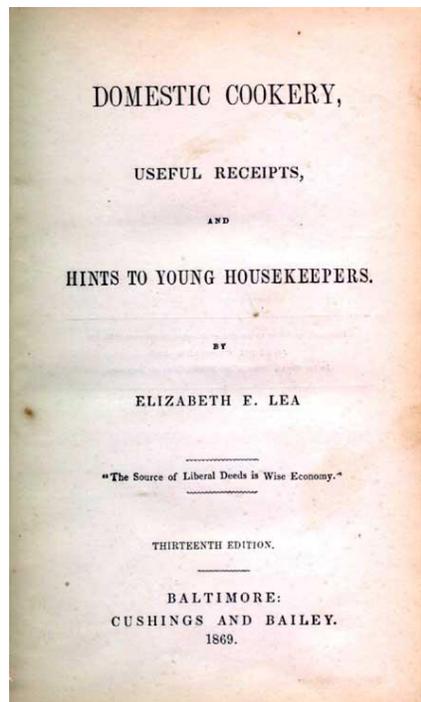
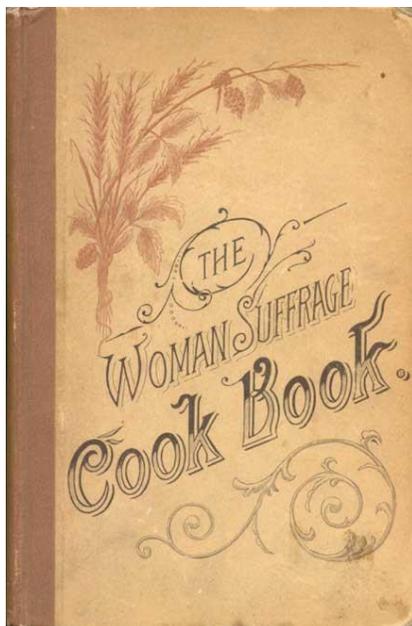
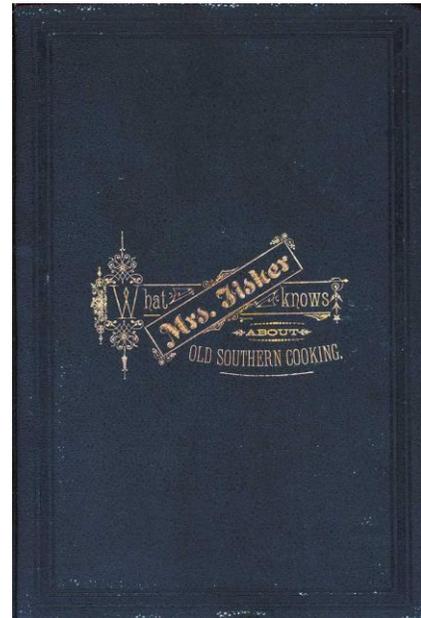
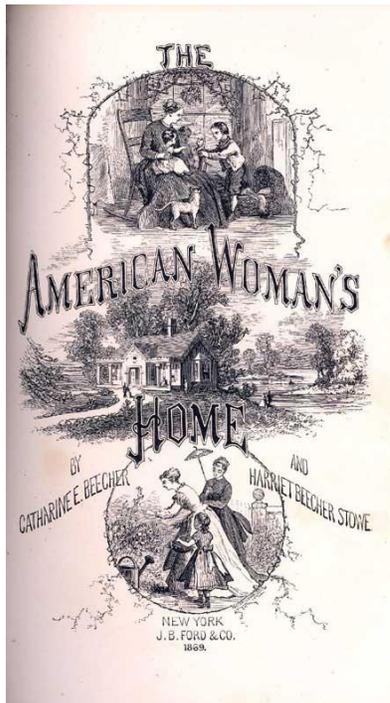


THE PLACER COUNTY MUSEUMS STAFF COOKBOOK 2015

WITH ENTRIES FROM 19 HISTORIC COOKBOOKS



Preface

This cookbook combines recipes from the Placer County Museums staff as well as those from 19 historic cookbooks digitized and preserved through Michigan State University's *Feeding America* project. The project has digitized more than 19 cookbooks – I just sampled a small variety of recipes and home advice included therein.

If you would like to access the full collection of digitized cookbooks, please visit their website:

<http://digital.lib.msu.edu/projects/cookbooks/>

Please note that the historic recipes were copied using original spelling and punctuation – so don't blame me for egg plant instead of eggplant, Table-spoonfuls instead of Tablespoons, or flavour'd instead of flavored – just to point out a few. You will find that some terms require a smart phone to conduct research, such as whatever the heck a “jill” is...

But, aside from that, the historic recipes are great and the introduction section is absolutely wonderful. Where else are you going to learn how one selected “flesh” in the 18th century?

Introduction

Jennie June's American Cookery Book, c. 1870

"Why another cook-book, when there are already so many?"

Well, for several reasons, one of which is, that when an inquiry was made for a good, practical cook-book, we knew not which to recommend. We examined a great many, and found some good for one thing, and some for another; but few containing just what young, middle class housekeepers want to know--arranged in a clear, available form, unencumbered with unnecessary and wordy details.

A very small number of the printed cookery and housekeeping books have been written by women, and still less by persons possessing any practical knowledge of the subject of which they were treating. The majority are clumsy compilations of all kinds of receipts – good, bad, and indifferent, collected from various sources, and put together with an ignorance as profound, of their results, as if they had been written in an unknown language.

There are certain "high art" cookery books that are very good and complete, in their way; but they are too elaborate and pretentious for the class for whom this was written. They go into the mysteries of French dishes, and tell how to get up grand dinners, but they leave the poor young wife, who wants to cook a chop or a chicken, stuff a piece of veal, and make a pudding, or a loaf of bread for the first time in her life, quite in the dark.



Weights and Measures

Directions for Cookery in its Various Branches, c. 1840

We recommend to all families that they should keep in the house a pair of scales, (one of the scales deep enough to hold flour, sugar, etc., conveniently) and a set of tin measures as accuracy in proportioning the ingredients is indispensable to success in cookery. It is best to have the scales permanently fixed to a small beam projecting (for instance) from one of the shelves of the store-room. This will preclude the frequent inconvenience of their getting twisted, unlinked, and otherwise out of order; a common consequence of putting them in and out of their box, and carrying them from place to place. The weights (of which there should be a set from two pounds to a quarter of an ounce) ought carefully to be kept in the box, that none of them may be lost or mislaid.

A set of tin measures (with small spouts or lips) from a gallon down to half a jill, will be found very convenient in every kitchen; though common pitchers, bowls, glasses, & etc. may be substituted. It is also well to have a set of wooden measures from a bushel to a quarter of a peck.

Let it be remembered, that of liquid measure:

Two jills are half a pint.

Two pints -- one quart.

Four quarts -- one gallon.

Of dry measure:

Half a gallon is a quarter of a peck.

One gallon -- half a peck.

Two gallons -- one peck.

Four gallons -- half a bushel.

Eight gallons -- one bushel.

About twenty-five drops of any thin liquid will fill a common sized tea-spoon.

Four table-spoonfuls or half a jill, will fill a common wine glass.

Four wine glasses will fill a half-pint or common tumbler, or a large coffee-cup.

A quart black bottle holds in reality about a pint and a half.

Of flour, butter, sugar, and most articles used in cakes and pastry, a quart is generally about equal in quantity to a pound avoirdupois, (sixteen ounces.) Avoirdupois is the weight designated throughout this book.

Ten eggs generally weigh one pound before they are broken.

A table-spoonful of salt is generally about one ounce.

How to Choose Flesh

American Cookery, c. 1798

BEEF: The large stall fed ox beef is the best, it has a coarse open grain, and oily smoothness; dent it with your finger and it will immediately rise again; if old, it will be rough and spongy, and the dent remain.

Cow Beef is less boned, and generally more tender and juicy than the ox, in America, which is used to labor.

Of almost every piece of Animals, Birds and Fishes, the female is the tenderest, the richest flavour'd, and among poultry the soonest fattened.

Mutton, grass-fed, is good two or three years old.

Lamb, if under six months is rich, and no danger of imposition; it may be known by its size, in distinguishing either.

Veal, is soon lost--great care therefore is necessary in purchasing. Veal bro't to market in panniers, or in carriages, is to be preferred to that brought in bags, and flouncing on a sweaty horse.

Pork, is known by its size, and whether properly fattened by its appearance.

To make the best Bacon:

To each ham put one ounce of salt petre, one pint bay salt, one pint molasses, shake together 6 or 8 weeks, or when a large quantity is together, baste them with the liquor every day; when taken out to dry, smoke three weeks with cobs or malt fumes. To every ham may be added a cheek, if you stow away a barrel and not alter the composition, some add a shoulder. For transportation or exportation, double the period of smoking.

Poultry – How to Choose:

Having before stated that the female in almost every instance, is preferable to the male, and peculiarly so in the Peacock, which, tho' beautifully plumaged, is tough, hard, stringy and untasted, and even indelicious--while the Pea Hen is exactly otherwise, and the queen of all birds.

So also in a degree, Turkey.

Hen Turkey, is higher and richer flavor'd, easier fattened and plumper--they are no odds in market.

Dunghill Fowls, are from their frequent use, a tolerable proofs of the former birds.

Chickens, of either kind are good, and the yellow leg'd the best, and their taste the sweetest.

Capons, if young are good, are known by short spurs and smooth legs.

All birds are known, whether fresh killed or stale, by a tight vent in the former, and a loose open vent if old or stale; their smell denotes their goodness; speckled rough legs denote age, while smooth legs and combs prove them young.

A goose, if young, the bill will be yellow, and will have but few hairs, the bones will crack easily; but if old, the contrary, the bill will be red, and the pads still redder; the joints stiff and difficultly disjointed; if young, otherwise; choose one not very fleshy on the breast, but fat in the rump.

Ducks, are similar to geese.

Wild Ducks, have redder pads, and smaller than the tame ones, otherwise are like the goose or tame duck, or to be chosen by the same rules.

Scientific Domestic Ventilation

The American Woman's Home, c. 1869

The evils resulting from the substitution of stoves instead of the open fireplace, have led scientific and benevolent men to contrive various modes of supplying pure air to both public and private houses. But as yet little has been accomplished, except for a few of the more intelligent and wealthy. The great majority of the American people, owing to sheer ignorance, are, for want of pure air, being poisoned and starved; the result being weakened constitutions, frequent disease, and shortened life.

Whenever a family-room is heated by an open fire, it is duly ventilated, as the impure air is constantly passing off through the chimney, while, to supply the vacated space, the pure air presses in through the cracks of doors, windows, and floors. No such supply is gained for rooms warmed by stoves. And yet, from mistaken motives of economy, as well as from ignorance of the resulting evils, multitudes of householders are thus destroying health and shortening life, especially in regard to women and children who spend most of their time within-doors.

The most successful modes of making "a healthful home" by a full supply of pure air to every inmate will now be described and illustrated.

It is the common property of both air and water to expand, become lighter and rise, just in proportion as they are heated; and therefore it is the invariable law that cool air sinks, thus replacing the warmer air below. Thus, whenever cool air enters a warm room, it sinks downward and takes the place of an equal amount of the warmer air, which is constantly tending upward and outward. This principle of all fluids is illustrated by the following experiment:

Take a glass-jar about a foot high and three inches in diameter, and with a wire to aid in placing it aright, sink a small bit of lighted candle so as to stand in the centre at the bottom. (Fig. 28.) The candle will heat the air of the jar, which will rise a little on one side, while the colder air without will begin falling on the other side. These two currents will so conflict as finally to cease, and then the candle, having no supply of oxygen from fresh air, will begin to go out. Insert a bit of stiff paper so as to divide the mouth of the jar, and instantly the cold and warm air are not in conflict as before, because a current is formed each side of the paper; the cold air descending on one side and the warm air ascending the other side, as indicated by the arrows. As long as the paper remains, the candle will burn, and as soon as it is removed, it will begin to go out, and can be restored by again inserting the paper.



Appetizers & Salads

SALADE D'OEUFS

(Salad of Eggs)

La Cuisine Française: French Cooking for Every Home, c. 1893

PROPORTIONS:

Hard boiled eggs....10.

Oil.....4 tablespoonsful.

Vinegar.....3 tablespoonsful.

Salt and pepper.....To suit the taste.

Parsley.

Time.--20 minutes.

PREPARATION.--1st. Shell and slice the eggs, place them in a salad dish and pour over 4 tablespoonsful oil mixed with 3 tablespoons of vinegar; salt and pepper (to suit the taste); and some hashed parsley.

A Nice Chicken Salad

La Cuisine Creole, c. 1885

Cut up the white parts of four or five heads of celery, reserving the green leaves. Pick all the meat from a fine baked chicken, chop this up, and mix it with the cut-up celery; lay it in a glass or china dish, where it will be cool.

To make the dressing, rub the yolks of six hard-boiled eggs to a paste, with

two spoonfuls of mixed mustard, a teaspoonful of white sugar, and enough oil to make it perfectly smooth; put this in slowly, a little at a time, and finish the dressing by pouring in half a cup of vinegar. Pour this over the celery and chicken, and garnish with white heads of split lettuce, also the reserved celery leaves, and four sliced hard-boiled eggs.

Banana Salad

Los Angeles Times Cookbook No. 2, c. 1905

Six bananas, one head lettuce, twelve English walnuts, parsley, and French dressing.

Strip one section of the skin from the bananas; remove the fruit and cut into dice one-quarter inch square. Put the diced bananas in a dish, turn over them the dressing, let stand on ice thirty minutes. Then fill the skins with the prepared fruit, arrange on bed of crisp lettuce leaves; garnish with halves of English walnuts and finely minced parsley. French dressing: One-quarter teaspoon salt, one-quarter teaspoon powdered sugar, one-eighth teaspoon white pepper, four tablespoons olive oil, one tablespoon vinegar, and one tablespoon of lemon juice.

Mix salt, pepper and sugar with one tablespoon olive oil, then add alternately the remaining oil, lemon juice and vinegar.

Algerian Hors d' Oeuvre

The Neighborhood Cook Book, c. 1914

Select four fine lemons, wipe carefully, cut in halves and scoop out the pulp. Remove the tough inner skin and seeds, and to the pulp add one box of boneless sardines, and fill shells.

Fried Onions

Good Things to Eat, c. 1911

Peel and slice into even rounds four medium-sized onions. Place them first in milk then in flour, fry in very hot fat for eight minutes. Remove them carefully and lay on a cloth to dry. Place a folded napkin on a dish, lay the onions on, and serve very hot. Garnish with fried parsley.

Corn Fritters

What Mrs. Fisher Knows About Old Southern Cooking, c. 1881

To one dozen ears of corn add three eggs, half a teacupful of powdered crackers, one tablespoonful of sifted flour. Cut off the corn very lightly from the cob--say half of the grain--and then scrape the other half clean off with a knife. Add the crackers to corn and beat together light. Beat the eggs light and add with the flour and a quarter of a teacupful of sweet milk. Season to taste and beat the whole light.

Have your lard or butter hot when you go to fry, and drip the batter into the hot fat from off the end of a spoon, letting it fry quick and brown. Have young and tender corn. The fat ought to be hot enough to brown the fritters in two minutes.



Bert Salad*

Ralph Gibson, Museums Administrator

Dressing:

3 Tablespoons of Olive Oil
3 Tablespoons of Balsamic Vinegar
2 Tablespoons of Red Wine Vinegar
½ teaspoon of dried oregano
¼ teaspoon of garlic powder
Salt & pepper

Whisk together in a small bowl and set aside.

Salad:

One English cucumber split lengthwise and sliced thinly
One green bell pepper, seeded and diced
One red bell pepper, seeded and diced
One small basket of cherry tomatoes, each split in half
Two stalks of celery, diced
¼ of a red onion, minced

Mix the salad and then toss with the dressing.

** My Aunt Bert (Roberta) loved everything in a salad except lettuce, so my grandmother developed this salad for my Aunt, hence "Bert Salad".*



Mandarin Salad*

Beth Rohlfes, Curator of Education

¼ cup sliced almonds
1 T plus 1 tsp. sugar
¼ head lettuce, torn into bite size pieces
¼ bunch romaine lettuce in bite size pieces
2 medium stalks celery, chopped (about 1 c)
2 green onions with tops, thinly sliced (2 T)
Sweet & Sour Dressing
1 heaping cup mandarin segments

Sweet and Sour Dressing:

¼ cup vegetable or canola oil
2 T sugar
2 T vinegar
1 T snipped parsley
½ tsp. salt
Dash of pepper
Dash red pepper sauce

Cook almonds and sugar over low heat, stirring constantly until sugar is melted and almonds coated. Cook and break apart. Store at room temperature. Before serving, mix all ingredients well with Sweet and Sour Dressing, except almonds. Mix those in last.

** This recipe is from one of my treasured women's church cookbooks from my childhood in the Midwest, and this particular recipe is from a high school classmate. The original called for canned mandarins, but I feel privileged to live right in the heart of mandarin territory. So I substitute fresh.*



Soups

To Make a Soup

The New England Economical Housekeeper, c. 1845

Take a shin of beef, and cut it into short pieces, and boil it in three quarts of water; add pepper and salt, and cut in two or three onions. About half an hour before you take it up, stir in a pint-bowlful of pounded crackers, moistened with cold water. Rice may be used, instead of crackers.

Soup As Our Mothers Made It

The Good Housekeeping Woman's Home Cook Book, c. 1909

The day before you want a soup buy a shank of beef. Wash clean and put to cook in two or three gallons of cold water. Bring slowly to a boil. Skim carefully as fast as the scum rises, so that none boils in; cook until the meat slips from the bone. Let the bone remain in the liquor all night and set away in a jar or other earthen vessel to cool; in the morning take off the fat from the top of the liquor and set it on the stove in your soup kettle.

Have ready a large half teacup of whole rice and put it in when you set it to boil, which you must do in season to have three hours before the dinner hour. Wash and scrape two good sized carrots cut in inch pieces, teacup of chopped cabbage, three potatoes and two onions cut small. Boil slowly but constantly on the back of the stove to prevent burning. The rice should dissolve so as to thicken the soup. Just before you dish up add salt, pepper

and other seasoning to taste. Keep hot water in the teakettle to add to the soup if needed.

Another Dry Pea Soup

Miss Beecher's Domestic Receipt Book, c. 1850

Soak the peas overnight. Put a pound and a half of split peas into four quarts of water, with roast beef, or mutton bones, and a ham bone, or slices of ham. Add two heads of celery and two onions, and stew slowly till the peas are soft. Then strain the peas through a coarse sieve, and put them back and season to your taste with pepper and salt. Let it boil one hour longer.

When you have no celery use a teaspoonful of essence of celery, or a spoonful of celery vinegar.

Cream of Lettuce Soup

The Boston Cooking-School Cookbook, c. 1896

2 ½ cups White Stock II. or III*.
2 heads lettuce finely cut.
2 tablespoons rice.
½ cup cream.
¼ tablespoon onion, finely chopped.
1 tablespoon butter.
Yolk 1 egg.
Few grains nutmeg.
Salt.
Pepper.

Cook onion five minutes in butter, add lettuce, rice, and stock. Cook

until rice is soft, then add cream, yolk of egg slightly beaten, nutmeg, salt, and pepper. Remove outer leaves from lettuce, using only tender part for soup.

****White Soup Stock I***

3 lbs. knuckle of veal.

1 lb. lean beef.

3 quarts boiling water.

1 onion.

6 slices carrot.

1 large stalk celery.

½ teaspoon peppercorns.

½ bay leaf.

2 sprigs thyme.

2 cloves.

Wipe veal, remove from bone, and cut in small pieces; cut beef in pieces, put bone and meat in soup kettle, cover with cold water, and bring quickly to boiling point; drain, throw away the water. Wash thoroughly bones and meat in cold water; return to kettle, add vegetables, seasonings, and three quarts boiling water. Boil three or four hours; the stock should be reduced one-half.

White Soup Stock II

4 lbs. knuckle of veal.

2 quarts boiling water.

1 tablespoon salt.

½ teaspoon peppercorns.

1 onion.

2 stalks celery.

Blade of mace.

Wipe meat, remove from bone, and cut in small pieces. Put meat, bone, water, and seasonings in kettle. Heat gradually to boiling point, skimming frequently. Simmer four or five hours, and strain. If scum has been carefully removed, and soup is strained through double thickness of cheese cloth, stock will be quite clear.

White Soup Stock III

The water in which a fowl or chicken is cooked makes White Stock III.

Lasagna Stoup

Renee Thomsen, Senior Admin Clerk

Ingredients:

2 Tbsp. EVOO (Extra-Virgin Olive Oil)
1 onion
4 cloves garlic
1 can sliced carrots
1 lb. ground beef or turkey
Salt & pepper
4 cups chicken broth
1 28 oz. can Italian crushed tomatoes
1 lb. lasagna noodles broken into jagged pieces
1 cup fresh basil torn into pieces
Grated Parmigiano Reggiano cheese

Directions:

In soup pot heat EVOO over med-high heat. Add meat, season with salt & pepper and cook until browned. Add in onion, garlic and carrot cooking til

soft. Stir in 2 cups water, chicken broth and tomatoes. Cover and bring to boil. Add in lasagna noodles and cook for about 15 minutes. Add in the basil, season with salt & pepper. Spoon into bowls and garnish with cheese.



Main Dishes

Roast Beef, With Yorkshire Pudding

Miss Parloa's New Cook Book, c. 1880

A rib or sirloin roast should be prepared as directed for roasting. When within three-quarters of an hour of being done, have the pudding made. Butter a pan like that in which the meat is being cooked, and pour in the batter. Put the rack across the pan, not in it. Place the meat on the rack, return to the oven, and cook forty-five minutes. If you have only one pan, take up the meat, pour off the gravy and put in the pudding. Cut in squares, and garnish the beef with these. Another method is to have a pan that has squares stamped in it. This gives even squares and crust on all the

edges, which baking in the flat pan does not. When the meat is roasted in the tin-kitchen, let the pudding bake in the oven for half an hour, and then place it under the meat to catch the drippings.

For the Yorkshire pudding, one pint of milk, two-thirds of a cupful of flour, three eggs and one scant teaspoonful of salt will be needed. Beat the eggs very light. Add salt and milk, and then pour about half a cupful of the mixture upon the flour; and when perfectly smooth, add the remainder. This makes a small pudding--about enough for six persons. Serve it hot.

Yorkshire Pie*

Washington's Mount Vernon Museum, c. 1700s



Ingredients:

Pastry:

3 cups all-purpose flour
3 teaspoons salt
2/3 cup lard or vegetable shortening
1/4 cup whole milk

Filling:

1 whole turkey breast (about 4 pounds), skin on and boned
1 whole chicken (about 3 pounds), skin on and boned, or 4 chicken breasts (about 6 ounces each), skin on and boned
Salt
Ground black pepper
2 to 4 tablespoons vegetable oil
2 large carrots, peeled and diced
1 medium onion, peeled and diced
3 ribs celery, diced
1/2 teaspoon ground cloves
1/4 cup dry white wine

Assembly:

2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh winter savory
2 tablespoons chopped fresh thyme
About 1 pound thinly sliced bacon
1 large egg, lightly beaten

Gravy:

1 tablespoon unsalted butter
1 tablespoon all-purpose flour
2 cups chicken stock
2 sprigs fresh parsley
2 sprigs fresh thyme
4 leaves fresh sage

Instructions:

To make the pastry, sift the flour and salt into a large mixing bowl.

Melt the lard in the milk, bring to a boil, and pour into the flour. With a wooden spoon, mix together quickly to form a dough; it will be quite firm, somewhat like Play-Doh. Turn the dough out onto a lightly floured work surface, and knead until smooth. Cover loosely with plastic wrap, and let it rest on the work surface at room temperature for 20 minutes.

To make the filling, season the turkey and chicken all over with salt and pepper. In a large sauté pan over medium-high heat, heat 2 tablespoons of the vegetable oil. Put the turkey breast in the pan, skin-side-down, and cook until browned. Remove from the pan, and set aside. Put the chicken in the hot pan, skin-side-down, and cook until browned. Remove from the pan, and set aside along with the turkey.

Reduce the heat, and add about 2 more tablespoons of the vegetable oil to the pan, if necessary. Add the carrots, onion, and celery, and cook for about 5 minutes until softened, stirring frequently to keep from browning. Season with salt and pepper, and stir in the cloves. Add the wine, stirring to deglaze (to loosen the browned bits on the bottom of the pan), and simmer for about 5 minutes, until reduced by half. Transfer the vegetables to a bowl, and set aside to cool.

Preheat the oven to 400°F. Grease a 9-inch spring form pan with vegetable shortening.

On a lightly floured work surface, roll two-thirds of the pastry into a circle about 1/4 inch thick. Line the greased pan with the pastry, allowing it to hang about 1/2 inch over the sides.

To assemble the pie, sprinkle the bottom and sides of the pastry with about one-third of the parsley, winter savory, and thyme. Line the bottom and sides of the pastry with about one-third of the bacon. Spread one-third of

the vegetable mixture on top of the bacon.

Lay the turkey breast, skin-side-up, atop the vegetables. It may be necessary to trim the turkey to fit, using the trimmings to fill in any gaps. Cover the turkey with another one-third of the vegetable mixture, sprinkle on another one-third of the herbs, and cover with a thin, even layer of about another one-third of the bacon.

Arrange the chicken, skin-side-up, on top of the bacon, again trimming to fit, if necessary. Cover the chicken with the final one-third of the vegetables, herbs, and a thin, even layer of bacon.

Roll out the final one-third of the dough on a lightly floured work surface to form a circle about 9 inches in diameter. Brush the 1/2-inch overhang with beaten egg, drape the pastry circle over the top of the filled pan, and fold the 1/2-inch overhang over the edges of the pastry circle to seal together. Cut out any dough scraps to create decorative toppings, such as leaves, stars, or trees. Brush the top lightly with the beaten egg.

Set the pie on a baking sheet, and bake for 30 minutes. Cover loosely with aluminum foil, and continue baking for about another hour. Then, check the temperature every 10 minutes or so (piercing an instant-read thermometer through the crust and into the pie) until the internal temperature reaches 155°F. Remove from the oven, and set the pie on a wire rack to allow the temperature to rise to 165°F. Cool for 1 hour before carefully releasing it from the pan.

While the pie cools, make the gravy. Melt the butter in a small saucepan over medium heat. Whisk in the flour until incorporated to make a blond (light-colored) roux (thickening paste). Slowly whisk in the chicken stock and simmer for 2 to 3 minutes, until thickened. Remove from the heat, add the parsley, thyme, and sage, and allow the herbs to steep for 15 minutes. The gravy can also be prepared ahead of time and reheated just before serving.

To serve, set the cooled pie on a platter. At the table, cut a small hole in the top of the crust, and carefully pour in the hot gravy. Slice into wedges.

* The pie appears to have been a Christmas custom in the Washington household, mentioned in letters as the season approached. For example, in November 1786, David Humphreys, a former military aide to the general, expressed his disappointment that he could not be at the estate for the holidays and thus would “not have the felicity of eating Christmas Pie at Mount Vernon.” In his post-Christmas reply, Washington voiced regret that Humphreys had not been with them to “aid in the Attack of Christmas Pies . . . on which all the company . . . were hardly able to make an impression.”

A January 1770 article in England’s Newcastle Chronicle noted that one Christmas pie being shipped to London. “was nine feet in circumference at bottom, weighed about twelve stone [168 pounds], and will take two men to present it at table. It was neatly fitted with a case, and four wheels to facilitate its use to every guest that inclines to partake of its contents at table.” One can assume that the Washingtons’ pies were smaller than that and that they were likely prepared according to Hannah Glasse’s recipe in *The Art of Cookery*.

Our analysis of various Christmas pie recipes indicated that the preparation can be lengthy, labor intensive, and difficult; given the poultry boning and other preliminary steps involved, it can require at least two days to put together.

A Christmas Goose Pie

Directions for Cookery, in its Various Branches, c. 1840

These pies are always made with a standing crust. Put into a sauce-pan one pound of butter cut up, and a pint and a half of water; stir it while it is melting, and let it come to a boil. Then skim off whatever milk or impurity may rise to the top. Have ready four pounds of flour sifted into a pan. Make a hole in the middle of it, and pour in the melted butter while hot. Mix it with a spoon to a stiff paste, (adding the beaten yolks of three or four eggs,) and

then knead it very well with your hands, on the pasteboard, keeping it dredged with flour till it ceases to be sticky. Then set it away to cool.

Split a large goose, and a fowl down the back, loosen the flesh all over with a sharp knife, and take out all the bones. Parboil a smoked tongue; peel it and cut off the root. Mix together a powdered nutmeg, a quarter of an ounce of powdered mace, a tea-spoonful of pepper, and a tea-spoonful of salt, and season with them the fowl and the goose.

Roll out the paste near an inch thick, and divide it into three pieces. Cut out two of them of an oval form for the top and bottom; and the other into a long straight piece for the sides or the walls of the pie. Brush the paste all over with beaten white of egg, and set on the bottom the piece that is to form the wall, pinching the edges together, and cementing them with white of egg. The bottom piece must be large enough to turn up a little round the lower edge of the wall piece, to which it must be firmly joined all round. When you have the crust properly fixed, so as to be baked standing alone without a dish, put in first the goose, then the fowl, and then the tongue. Fill up what space is left with pieces of the flesh of pigeons, or of partridges, quails, or any game that is convenient.

There must be no bones in the pie. You may add also some bits of ham, or some force-meat balls. Lastly, cover the other ingredients with half a pound of butter, and put on the top crust, which, of course, must be also of an oval form to correspond with the bottom. The lid must be placed not quite on the top edge of the wall, but an inch and a half below it. Close it very well, and ornament the sides and top with festoons and leaves cut out of paste. Notch the edges handsomely, and put a paste flower in the center. Glaze the whole with beaten yolk of egg, and bind the pie all round with a double fold of white paper. Set it in a regular oven, and bake it four hours.

This is one way of making the celebrated goose pies that it is customary in England to send as presents at Christmas. They are eaten at luncheon, and if the weather is cold, and they are kept carefully covered up from the air, they will be good for two or three weeks; the standing crust assisting to preserve them.

Beef a-la-Mode

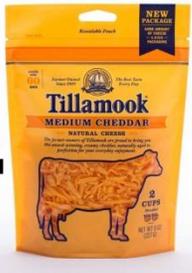
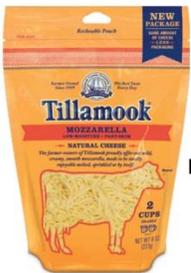
The New England Economical Housekeeper, c. 1845

Choose a piece of thick flank of a fine heifer or ox, cut into long slices; some fat bacon, but quite free from yellow; let each bit be near an inch thick; dip them into vinegar, and then into a seasoning ready prepared, of salt, black pepper, allspice, and a clove, all in a fine powder,

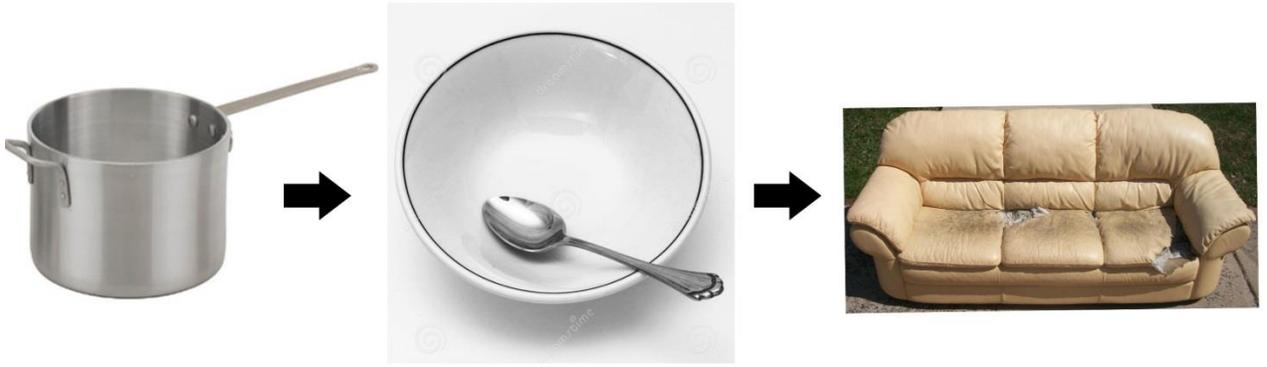
with parsley, chives, thyme, savory, and knotted marjoram, shred as small as possible, and well mixed. With a sharp knife make holes deep enough to let in the larding, then rub the beef over with the seasoning, and bind it up tight with tape. Set it in a well-tinned pot over a fire, or rather stove; three or four onions must be fried brown and put to the beef, with two or three carrots, one turnip, a head or two of celery, and a small quantity of water; let it simmer gently ten or twelve hours, or till extremely tender, turning the meat twice; to be cut in slices, and eaten cold.



Vegetarian Pasta Bake



This Gross Looking/Delicious Chili Thing I Make All the Time



Bacon Stuffed Turkey Burgers with Avocado-Ranch Dressing

Renee Thomsen, Senior Admin Clerk

Ingredients:

EVOO (just a drizzle),
6 slices bacon – chopped
2 lbs. ground turkey
1 small onion
1 tbsp. hot sauce
2 tbsp. poultry seasoning
Salt & pepper
1 avocado
1 C. sour cream
Juice of 1 lemon
1 clove garlic – chopped
fresh chives, dill, flat leaf parsley (about a palm full each)
Brioche or other good hamburger bun
Butter lettuce leaves
Thinly sliced tomato

Directions:

Preheat grill pan to medium-high, drizzle EVOO and add bacon. Cook until crisp (5-7 minutes). Drain on paper towel, let cool then chop. Place turkey in bowl and grate onion on top, add in hot sauce, poultry seasoning, salt, pepper and bacon. Form into patties, drizzle patties lightly with EVOO and grill until cooked through. In food processor combine avocado, sour cream, lemon juice, garlic, herbs, salt & pepper and process until creamy thick sauce. Toast hamburger buns, top with burgers, lettuce, tomato and avocado- ranch sauce.

Side Dishes

Egg Plant Stuffed

What Mrs. Fisher Knows About Old Southern Cooking, c. 1881

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 collander. 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.

Turkish Pilaf

Mrs. Lincoln's Boston Cook Book, c. 1884

One cup of stewed and strained tomatoes, one cup of stock, seasoned highly with salt, pepper, and minced onion. When boiling, add one cup of well-washed rice; stir lightly with a fork until the liquor is absorbed, then add half a cup of butter. Set on the back of the stove or in a double boiler, and steam twenty minutes. Remove the cover, stir it lightly, cover with a towel, and let the steam escape. Serve as a vegetable, or as a border for curry or fricassee.

No. 2.--Prepare as in the preceding receipt. Add with the butter one cup of cooked meat (lamb, veal, or chicken), cut into half-inch pieces and shredded very fine. Serve as an entree.

Mashed Potato Salad

Ralph Gibson, Museums Administrator

Ingredients:

Six cups mashed potatoes (leftovers work great)
3 hardboiled eggs, chopped
1 ¼ cup miracle whip
1/3 cup mustard
2 celery stalks, diced
½ red bell pepper, diced
¼ green bell pepper, diced
¼ red onion, diced
2 Tablespoons of sweet relish
1 teaspoon of cayenne powder
1 teaspoon salt
1 teaspoon of black pepper
Paprika

Mix all the ingredients until creamy, then sprinkle top with paprika.

Gumbo*

Beth Rohlfes, Curator of Education

You have several options with this favorite dish. You can use chicken and Andouille sausage or, as I usually do, fresh shrimp and crab, depending on what's available. You can also add okra as a thickening agent.

1 cup oil
1 chicken, cut up or boned along with 1-½ lbs Andouille or smoked ham (or
2 lb seafood—shrimp and/or crab).
1 cup flour
4 cups chopped onions
2 cups chopped celery
2 cups chopped green pepper
1 T chopped garlic
Okra (optional), cut into rounds (fresh or frozen/thawed)
8 cups stock or stock substitute

Salt
Cayenne pepper
2 cups chopped green onions
File
Cooked rice

1. Season and brown chicken in oil (lard, bacon drippings work) over medium heat. If using fresh shrimp, sauté it until pink.
2. Add sausage to pot and sauté with chicken or shrimp. Remove from pot.
3. Make roux with equal parts oil and flour to desired color (the lighter the roux, the thicker the gravy; darker makes thinner gravy). Note, if making roux over high heat, the oil must be free of food particles to avoid burning.
4. Add the “trinity”—onions, celery and green pepper—and later, the garlic to the roux. If using okra, add it at this time, too. Stir continuously until vegetables reach desired tenderness.
5. Return chicken and sausage (or seafood) to the pot and cook with vegetables, continuing to stir frequently.
6. Gradually stir in liquid and bring to boil.
7. Reduce and simmer for an hour or more. Season to taste.
8. Approximately 10 minutes before serving, add green onions.

You can serve the Gumbo over rice (or not). Optional things to have at the table for individuals to add: sherry and/or file, a flavoring and thickening made from dried, ground sassafras leaves ($\frac{1}{4}$ - $\frac{1}{2}$ tsp per serving is recommended).

** I got this recipe from the New Orleans School of Cooking. Larry and I met at Tulane University and lived in the “Big Easy” for 10 years, so that city’s renowned cuisine holds a special place in among our favorites foods. (Larry actually bartended alongside a very young Emeril Lagasse—before he was “Emeril”—at Commanders Palace one summer.)*

Sweet & Spicy Mac ‘N Cheese

Bryanna Ryan, Curator of Archives

4 C Penne Pasta
2 C Tillamook white cheddar, grated
 $\frac{1}{2}$ C Bread Crumbs
4 C Heavy Cream

¼ C Sweet Chili Sauce
2 Tbsp. Siracha

Heat oven to 350F

In a heavy-bottomed stock pot reduce cream by half.

Add sweet chili sauce and Siracha. Mix and remove from heat.

Cook penne until al dente.

In casserole dish, mix penne, cheese and sauce.

Sprinkle top with bread crumbs.

Bake uncovered until browned (About 20 minutes).

Sausage Stuffed Mushrooms

Bryanna Ryan, Curator of Archives

36 large fresh mushrooms (about 2 lb)

1 lb bulk pork sausage

¼ C Freeze-dried Chopped Chives

2 Tbsp Chopped Onion

1 Clove Garlic, finely chopped

¾ C Original Bisquick mix

¼ C Italian-style dry bread crumbs

¼ C grated Parmesan cheese

1. Heat oven to 350°F. Remove stems from mushrooms; finely chop stems.
2. In 10-inch skillet, cook sausage, chopped mushroom stems, chives, onion and garlic until sausage is no longer pink; drain, reserving drippings. Stir Bisquick mix and bread crumbs into sausage mixture until mixture holds together. (If mixture is dry, add 1 to 2 tablespoons reserved drippings.)
3. Spoon about 1 rounded tablespoon sausage mixture into each mushroom cap. In ungreased 15x10x1-inch pan, place filled mushrooms; sprinkle with cheese.
4. Bake about 15 minutes or until hot. Serve immediately.

Cranberry Relish

Leith Sorensen, Admin Clerk

2 - 12 oz. packages fresh cranberries
2 – Oranges
1 cup sugar
¼ teaspoon Ground Clove

Wash the cranberries and remove any poor ones. Make a little zest (1 teaspoon) from the orange peel, then peel and section the oranges. Use a food processor to cut and combine the peeled orange sections, cranberries, sugar, clove, and zest, a little at a time (aprox. 1/2 cups worth) until it is a course chop. Don't over process it will only take a few minutes.

Chill the combined ingredients for at least 3 hours, then stir before serving (time for the flavors to meld).

Serves 6. Prep time is about 10 - 15 minutes.

If there are leftovers, it tastes great on pancakes and French toast.

Brussel Sprouts Parmesan

Leith Sorensen, Admin Clerk

½ cup chopped onion
3 crushed cloves of garlic
15 Brussels sprouts cut in half
3 Tablespoons olive oil
1/3 cup shredded parmesan cheese

In a cast iron skillet, heat oil to med. High temperature. Add the onion and garlic; stir as it browns for just a few minutes. Lower temperature to medium. Add the Brussel sprouts cut side down, cook until browned on lower side, stir then turn sprouts over and continue to cook until tender. Put into bowl, top with the Parmesan cheese and serve.

Serves 4 – 5. Time to prepare and cook is about 15 – 20 minutes.

Desserts

A Magnificent Christmas Cake

Jennie June's American Cookery Book c. 1870

Two pounds of flour, two pounds of sugar, two pounds of raisins stoned and chopped, two pounds of currants cleaned, one pound of citron, cut in strips, one pound of butter, ten eggs well-beaten, four tea-spoonsful baking powder mixed with the flour, a pint of sweet milk, lemon, nutmeg, and allspice to taste, and a little salt. Mix and beat thoroughly. Put in plenty of spice. Bake four or five hours, and then ice. Trim it with holly wreath, and branch.

Another Christmas Coockey

American Cookery, c. 1798

To three pound flour, sprinkle a tea cup of fine powdered coriander seed, rub in one pound butter, and one and half pound sugar, dissolve three tea spoonfuls of pearl ash in a tea cup of milk, kneed all together well, roll three quarters of an inch thick, and cut or stamp into shape and size you please, bake slowly fifteen or twenty minutes; tho' hard and dry at first, if put into an earthen pot, and dry cellar, or damp room, they will be finer, softer and better when six months old.



Molasses Cookies

The Woman Suffrage Cook Book, c. 1890

One egg, one cup molasses, one-half cup of sugar, one teaspoonful each of salt, soda and ginger; flour enough to roll easily. This receipt calls for neither milk or shortening, and makes very nice cookies. Bake in quick oven.

Rugelach

Kasia Woroniecka, Curator of Collections

8 ounces cream cheese at room temperature
½ pound unsalted butter at room temperature
¼ cup granulated sugar plus 9 tablespoons
¼ teaspoon kosher salt
1 teaspoon pure vanilla extract
2 cups all-purpose flour
¼ cup light brown sugar, packed
1 ½ teaspoons ground cinnamon
¾ cup raisins
1 cup walnuts, finely chopped
½ cup apricot preserves, puréed in a food processor
1 egg beaten with 1 tablespoon milk, for egg wash

Cream the cheese and butter in the bowl of an electric mixer fitted with the paddle attachment until light. Add ¼ cup granulated sugar, the salt, and vanilla. With the mixer on low speed, add the flour and mix until just combined. Dump the dough out onto a well-floured board and roll it into a ball. Cut the ball in quarters, wrap each piece in plastic, and refrigerate for 1 hour.

To make the filling, combine 6 tablespoons of granulated sugar, the brown sugar, ½ teaspoon cinnamon, the raisins, and walnuts.

On a well-floured board, roll each ball of dough into a 9-inch circle. Spread the dough with 2 tablespoons apricot preserves and sprinkle with 1/2 cup of the filling. Press the filling lightly into the dough. Cut the circle into 12 equal wedges—cutting the whole circle in quarters, then each quarter into thirds. Starting with the wide edge, roll up each wedge. Place the cookies, points tucked under, on a baking sheet lined with parchment paper. Chill for 30 minutes.

Preheat the oven to 350 degrees.

Brush each cookie with the egg wash. Combine 3 tablespoons granulated sugar and 1 teaspoon cinnamon and sprinkle on the cookies. Bake for 15 to 20 minutes, until lightly browned. Remove to a wire rack and let cool.

Lemon Bars

Kasia Woroniecka, Curator of Collections

For the crust:

½ pound unsalted butter at room temperature

½ cup granulated sugar

2 cups all-purpose flour

1/8 teaspoon kosher salt

For the filling:

6 extra-large eggs at room temperature

3 cups granulated sugar

2 tablespoons grated lemon zest (4 to 6 lemons)

1 cup freshly squeezed lemon juice

1 cup all-purpose flour

Confectioners' sugar, for dusting

Preheat the oven to 350 degrees.

For the crust, cream the butter and sugar until light in the bowl of an electric

mixer fitted with the paddle attachment. Combine the flour and salt and, with the mixer on low, add to the butter until just mixed. Dump the dough onto a well-floured board and gather into a ball. Flatten the dough with floured hands and press it into a 9 x 13 x 2-inch baking sheet, building up a 1/2-inch edge on all sides. Chill.

Bake the crust for 15 to 20 minutes, until very lightly browned. Let cool on a wire rack. Leave the oven on.

For the filling, whisk together the eggs, sugar, lemon zest, lemon juice, and flour. Pour over the crust and bake for 30 to 35 minutes, until the filling is set. Let cool to room temperature.

Cut into triangles and dust with confectioners' sugar.

English Toffee

Tom Reinke, Assistant Exhibit Preparator

Ingredients

1 tablespoon plus 2 cups butter, softened, divided
2 cups sugar
1 tablespoon light corn syrup
¼ teaspoon salt
1 cup milk chocolate chips
1 cup chopped pecans

Grease a 15-in. x 10-in. x 1-in. pan with 1 tablespoon butter; set aside. In a large heavy saucepan, melt the remaining butter. Add the sugar, corn syrup and salt; cook over low heat without stirring until a candy thermometer reads 295° (hard-crack stage). Add Pecans and stir. Quickly pour into prepared pan. Let stand at room temperature until cool, about 1 hour.

Lebkuchen*

Tom Reinke, Assistant Exhibit Preparator

Ingredients

½ cup honey
½ cup molasses
¾ cup packed brown sugar
1 egg
1 tablespoon lemon juice
1 teaspoon lemon zest
2 ¾ cups all-purpose flour
½ teaspoon baking soda
1 teaspoon ground cinnamon
1 teaspoon ground cloves
1 teaspoon ground allspice
1 teaspoon ground nutmeg
1/3 cup diced candied citron
1/3 cup chopped nuts
1 cup white sugar

In a medium saucepan, stir together the honey and molasses. Bring the mixture to a boil, remove from heat and stir in the brown sugar, egg, lemon juice and lemon zest. In a large bowl, stir together the flour, baking soda, cinnamon, cloves, allspice and nutmeg. Add the molasses mixture to the dry ingredients and mix well. Stir in the citron and hazelnuts. Cover dough and chill overnight.

Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets. Using a small amount of dough at a time, roll out on a lightly floured surface to 1/4 inch thickness. Cut into small rectangles and place them 1 inch apart onto the prepared cookie sheet.

Bake for 10 to 12 minutes in the preheated oven, until no imprint remains when touched lightly. Brush the icing over the cookies while they are still hot and quickly remove them to wire cooling racks. Store in airtight container with a cup of orange or apple for a few days to mellow.

**Adapted from my Grandmother's recipe.*