When it is of the required size, cover the sides and bottom of the pie-dish; finish the upper crust the same way, and make 3 or 4 gashes in it for the escape of steam. After the pie material is put in, and the upper crust put on, pinch the edges of the two crusts neatly together.

Mrs. Frances E. Owens, Mrs. Owens' Cook Book and Useful Household Hints, 1884, pp. 174-175

Fall Flavor Weekends

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Edison Homestead, 1915

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, James A. Beard, Ed., 1913, p. 86

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 Merritt Farmer, Boston Cooking-School Cook Book, 1896, p. 258

White Grape Salad

One pound of white grapes, one head of lettuce, one pint of chopped celery, mayonnaise dressing. Cut grapes in two, taking out seeds, or skin grapes if you desire. For mayonnaise take yolks of two eggs, beat three minutes with Dover egg beater. Add oil gradually, about a cup. When thick add one teaspoon of salt, one-half teaspoon of sugar, the juice of half a lemon, or a tablespoon of vinegar, and a dash of red pepper. Keep all ingredients perfectly cold. When ready to serve, mix mayonnaise dress, celery and grapes, and send to the table on lettuce leaves.

Good Housekeeping Everyday Cook Book, Isabel Gordon Curtis, Ed., 1903, p. 234

Spinach Croquettes

Take one pint of spinach (cooked), chop very fine. Put over the fire one large tablespoon of butter and one-half of a small onion cut in quarters. When the onion colors, remove the pieces and put the spinach in, stirring constantly, and adding gradually one scant tablespoon of flour, same of bread crumbs, one-half cup of grated cheese, yolks of two eggs beaten and stirred in quickly, one-fourth cup of milk (more, if too stiff), salt and nutmeg to taste. It must only be stiff enough to mold while warm. Turn out on a floured board; flour the hands and form into small croquettes. Then cook them in boiling lard from five to seven minutes. Shake or drain in a sieve. Arrange them in the dish in which they are to be served, sprinkle with grated cheese, moisten with melted butter, and place in oven a minute or two to heat through.

Good Housekeeping Everyday Cook Book, Isabel Gordon Curtis, Ed., 1903, pp. 308-310

Amazon Cake

1 cup butter	1 glass sherry
2 cups sugar	6 eggs
1 cup milk	1 teaspoon vanilla
3½ cups flour	1 teaspoon lemon
3 teaspoons baking powder	

Cream butter and sugar, add eggs beaten together, then milk, flour with baking powder, and flavoring. Bake in slow oven. Is a good loaf cake, and equally good in layers.

The Portland Woman's Exchange Cook Book, James A. Beard, Ed., 1913, p. 193

Fall Flavor Weekends

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Edison Homestead, 1915

Plain Icing

To 2 tablespoons milk or cream add gradually about 1 cup powdered sugar, or until of right consistency to spread. Flavor with vanilla or lemon. This will never harden, provided it is not too stiff with sugar.

The Portland Woman's Exchange Cook Book, James A. Beard, Ed., 1913, p. 215

Brandied Cherries

Large ripe Royal Anne cherries; leave half stem on each, wash, drain and pack in jars; place in steamer and when hot through pour over them a hot syrup made with a little sugar, lemon juice, red fruit coloring and water sufficient to cover cherries; pour 3 or 4 tablespoons of brandy over each quart of the hot cherries; fill with hot syrup and seal. Do not steam too long or the fruit will shrivel.

The Portland Woman's Exchange Cook Book, James A. Beard, Ed., 1913, p. 234

Mint Punch (Very Fine)

Put into your punch-bowl a cupful of granulated sugar; add the juice of six lemons, and stir until the sugar melts. Put in three peeled lemons, sliced very thin, and leave in the ice until you are ready to use it. Add, then, a dozen sprays of green mint and a quart, at least, of pounded ice. Stir well for a minute, and pour from a height into it, two or three bottles of imported ginger ale.

Marion Harland, Marion Harland's Complete Cookbook: A Practical and Exhaustive Manual of Cookery and Housekeeping, 1903, p. 654

Spiced Soup

Prepare beef stock day before, and when cold skim off all grease. One pint of tomatoes (stewed), 1 pint of water, 1 large carrot, 1 large onion, 1 teaspoon sugar, 1 teaspoon thyme, 1 stick cinnamon, 3 cloves, small piece of mace, and salt and pepper to taste. Put all in stewpan and let cook 1 hour, boiling all the time; then add as much beef stock as you wish soup (not less than a quart) and let come to a boil; strain and put back on fire, and when boiling add 1 level tablespoon of cornstarch that has been well dissolved in a little cold stock; let boil a little, then skim. Lastly, add 1 tablespoon of butter and stand back on stove until ready to serve.

The Portland Woman's Exchange Cook Book, James A. Beard, Ed., 1913, p. 23

Waldorf Salad

Mix one cup each of small pieces of celery, apple cut in balls, and English walnuts broken in small pieces. Add one teaspoon salt, two tablespoons orange juice, and the grated rind of one orange. Add one cup Mayonnaise Dressing. Serve in lettuce nests or in apple cups, made by scooping out the pulp. Garnish with Mayonnaise Dressing and pieces of the apple skin cut in fancy shapes.

Maria Willett Howard, Lowney's Cook Book, 1908, p. 194

Sugared Beets

4 hot boiled beets ¹	½ tablespoons sugar
3 tablespoons butter	½ teaspoon salt

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

Fannie Merritt Farmer, Boston Cooking-School Cook Book, 1896, p. 256

Fall Flavor Weekends

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Edison Homestead, 1915

Woodford Pudding

For pudding:

1 cupful sugar	1 ½ cupfuls flour
3 eggs	½ cupful Crisco
½ cupful buttermilk	1 cupful blackberry jam
1 teaspoonful baking soda	½ teaspoonful salt
½ teaspoonful grated nutmeg	

Cream Crisco and sugar together, add salt, eggs well beaten, nutmeg, flour, soda mixed with buttermilk, and jam. Mix well and turn into Criscoed pudding dish and bake in moderate oven thirty minutes or until firm.

For sauce:

2 tablespoonfuls Crisco	Powdered sugar
1 cupful whipped cream	¼ teaspoonful salt

Cream Crisco and beat in as much powdered sugar as it will take up, add salt, and stir over boiling water until it becomes liquid, flavor with vanilla extract or sherry, and just before serving add cream. Serve hot with pudding.

Marion Harris Neil, The Story of Crisco, 1913, pp. 83-84

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 Merritt Farmer, Boston Cooking-School Cook Book, 1906, p. 43

Fall Flavor Weekends

2019 RECIPES

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Mattox Family Home, 1930

Oxtails

2 oxtails cut in pieces	1 quart hot water
½ cup diced carrots	½ cup celery, chopped
½ cup diced onions	1/3 cup flour
2 whole allspice or cloves	1 can tomatoes
Salt, pepper, and paprika to taste	1 bay leaf
¼ cup fat	

Sprinkle oxtails with salt and pepper and dredge in flour. Sauté in a heavy pot with fat. Brown well on all sides and add 1 quart of hot water or vegetable water. Add spices and cook slowly about 1 hour. Add remaining vegetables. Continue to cook until tender. Serve with mashed potatoes or rice. If desired, potatoes may be added to oxtails a half hour before serving. Serves 6.

Freda DeKnight, The Ebony Cookbook: Date with a Dish, 1962, p. 84

Fried Apples and Bacon

Pare tart winter apples, and cut into inch cubes to make about 2 quarts. Fry bacon in a heavy skillet and as soon as crisp, remove, drain on absorbent paper, and keep in a warm place. Leave about 4 tablespoons of bacon fat in the skillet, fill it with the apples, sprinkle on one-fourth cup of sugar, cover, and cook slowly until the apples are tender. Then remove the cover, turn the apples gently so the pieces will keep their shape, and let them brown lightly. They are then almost transparent. Place them on a hot platter and surround them with the crisp bacon.

Ruth Van Deman and Fanny Walker Yeatman, Aunt Sammy's Radio Recipes Revised, 1931, p. 85

Cold Slaugh

Select firm, fragile heads of cabbage, (no other sort being fit for slaugh); having stripped off the outer leaves, cleave the top part of the head into four equal parts, leaving the lower part whole, so that they may not be separated till shaved or cut fine from the stalk. Take a very sharp knife, shave off the cabbage roundwise, cutting it very smoothly and evenly, and at no rate more than a quarter of an inch in width. Put the shavings or slaugh in a deep china dish, pile it high, and make it smooth; mix with enough good vinegar to nearly fill the dish, a sufficient quantity of salt and pepper to season the slaugh; add a spoonful of whole white mustard seeds, and pour it over the slaugh, garnish it round on the edge of the dish with pickled eggs, cut in ringlets, never put butter on cabbage that is to be eaten cold, as it is by no means pleasant to the taste or sight.

Lettice Bryan, The Kentucky Housewife, 1839, p. 193

Crackling Bread

1 ½ cups white corn meal	¼ tsp. salt
3 cups boiling water	1 cup crushed cracklings

Cracklings are the crisp bits left after fat has been thoroughly rendered. Mix corn meal, water and salt, then add cracklings. Form into pones and fry in shallow fat until brown. Place in a hot oven (400°F) a few minutes to crisp.

Always Enough: Recipes from the Mattox House, 1996, p. 28

Fall Flavor Weekends

2019 RECIPES

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Mattox Family Home, 1930

Basic Cobbler and Pie Pastry

2 cups flour	5 tbsp. shortening
1 tsp baking powder	1 tsp salt
½ - ¾ cup milk	

Sift together flour, baking powder, and salt. Cut in shortening until mixture looks like coarse cornmeal. Add milk to make a soft dough. Knead lightly on floured surface. Use according to instructions for making deep-dish cobblers.

Always Enough: Recipes from the Mattox House, 1996, p. 33

Peach Cobbler

3 cups firm peaches, sliced medium thick	Nutmeg
1 cup sugar	¼ cup water

Mix sugar and water in a large sauce pan. Bring to a boil and let boil for a few seconds. Add peaches and simmer slowly while making the pastry (see above recipe). Line the sides of a deep dish with the pastry. Place a cup in the middle of the pan to keep the pastry from sinking. Carefully lift out the peaches and form a layer on the bottom. Dot with butter and a pinch of nutmeg. Keep layering until all the peaches are used. Cover the top with pastry. Make a generous slash in the center both ways. Bake in a moderate oven (425 degrees F) 40 to 60 minutes. (Often a sprinkling of flour may be placed after each layer of peaches. This thickens the liquor and is preferred by some. A layer of pastry may also be put between each layer of peaches, if desired.)

Always Enough: Recipes from the Mattox House, 1996, p. 34

Chicken and Rice

1 large frying chicken	2 cups rice
2-3 slices of bacon	¼ cup butter
1 small onion, diced (optional)	Salt and pepper, to taste
1 pint canned tomatoes (optional)	1 tsp. sugar (if tomatoes are added)

Cut up a large fryer or young hen and put into a saucepan with several pieces of bacon or 1/8 lb. butter. Cover with boiling water and season highly with salt and pepper. Cover and cook slowly until chicken is done. Remove any scum. Add rice (and onions, tomatoes and sugar, if desired) and continue to cook for 30 to 40 minutes, until rice is done. There should be no liquid, and the mixture should be thick enough to eat with a fork. Variation: Use sausage or parboiled liver and kidneys, cut into fine pieces instead of the chicken.

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

Fall Flavor Weekends

2019 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.

Mattox Family Home, 1930

Circuit Hash

One dozen tomatoes, one quart of butter beans, one dozen ears of corn cut off from cob, quarter pound of lean and fat pork cut in fine pieces, if pork is not liked, use two tablespoonfuls of butter; put on in a sauce-pan and stew one hour.

Note: Five minutes before dinner put in the corn to cook with the rest of stew.

Mrs. Abby Fisher, What Mrs. Fisher Knows About Old Southern Cooking, 1881, p. 69

Corn Bread

2 eggs	$\frac{3}{4}$ cup sifted flour
1½ cups buttermilk	1 tsp. salt
½ cup melted shortening	1 tbsp. sugar (optional)
1½ cups corn meal	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.

Always Enough: Recipes from the Mattox House, 1996, p. 28

Creole Chow Chow

One gallon of green tomatoes, sliced thin, half dozen silver skin onions, sliced thin, one gallon wine vinegar, two tea-cups of brown sugar, one tablespoonful of cayenne pepper, one tablespoonful black pepper, one tablespoonful of tumerick. Put the onions and tomatoes together in a keg or jar and sprinkle over them one pint of salt and let it so remain twenty-four hours, then drain all the brine off from them over cullender, then put the vinegar to them and add the seasoning, and put to cook on a slow fire, stir to keep from burning. It will take the whole day to cook; you can make any quantity you want, by doubling the quantity of vegetables and seasonings here prescribed, or if you want a less quantity, lessen the proportion, say half the quantity, then you want a half gallon of tomatoes to begin with, and a half of every thing else needed in this chow chow.

Mrs. Abby Fisher, What Mrs. Fisher Knows About Old Southern Cooking, 1881, pp. 35-36