

Early American Eating

Appetizers and Soup

CURD FRITTERS

BOILED BREAD

ASSORTMENT OF CHEESES, BREAD, NUTS, AND DRIED BERRIES

KING'S ARMS TAVERN CREAM OF PEANUT SOUP

Main Course

CHESHIRE PORK PIE

PORK OR VEAL CUTLETS

TO BOIL A WILDE DUCK

TO FARCE A CABBAGE

Sides

PUMPKIN GNOCCHI

CARROT OR PARSNIP PUFFS

NAVAJO BEAN BALLS

Dessert

MONTICELLO SNOW EGGS

BOURBON BALLS

PENNSYLVANIA DUTCH APPLE DUMPLINGS

Punch

CHATHAM ARTILLERY PUNCH

Appetizers

CURD FRITTERS

Curds are a soft cheese like cottage cheese or ricotta. These fritters are a lot like thin pancakes or crepes. This recipe is from the 1594 cookbook *The Good Huswives Handmaide for the Kitchin*. pp. 47-48.

To make Curde Frittors

Take the yolks of ten Eggs, and breake them in a pan, and put to them one handfull Curdes and one handfull of fine flower, and straine them all together, and make a batter, and if it be not thicke ynough, put more Curdes in it, and salt to it. Then set it on the fyre in a frying pan, with such stuffe as ye will frie them with, and when it is hot, with a ladle take part of your batter, and put of it into the panne, and let it run as smal as you can, and stir then with a sticke, and turne them with a scummer, and when they be fair and yellow fryed, take them out, and cast Sugar upon them, and serve them foorth.

Modern Version

5 eggs

curds (ricotta, cottage or other soft cheese)

wheat or corn flour

salt

cooking oil or butter

sugar

Make a thin batter with the eggs and equal amounts of curds and flour. Season with salt. Heat a small amount of cooking oil in your frying pan. When the oil is hot, pour in the batter and tip the pan to make the batter spread very thin (that's what "let it run as small as you can" in the recipe means). They should be like crepes. When brown on one side, use your knife to flip them over or slide them onto a plate and flip them over into the pan. Add more oil to the pan when needed. Serve with sugar sprinkled on the top if you wish.

BOILED BREAD

Boiled bread is a small patty made mostly of cornmeal with crushed nuts and berries added in. It is dropped in a pot of boiling water and when done, rises to the top.

1 quart slightly boiled water

1/2 cup cornmeal

1/2 cup corn flour

1/2 cup dried cranberries, blueberries, and/or currants

1/2 cup crushed nuts or seeds (walnuts, hazelnuts or sunflower seeds)

Maple syrup or sugar to taste (optional)

Combine all ingredients in large bowl and mix thoroughly. After mixing, slowly add a spoonful at a time of slightly boiled water. When the mix is thick enough to be sticky, shape round patties (about 3 inches in diameter and 1/2 inch thick). Return water to slight rolling boil and drop in 1 or 2 patties, carefully making sure they do not stick to the bottom. Remove breads when they begin to float.

<http://www.plimoth.org/learn/just-kids/recipes#nasaump>

KING'S ARMS TAVERN CREAM OF PEANUT SOUP

In 1794, Thomas Jefferson recorded the yield of sixty-five peanut hills at Monticello. The cultivation of peanuts increased in the South in the nineteenth century.

1 medium onion, chopped
2 ribs of celery, chopped
¼ c butter
3 tbsp all-purpose flour
2 quarts of chicken stock or canned chicken broth
2 c smooth peanut butter
1 ¾ c light cream
Peanuts, chopped

Sautee onions and celery in butter until soft, but not brown.
Stir in flour until well blended.
Add chicken stock, stirring constantly, and bring to a boil.
Remove from heat and rub through a sieve.
Add peanut butter and cream, and stir to blend thoroughly.
Return to low heat, but do not boil, and serve, garnished with peanuts.
Note: This soup is also good served ice cold.

CHESHIRE PORK PIE

The advantage of a pie is that it encases the ingredients inside a hardened crust that protects the ingredients. Sometimes, the pastry wasn't intended to be eaten, but merely served as a casing. Cheshire pork pie combines the classic pairing of pork and apples.

18th Century

Take a loin of pork, skin it, cut it into steaks, season it with salt, nutmeg, and pepper; make a good crust, lay a layer of pork, then a large layer of pippins pared and cored, a little sugar, enough to sweeten the pie, then another layer of pork; put in half a pint of white wine, lay some butter on the top, and close your pie: if your pie be large, it will take a pint of white wine.
- Glasse, Hannah. "The Art of Cookery Made Plain and Easy"

21st Century

1 lb. >pork tenderloin
2 Tbsp. butter
¼ tsp. salt
¼ tsp. nutmeg
1 tsp. pepper
2 large Granny Smith apples
2 large MacIntosh apples
2 Tbsp. sugar

½ cup Rhine wine

Pastry, homemade or store bought

Preheat the oven to 350°.

Remove one piece of dough from refrigerator and let stand until soft.

Lightly flour your work surface and roll out dough into a 12-inch circle. Then, wrap the dough around the rolling pin to transfer into a 9-inch pie pan. Unwrap the dough from the rolling pin into the pie pan, making sure the dough is form-fitted to the pan. Allow the dough to overhang the lip of the pan. Return pie pan with dough to the refrigerator until it is needed.

Slice the tenderloin into round slices that are ¼ inch thick. Season with salt, nutmeg and pepper. Sear the slices in a frying pan with butter and set aside.

Peel, core and quarter the apples. Cut the quarters into slices that are ¼ inch thick.

Retrieve the pie pan from the refrigerator. Fill the pie by alternating layers of pork, apples and sugar.

When the pie is filled, lay the butter over the filling. Pour in wine.

Roll the second piece of pastry dough into a 12-inch circle. Then, wet the bottom lip of the dough and place the top piece over the filling. Trim the dough so it is flush with the edge of the pie pan. Flute the edge or press with a fork to seal. With a knife, cut 4 slits on the top of the pie.

Place a rimmed baking sheet on the middle rack of the oven. Place the pie in the middle of the sheet.

Bake at 350° for 35-45 minutes.

<http://recipes.history.org/2012/05/to-make-a-cheshire-pork-pie/>

PORK OR VEAL CUTLETS

This recipe is similar to a fricassee in that the meat is partially cooked and then finished in a sauce.

However, par-cooking in a seasoned liquid prior to the frying and stewing adds an incredible depth of flavor and complexity using a few simple ingredients.

18th Century

Cut them from the fillet, put them in a stew pan with a piece of nice pork, a clove of garlic, a bundle of thyme and parsley, pepper and salt, cover them with water and let them stew ten or fifteen minutes, lay

them on a dish, and when cold cover them well with the

crumb of stale bread finely grated, mixed with the leaves of

parsley chopped very small, some pepper, salt, and grated

nutmeg; press these on the veal with a knife, and when a

little dried, turn it and do the same to the other side; put a

good quantity of lard in a pan, when it boils lay the cutlets in

carefully that the crumbs may not fall, fry them a little

brown, lay them on a strainer to drain off the grease, do the

same with the crumbs that have fallen in the pan; while this

is doing simmer the water they were boiled in to half a pint,

strain it and thicken it with four ounces of butter and a little

browned flour; add a gill of wine and one of mushroom catsup, put in the cutlets and crumbs, and stew till

tender; add forcemeat balls.

– [Randolph, Mary. "The Virginia Housewife"](#)

21st Century



- 4-6 pork or veal chops
 - 3 cloves of garlic, crushed
 - 2-4 cups water
 - 2 cups bread crumbs
 - 3-5 sprigs of fresh thyme and parsley, plus 3 Tbsp. of fresh parsley, minced
 - Salt and pepper
 - ½ tsp. fresh nutmeg
 - Lard or vegetable oil for frying
 - ½ cup red wine
 - ½ cup Worcestershire Sauce
 - 4 oz. butter
 - 3 Tbsp. all-purpose flour
 - 1-2 cups of stuffing from the recipe [To Farce a Cabbage](#)
1. Combine the water, garlic, and sprigs of thyme and parsley in a sauté pan and stew for 15 to 20 minutes until the meat begins to turn grey.
 2. While the meat is stewing, combine the bread crumbs, minced herbs, salt, pepper and nutmeg in a shallow dish.
 3. When the meat is partially cooked, place the cutlets into the seasoned bread crumbs. Press them down so the crumbs adhere to the meat. Repeat for the other side. Continue to press the meat into the bread crumbs until well coated. Place the breaded meat into the refrigerator to dry while the stewing liquid is being reduced.
 4. Melt the butter in a pan on low heat, add the flour and combine into one solid mass. Set aside.
 5. Continue simmering the stewing liquid until the volume is reduced to about a cup. Strain out the particles and return the liquid to the pan and add the butter/flour mixture to thicken.
 6. Add the Worcestershire Sauce and red wine. Stir until combined and the sauce is smooth and coats the back of a spoon. Taste the sauce and correct the seasoning with salt and pepper. Cover the pan and reduce the heat to a low simmer.
 7. Fry the chilled and breaded meat in a frying pan with lard or a vegetable oil of your choice. When the cutlets are browned on both sides, place them into the simmering sauce. Cover the pan and continue to cook on moderate heat for 15 to 20 minutes.
 8. While the meat is simmering, roll the forcemeat into balls the size of a walnut. Fry them until brown. Add them to the meat as garnish.

TO FARCE A CABBAGE



This is one of several stuffed cabbage recipes that uses the whole head of cabbage instead of individually stuffed leaves. Cabbages were quite survivable out of the ground, so a family might have used this recipe long after the cabbage was harvested. This recipe's leftovers make a great hash for breakfast!

18th Century

BLANCH a Cabbage in Water, drain it, and open it carefully that the leaves be not broken, but hang on to another; spread them, and in the Middle put a Farce made of Veal, blanch'd Bacon, the Flesh of Fowls, Fat of Ham, hash'd Mushrooms, and Truffles, Chives, Parsley, and a Clove of Garlick; season it with Spices and Wrap word in [Pot-herbs](#), grated Bread, two whole Eggs, and the Yolks of two more; shread all very small and pound them in a Mortar. Fill the Cabbage with this [farce](#), close up the Leaves, and tie it round with Packthread. Then put into a Stewpan some Slices of Veal well beaten, with half a Spoonful of Flower, and then put in your Cabbage, and let them take Colour together. When it is brown, put in some Broth, and season them with fine Herbs and Slices of Onions, and pour over it a Ragoo of Mushrooms, or any other of the like sort; then serve it up. You may also farce a Cabbage Meagre with the Flesh of Fish and other Garnishings, as you farce a Carp, Pike, or other Fish.

- [Adam's Luxury and Eve's Cookery, p. 121.](#)

21st Century

For the stuffing

1 head of cabbage

2-4 oz. veal, cooked and chopped

2-3 oz. of lightly cooked bacon or smoked ham, chopped

2-3 oz. mushrooms, chopped

2-3 oz. cooked chicken, turkey, or duck, chopped (or you may use more of one of these meats in larger amounts and leave out the others)

1 clove of garlic, finely minced

2 tsp. each of fresh parsley, sage, rosemary, thyme, and chives

2 cups of breadcrumbs

2 whole eggs and 2 egg yolks whipped together (you may leave out the two additional yolks if you choose)

¼ tsp. freshly grated nutmeg

Salt and pepper

For the broth

1 medium onion, sliced

4 oz. sliced veal, pounded

3 Tbsp of flour

A bunch of fresh herbs, tied together

2 quarts of vegetable or beef broth to cover cabbage in pan

Bring a large pot of water to boil.

While waiting for the water to boil, combine all the ingredients for stuffing. The consistency should be like an uncooked meatloaf.

When the water has boiled, insert a large meat fork all the way into the core end of cabbage.

Submerge the cabbage in the boiling water for 2 to 3 minutes, rotating it from side to side, until the outer leaves are softened. Carefully peel away the outer leaf but don't break it. Repeat for the next layer of leaf and so on until several layers are pulled back but still attached.

Allow the cabbage to cool and drain for several minutes. Then reach into the cabbage and remove the core, creating a pocket for the stuffing.

Fill the cabbage with the stuffing and push the outer leaves back into shape to encase the filling.

Wrap the cabbage in cheesecloth and set aside.

Make the broth by putting the veal slices into a clean pot and allow it to brown a few minutes. Add the flour to coat the meat. When the flour has been absorbed and is brown, add the broth and sliced onions. When the broth has attained a low boil, add the herb bundle and cabbage. (Or you may use pre-prepared broth to cook the cabbage.)

Cook the cabbage for about 35-40 minutes or until tender.

Drain and place on serving platter. Slice into wedges.

<http://recipes.history.org/2011/02/to-farce-a-cabbage/>

To Boil A Wilde Duck

"Trusse and parboyle it, and then halfe roast it, then carve it and save the gravey: take store of Onyons Parsley, sliced Ginger, and Pepper: put the gravie into a Pipkin with washt currins, large Mace, Barberries, a quart of Claret Wine: let all boyle well together, scumme it cleane, put in Butter and Sugar."

- John Murrell, The Newe Booke of Cookery, 1615

For the Duck:

1 4 to 5 pound duck

2 ½ teaspoons salts

10 black peppercorns

1 medium onion, quartered

Handful of parsley leaves and stalks

3 medium onions, halved vertically, then thinly sliced

½ teaspoon freshly ground black pepper

For the Sauce:

2 cups red wine

⅓ cup parsley leaves, minced

1 teaspoon ground ginger

¼ cup dried currants or roughly chopped raisins

2-4 blades of whole mace or ½ teaspoon ground
¼ cup cranberries, coarsely chopped
1 tablespoon sugar
4 Tablespoons (½ stick) chilled unsalted butter, cut into 4 pieces

Rinse the duck inside and out and rinse any giblets included. Place the duck and giblets (except the liver, which can be reserved for another use) in a pot large enough to accommodate them, along with 2 teaspoons of the salt, the peppercorns, the onion quarters, and parsley leaves and stalks. Cover with cold water and bring to a simmer over high heat. Reduce the heat so the broth comes to a very low simmer. Skim off the forth, cover, and simmer for 45 minutes.

Preheat the oven to 400°F. Arrange the sliced onions in a 13×9-inch roasting pan. Carefully remove the duck from the broth and reserve the broth. Season the duck inside and out with the remaining ½ teaspoon of salt and the ground pepper and then place it on top of the onions. Roast the duck for 25 minutes, then place it on a carving board and cover loosely with foil.

Meanwhile, make the sauce. Strain 1 cup of the reserved broth and place in a saucepan along with the onions from the roasting pan, the wine, parsley, ginger, currants, and mace. Boil over medium-high heat until the mixture is reduced by two thirds and attains a syrupy consistency.

When the duck has rested for at least 10 minutes, carve it into serving pieces. Place the meat on a heated serving platter and cover loosely with foil.

Add any juices given off during carving to the sauce and stir in the cranberries and sugar. Simmer for another 30 seconds, then remove from the heat. Swirl in the butter, 1 tablespoon at a time, until the sauce is silky. Serve the duck immediately, accompanied by the sauce.

Serves 4-6

NOTE: Simmer the leftover defatted duck broth until it is reduced to one quarter; this makes a very useful stock. Store in the freezer until needed

<http://blogs.plimoth.org/pilgrimseasonings/?tag=17th-century-recipe>

Sides

PUMPKIN GNOCCHI

Ingredients:

3 medium size Idaho potatoes

1 ½ c. sifted all-purpose flour

1 ½ c. sifted cake flour

2 eggs

½ c. pumpkin puree

1 tsp. salt

Instructions:

Boil potatoes whole and unpeeled.

Combine flours on workbench.

Crack eggs into center of flour.

When potatoes are cooked throughout, strain, then peel. While still hot, process potatoes through food mill directly into flour and eggs. Add pumpkin puree. Knead softly until everything is combined evenly.

Cover dough ball with plastic wrap. Working swiftly while dough is warm, roll dough into small logs in increments of about two centimeters in diameter. Cut log into — inch pieces. Roll pieces into balls.

Roll balls into boiling salted water off the back of a fork. When they float, they are done.

Strain and add sauce.

<http://www.history.org/Almanack/life/food/fdgnocci.cfm>

CARROT OR PARSNIP PUFFS

[Watch the video](#)

Carrot puffs are fritters made with carrots or parsnips. Carrot puffs are more like hush puppies, although they're leavened with eggs instead of yeast or baking powder. They can seem dense if the oil isn't hot. A deep fat fryer works well with this recipe.

18th Century

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

– Smith, Eliza. "The Compleat Housewife"

21st Century

- 8-10 medium carrots
- 1 cup of bread crumbs
- 2 eggs, beaten
- 1 ½ tsp. nutmeg, ground or fresh
- 1 tsp. orange flower water (optional)
- 2 Tbsp. sherry (sack)
- 1/2 cup heavy cream



- Vegetable oil for pan frying
- 1. Make the carrot pulp. Scrape the carrots and boil them for 20 minutes or until tender. Mash the carrots into about 2 cups of pulp.
- 2. In a medium bowl, mix the carrots, bread crumbs, beaten eggs, nutmeg, orange flower water, sherry and cream.
- 3. In a large frying pan, add the oil. It should come about halfway up the sides. The oil should be hot, around 365°.
- 4. Drop a heaping tablespoon of the batter into the hot oil. Fry until each side has become golden in color. Drain on paper towels. Serve hot.

<http://recipes.history.org/2012/04/to-make-carrot-or-parsnip-puffs/>

NAVAHO BEAN BALLS

4 cups pinto beans

8 cups corn meal

1 cup flour

2 teaspoons baking soda

Put the beans in a large cast iron kettle and cover with cold water. Bring to a boil and then simmer until the beans are soft. Now put the corn meal in a large wooden mixing bowl and stir in the flour and baking soda. Blend well and add the hot beans to this mixture. Add enough water from the kettle to make a stiff dough. Roll this dough into small balls. Bring the bean liquid in the kettle to a boil and drop in the bean balls. Let simmer for 30 minutes and serve while hot.

<http://www.squidoo.com/pioneer-early-American-recipes>

Dessert

SNOW EGGS

This is James Hemings' recipe for "Snow Eggs" written out by Thomas Jefferson's granddaughter, Virginia:

Recipe: Take 10 eggs, separate the yolks from the whites and beat the whites as you do for the savoy cake, till you can turn the vessel bottom upward without their leaving it; when they are well beaten, put in 2 spoonfuls of powdered sugar and a little orange flower water or rose water if you prefer it. Put a pint of milk in a saucepan with 6 oz sugar and orange flower or rose water; when your milk boils, take the whites, spoonful by spoonful and do them in the boiling milk; when sufficiently poached, take them out and lay them on a sieve. Take out a part of the milk, according to the thickness you wish to give the custard. Beat up the yolks and stir them in the remainder; as soon as it thickens, take the mixture from the fire; strain it through a sieve; dish up your whites and pour the custard over them.

A little wine stirred in is a great improvement.

— James, cook at Monticello

<http://www.npr.org/templates/story/story.php?storyId=19085244>

BOURBON BALLS

Makes 36 – 42 cookies

Ingredients:

2 cups vanilla wafer crumbs

2 tablespoons cocoa

1 ½ cups confectioner's sugar, divided

1 cup pecans, very finely chopped

2 tablespoons white corn syrup

¼ cup bourbon

Instructions:

Mix well the vanilla wafer crumbs, cocoa, 1 cup confectioner's sugar, and pecans.

Add corn syrup and bourbon; mix well.

Shape into 1-inch balls and roll in the remaining confectioner's sugar.

Put in tightly covered tin box or other metal container for at least 12 hours before serving.

Note: these cookies keep well for 4 or 5 weeks!

<http://www.history.org/Almanack/life/food/fdbourbonballs.cfm>





Apples are an American standard for autumn. Although this dish is delicate to make, it is well worth the time. Custard filled apples with meringue and sugar, what's not to like?

18th Century

Core them as the last, and fill them with a good marrow cream; baste the outside with the whites of eggs, to make as much fine sugar stick to it as possible; bake them in a slow oven upon the dish you intend for the table and serve them hot or cold.

– [Dalrymple, George. "The Practice of Modern Cookery"](#)

21st Century

4 medium to large apples (your choice as to what type)

4 large eggs (separate the yolks in one bowl, the whites in another)

1 c. whipping cream

¼ c. sugar (for cream)

¼ c. sugar for covering the outside of the apples

¼ tsp each of ground cinnamon, nutmeg, ginger and mace

Pare the apples and core out the centers with an apple corer or paring knife. Do not core it from one end through to the other but make sure there is some apple left at the bottom of the cored section so this can act as a cup to hold the filling. Set them aside.

Make the cream (custard) filling by combining the cream, whipped egg yolks, sugar and spices in a saucepan. Over medium heat, cook until custard thickens. Stir this mixture fairly constantly so as not to curdle it. When the custard is thick enough to coat the spoon, set it aside to cool until it is warm, not hot. Whip your egg whites until they are close to becoming a meringue (stiff peaks). Make sure your apples are not juicy on the outside. If so, pat them dry with a paper towel. Roll your apples in the whites until well coated.

Stick your finger in the apple and hold it up and sprinkle the rest of your sugar on the outside to coat the egg white well.

Set the apples in a pie plate and spoon your custard into the holes of the apples until they are almost full. Bake the apples at 325° for 50 to 60 minutes.

Once baked, remove them with a spatula and plate them. Spoon the rest of the custard around the apples and serve.

The harder the apples are, the longer they will take to bake. Watch that the sugar doesn't get too dark on the outside.

Punch

CHATHAM ARTILLERY PUNCH

“According to Savannah’s Junior League cookbook, Savannah Style, Chatham Artillery Punch is the city’s most famous drink—and has been for a number of years. “It is said that the concoction possesses a kick greater than the two brass cannons presented the Chatham Artillery by George Washington. It was first devised in the 1850s to honor a rival military organization, the Republican Blues, and since then has laid to rest, at least temporarily, many an unknown soldier and countless known ones. The original recipe was brewed in ice-filled horse buckets into which were placed sugar, lemon and a quart each of brandy, whiskey and rum. Then the bucket was filled with champagne.” - Brown’s Guide to Georgia

8 lemons

1 pound superfine sugar

750-milliliter bottle bourbon or rye

750-milliliter bottle Cognac

750-milliliter bottle dark Jamaican rum

3 bottles Champagne or other sparkling wine

Nutmeg.

1. Squeeze and strain the lemons to make 16 ounces of juice. Peel the lemons and muddle the peels with the sugar. Let the peels and sugar sit for an hour, then muddle again. Add the lemon juice and stir until sugar has dissolved. Strain out the peels.

2. Fill a 2- to 3-gallon bucket or bowl with crushed ice or ice cubes. Add the lemon-sugar mixture and the bourbon, Cognac and rum. Stir and add the Champagne. Taste and adjust for sweetness. Grate nutmeg over the top and serve.

Yield: About 25 drinks.

<http://www.nytimes.com/2010/12/01/dining/01partiesrex9.html>