



Bernhard Museum Student Activity

The Victorian Kitchen

In the 1800s many household chores centered on the kitchen's wood burning stove. This was where the meals were cooked, foods were preserved, water was heated, irons were warmed, and the wash tub was set up. In the winter, the kitchen stove helped heat the house, but in the summer many homes used an outdoor stove called a "summer kitchen."

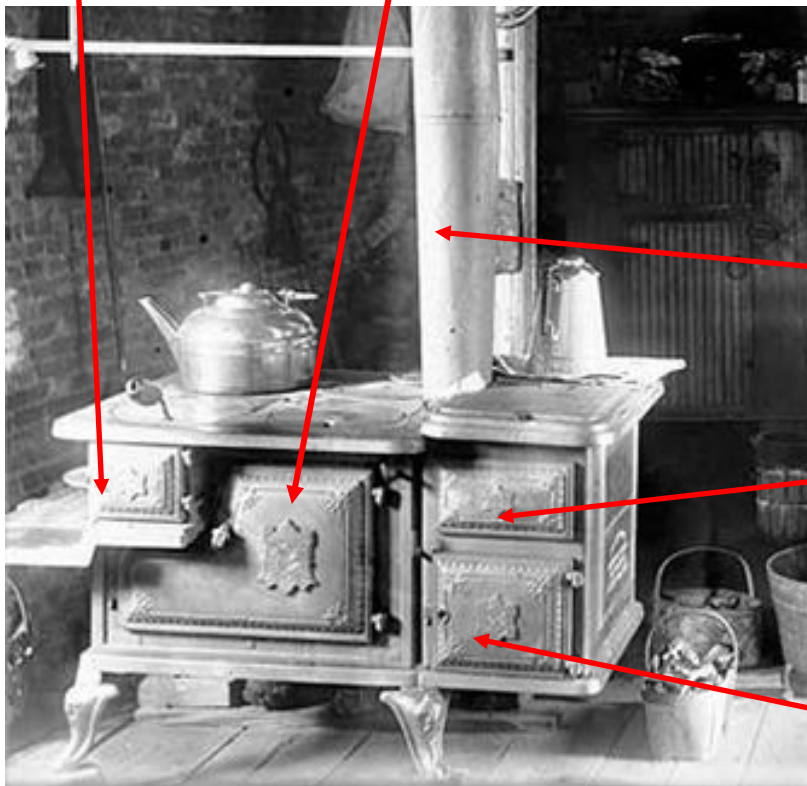
These cookstoves required careful use to prevent injuries and fires. A fire had to be built and carefully maintained throughout the day. Wood would need to be added, and the ash would need to be emptied.

The top of the stove was very hot because the fire-box (and escaping smoke) were underneath. Round plates could be taken off to put more wood on the fire. Food was cooked on top of these ovals. Buckets of water, tea kettles, and coffee pots could also be put here to warm up.



Fire Box
(for wood)

Oven Door



Stove Pipe (for smoke)

Hot Water Reservoir

Warming Oven

The Victorian Kitchen—Biscuits & Butter!

In Placer County, a 19th century farming family like the Bernhards would eat fresh produce, beef, eggs, cheese, butter, milk, cream, bread, jellies, preserves, relishes, cake, pie, coffee, and tea. Many of these foods would be grown or made on the property, or purchased locally.

With an adult, you can make the biscuit recipe below.

Baking Powder Biscuit Recipe

Ingredients

- $\frac{3}{4}$ cup white flour
 - $\frac{1}{4}$ cup wheat flour
 - $\frac{1}{4}$ teaspoon salt
 - $\frac{1}{2}$ teaspoon sugar
 - 2 teaspoons baking powder
 - 2 tablespoons butter
 - $\frac{1}{2}$ cup buttermilk
- In a large bowl, combine white flour, wheat flour, baking powder, salt and sugar.
 - Cut in butter using pastry blender until you have small crumbs.
 - Make a well in the center of the dry ingredients; add buttermilk.
 - Gently blend ingredients together **just until** mixture clumps together.



Place dough onto a floured surface. Roll dough out to about $\frac{1}{2}$ – $\frac{3}{4}$ inch thick. This will only take one or two light passes with the rolling pin. Cut out biscuits using a small biscuit cutter.

Heat oven at 350 degrees Fahrenheit and bake until golden brown, roughly 5 minutes.

Do you want butter for your biscuits? Make your own! This would have been a common chore on for children on the farm! And you can do it at home.

What you need:

- 1 pint of heavy cream
- 1 lidded jar
- Pinch of salt (optional)

What to do:

- Pour the heavy cream into the jar, add a pinch of salt and put the lid on.
- Shake! Shake the cream until it thickens to a whipped cream, then a whipped butter, and keep going!
- Once there are solid lumps and a milky white liquid, you've made butter. The solid pieces are butter, and the liquid is buttermilk. Separate the buttermilk. You can use it in the biscuit recipe!
- Rinse the butter off with water, and store in the fridge.

