

# Colonial New England Recipes



**G**athering as a community to share a big meal was a very important way of celebrating in Rhode Island in the half-centuries before and after the War for Independence. Many regular menu items came from English tradition, like Shepherd's Pie, Boiled Dinner, and gingerbread. Seafood was plentiful and often served in old and new ways. The abundance of new local foods, particularly corn (maize), but also such treats as maple sugar, lobsters, and turkey added or modified culinary styles. Because this was such an active shipping area, many spices were available, if expensive, coming from other parts of the world. The growth of international trade also brought with it dishes and ingredients from Irish, Portuguese, Italian, and a variety of other cuisines.

**O**ld recipes often take quite a long time to prepare, by today's standards. But modern equipment, short-cuts, and pre-packaged ingredients make at least a good approximation of older dishes available to today's cooks. This collection is meant to serve as a teaser – inspiration to try some foods that might have made it to shared dinner tables in the early 18<sup>th</sup> and early 19<sup>th</sup> centuries.

**S**ome of the dishes in this collection will seem quite familiar and modern. Others will seem strange and adventurous. A little internet research will produce many more choices. Be brave. Try one or more for our next parish pot luck supper.

**H**ere are some good old dishes, mostly updated for 21<sup>st</sup> century cooks. They come from a variety of sources, both printed and online.

## **COLONY CORN CHOWDER**

### **INGREDIENTS**

6 large soda crackers or biscuits  
1 cup milk  
¼ lb salt pork  
1 good large onion, sliced  
4 large potatoes, pared, sliced  
2 cups water  
2 cups of corn cut whole from the cob  
1 ¼ tsps salt  
¼ teaspoon paprika

### **PREPARATION**

Soak crackers or biscuits in sweet milk.  
Cut salt pork into cubes and brown over medium fire  
Add onion and cook until soft.  
Add potatoes and water, then cook until potatoes are soft but not all broken  
Stir in the cracker-milk mixture, corn, salt, and paprika  
Heat all through  
Serve piping hot  
Serves 8 people

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## **POTATO STEW**

1. Pare and slice one quart of potatoes;
2. Put on two slices of salt pork; fry nice and brown,
3. Add one onion chopped fine,
4. And one tablespoon flour; stir well to prevent burning.
5. Add one quart boiling water and potatoes
6. Boil until soft then add one cup rich milk and one-half dozen large (may be stale) soda crackers.
7. One large spoonful butter may be added.

## **PLYMOUTH SUCCOTASH**

### **INGREDIENTS**

1 quart large white Navy beans  
6 quarts hulled corn (Smuttty white)  
6-8 pounds of corned beef (2nd cut rattle rand).  
1 pd. Salt Pork both fat and lean.  
4-6 pds. chicken cleaned and trussed.  
1 large turnip  
8-10 medium sized potatoes  
salt and pepper to season.

### **PREPARATION**

1. Soak beans overnight
2. In the morning simmer until soft, and mash to a pulp.
3. Place pork and corned beef in cold water to cover, gradually bring to a slow boil: continue until tender, about 3 hours
4. Boil the chicken in another kettle about 1 and 1/2 hours, or until tender.
5. Place the mashed beans and hulled corn in a kettle with some fat and liquor from the cooked meats.
6. Simmer to the consistency of a thick soup. The beans should absorb the liquor but not become too dry.
7. Remove the meats to a warm platter to be served with succotash.
8. Mix the corned beef and chicken liquors and in this cook the turnip and potatoes cut in small pieces.
9. Now add the hulled corn and beans to the cooked vegetables and juices as for a stew, and simmer a few minutes to blend the flavors.
10. Serve the succotash in bowls and pass the meats to be added or to be eaten on the side as desired.

## INDIAN PUDDING

*Indian pudding was a compromise. A mass of cornmeal, milk and molasses, baked for hours, it was born of the Puritans' nostalgia for British hasty pudding and their adaptation to the ground-corn porridges of their Native American neighbors. Originally served as a first course, it grew and migrated to the end of supper.*

*For a proper historical re-enactment of the dish, you need meal stone-ground from Rhode Island whitecap flint corn, a hard, tough-to-crack corn, less sweet but more buttery than hybrid strains. One of the oldest incarnations of the plant, it was cultivated by the local Narragansett and saved from extinction by a few equally flinty Rhode Island farmers.*

1 hour 15 minutes

8 servings

### INGREDIENTS

- Butter, for the baking dish
- **4** cups whole milk
- **1** cup fine-ground yellow cornmeal
- $\frac{1}{2}$  cup molasses
- **4** eggs
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  cup raisins
- **1** teaspoon vanilla extract
- $\frac{1}{2}$  teaspoon ground ginger
- Whipped cream or ice cream, for serving

### PREPARATION

1. Heat oven to 350 degrees and butter a 2-quart baking dish. In a large pot, warm milk over medium-high heat until hot but not boiling. Whisk in cornmeal and molasses and cook, whisking, 2 minutes. Reduce heat to medium-low.
2. Crack eggs into a medium bowl and lightly beat. Very slowly add  $\frac{1}{2}$  cup of the hot cornmeal mixture to the eggs, whisking constantly. Pour tempered egg mixture into the pot, whisking constantly to keep eggs from scrambling, and cook 3 minutes. Remove pot from heat.
3. Stir in sugar, raisins, vanilla and ginger. Pour mixture into prepared pan, then place in a larger baking dish or roasting pan. Transfer to oven and carefully pour water into the larger dish until it comes about halfway up the sides of the smaller baking dish.
4. Bake until pudding is set, but still jiggles slightly in the center, 45 minutes to 1 hour. Serve warm, topped with whipped cream or ice cream.

## BOILED DINNER

*This winter warmer cooks together heaping portions of brisket, potatoes and vegetables. The traditional Yankee Magazine's recipe, slow simmers five pounds of brisket along with peppercorns before adding in carrots, beets, cabbage, turnips and potatoes.*



Photo: Thinkstock

**Yield:** 8 servings

### INGREDIENTS

- 4 pounds corned beef
- 15 peppercorns
- 8 whole cloves
- 1 bay leaf
- 8 small beets
- 2 turnips, cut into pieces
- 16 small new potatoes, peeled
- 16 baby carrots
- 8 small white onions
- 1 head cabbage, cut into 8 wedge-shaped pieces

### INSTRUCTIONS

1. Cover beef with water and simmer 10 minutes, covered, in a large kettle.
2. Skim off and discard the residue that forms on top of water. Add peppercorns, cloves, and bay leaf.
3. Cover and simmer 3 hours or until meat is tender.
4. Put beets in separate pan with a little water. Bring to a boil, then reduce heat and simmer until tender, about 30 minutes.
5. Add turnips, potatoes, carrots, and onions to kettle with meat. Simmer, covered, 15 minutes longer.
6. Add cabbage and cook, covered, 15 minutes more.
7. Remove meat, cut into serving pieces, and place on platter surrounded with well-drained vegetables. Serve with **Irish Soda Bread**.

## **RED FLANNEL HASH**

*New Englanders pioneered this dish as a way of repurposing leftovers from their boiled dinners. It's essentially all of the same ingredients coarse-chopped and mixed together. When combined, everything takes on a red hue from the beets—hence the name. Add an egg on top or cook a few in with the mixture to make a savory brunch dish.*

### **INGREDIENTS**

- 2 cups cold cooked, meat
- 2 1/2 cups potatoes (cooked)
- 3/4 cup turnip (cooked)
- 3/4 cup cooked carrots
- 1 cup cooked cabbage
- 1 cup cooked beets
- 1/2 cup raw onions warmed in 2 tbs butter
- 1/4 tsp pepper,
- 1/2 tsp. salt
- 1/4 cup water
- 4 teaspoons garlic vinegar

### **PREPARATION**

Dice vegetables and combine all ingredients in a black oven frying pan;  
pour over all the 1/4 cup of water.  
Cover and let cook slowly  
Stir occasionally until thoroughly heated and flavors are blended.  
Serve hot

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## **YANKEE CODFISH IN GRAVY**

1. Break salt fish into pieces, cover with cold water and bring slowly to simmering point, but don't boil.
2. Drain, and repeat 2 more times using cold water and bringing to simmering point until fish is tender enough to suit you.
3. Boiled fish is tough so be careful.
4. Place fish on large platter and pour gravy over it.
5. Serve piping hot with hot baked potatoes and buttered or pickled beets

### **To make rich white sauce —**

1. Blend 2 tbs. butter with 2 tbs. flour
2. Add 1 cup sweet milk and cook until thick, stirring all the time
3. Stir in a slightly beaten egg (or boiled sliced eggs) and seasoning to taste..

## **CHICKEN ROLY-POLY (A very old recipe)**

One quart of flour  
two teaspoonfuls of cream of tartar mixed with the flour  
one teaspoonful of soda dissolved in  
a teacupful of milk  
a teaspoonful of salt;  
(do not use shortening of any kind)

1. Roll out the mixture half an inch thick,
  2. lay minced chicken, veal, or mutton onto rolled batter.
  3. The meat must be seasoned with pepper and always salt and be free from gristle.
  4. Roll the crust over and over and put it on a buttered plate and place in a steamer for half an hour.
  5. Serve with gravy over each slice.
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## **ROAST VENISON**

6 to 8 pounds roast of venison  
6 strips bacon  
1 large onion  
2 cups tomato soup  
flour, salt, pepper

1. Wipe venison with vinegar-soaked cloth. Never use water as this tends to toughen meat fibers. Vinegar picks up hairs and clotted blood more readily.
2. Dredge with flour that has been salted and peppered.
3. Lard by laying strips of bacon across fastened with toothpicks. Throw rings of onion over each toothpick, 3 to a strip of bacon
4. Start in a brisk oven at 500 degrees for 15 minutes. Reduce heat to 300 and roast 20 minutes to the pound. 45 minutes before serving pour tomato soup over entire roast
5. Cover and put back in oven. This will make a most delicious sauce or gravy. Time in oven varies according to age of deer.

## JOHNNYCAKES

1 cup Kenyon's White Corn Meal  
1 teaspoon sugar  
1/2 teaspoon salt  
1 1/4 to 1 1/2 cups boiling water

1. Gradually add between 1 1/4 to 1 1/2 cups boiling water to about 1 cup of your dry "mix", mixing with the back of the spoon until all the meal is moistened, and then use the bowl of the spoon to continue mixing. You know the consistency is right when there is a loose "plop" of batter off the spoon.
2. Well oil a hot griddle at 340° to 380°. Use a well-seasoned cast iron griddle or Teflon or T-Fal one. Do not use cast aluminum, or the cakes will stick!
3. Spoon batter on to the griddle - one spoonful to a cake. Tap spoon on the griddle to release batter from spoon and to control the shape of the cake. One adjusts the size of the cake by changing the size of the spoon (Ice tea spoon - small; Tablespoon - larger). Leave cake undisturbed until it becomes brown around the edges and firm - then leave a little longer. Place a few drops of corn oil on top of each cake before turning over. Turn cake over and pat down slightly to keep uniform thickness. This side doesn't need quite so much time to brown. Don't be afraid to press them down. When done remove to platter.
4. Place several large spoonfuls of softened butter into a cup. Add some maple syrup to the butter and mix very well by slicing the butter with the side of the spoon until mixed, and then stirring until smooth and sauce-like. Spread small amounts of this maple butter on each cooked cake at time of serving using the back of the butter spoon as your spreader.
5. Eat with the fingers and enjoy



## BAKED COD

*There are numerous ways to prepare this versatile fish, and baking offers up some really creative possibilities. Try a coating of butter, wine, lemon juice and a topping of diced whole wheat bread, gruyere cheese and paprika.*

**Total:** 40 mins

**Servings:** 4



## INGREDIENTS

- 2 tablespoons extra-virgin olive oil, divided
- 2 medium onions, very thinly sliced
- 1 cup dry white wine
- 1 1/4 pounds cod cut into 4 pieces
- 2 teaspoons chopped fresh thyme
- teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 1/2 cups finely chopped whole-wheat country bread, (about 2 slices)
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1 cup finely shredded Gruyere, or Swiss cheese

## PREPARATION

1. Preheat oven to 400 degrees F.
2. Heat 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Add onions and cook, stirring often, until just starting to soften, 5 to 7 minutes.
3. Add wine, increase heat to high and cook, stirring often, until the wine is slightly reduced, 2 to 4 minutes.
4. Place cod on the onions and sprinkle with thyme, salt and pepper. Cover the pan tightly with foil; transfer to the oven and bake for 12 minutes.
5. Toss bread with the remaining 1 tablespoon oil, paprika and garlic powder in a medium bowl. Spread the bread mixture over the fish and top with cheese. Bake, uncovered, until the fish is opaque in the center, about 10 minutes more.

## **RHODE ISLAND CLAM CHOWDER**

*Instead of a creamy, milk-based broth, Rhode Island clam chowder has a thin, clear broth that allows the full taste of the clams to come through. That's why it's known as the seafood lover's clam chowder. As for a recipe, you can't go wrong with this one from Food & Wine, which combines bacon, celery, bell peppers, onions and a few handfuls of cherrystone clams, and slow cooks for several hours.*

**Total Time:** 1 hour 15 minutes

**Hands-On Time:** 45 minutes

**Yield:** 8 to 10 servings

### **INGREDIENTS**

- 8 pounds small quahogs or large cherrystone clams
- 7 cups water
- 6 cups clam broth (from steaming) or 4 cups clam broth plus 2 cups bottled clam juice
- 3 slices thick-sliced bacon, cut into ¼-inch cubes
- 4 tablespoons unsalted butter
- 2 medium-size onions, cut into ¼-inch cubes
- 3 ribs celery, cut into ¼-inch cubes
- 2 bay leaves
- 2 pounds Yukon Gold or other all-purpose potatoes, peeled and cut into ½-inch pieces
- 2 tablespoons chopped fresh Italian parsley
- 2 tablespoons minced fresh chives
- 1 teaspoon minced fresh dill
- Kosher salt and freshly ground black pepper, to taste

### **PREPARATION**

1. Scrub the clams and rinse them clean.
2. Add 7 cups of water to a large stockpot fitted with a steamer basket or colander, and bring to a boil.
3. Add half the clams to the basket and cover. Steam until the clams open, 5 to 10 minutes. (Discard any clams that don't open.)
4. Repeat with the second batch of clams. Reserve 6 cups of the broth. Set aside.
5. Cool the clams; remove the meat from the shells and dice it into ½-inch pieces. Keep them covered and refrigerated until ready to use.
6. Put the bacon in a 5- to 7-quart pot over medium heat. Cook, stirring occasionally, until golden brown, about 10 minutes.
7. Pour off all but 1 tablespoon of the bacon fat, leaving the bacon in the pot. Reduce the heat to medium-low.
8. Add the butter, onions, celery, and bay leaves, and cook, stirring occasionally,

until the onions are softened but not browned, 6 to 8 minutes.

9. Add the potatoes and reserved clam broth to the pot. Continue cooking over medium heat until the chowder begins to simmer. If it begins to boil, reduce the heat slightly. Cook until the potatoes are tender, about 15 minutes.
10. Just before serving, remove the pot from the heat, stir in the clams and herbs, discard the bay leaves, and season to taste with salt and pepper.
11. Serve hot.

Note: Steaming the clams might seem laborious, but it's actually easy and makes a briny broth. Aim to extract 6 cups of broth from the clams; if not, you'll need to have some bottled clam juice on hand to round it out.

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## FISH CHOWDER

*For those who prefer haddock or cod to clams, fish chowder loaded with potatoes and vegetables can be immensely satisfying. Traditional recipes call for a few ounces of diced salt pork in addition to fish, giving the dish an extra meaty flavor.*



### Ingredients

- 4 ounces meaty salt pork, rind removed and cut into 1/3-inch dice
- 2 tablespoons butter
- 2 medium onions, cut into 3/4-inch dice
- 6 to 8 sprigs fresh summer savory or thyme, leaves removed and chopped (1 tablespoon)
- 2 dried bay leaves
- 2 pounds all-purpose potatoes such as Yukon gold, peeled and sliced 1/3-inch thick
- 5 cups Strong Fish Stock, recipe follows
- Kosher or sea salt and freshly ground pepper
- 3 pounds skinless haddock or cod fillets, preferably over 1-inch thick, pin bones removed
- 1 1/2 cups heavy cream
- 2 tablespoons finely chopped Italian parsley leaves
- 2 tablespoons finely chopped fresh chives

## **Directions for Chowder**

Heat a 4 to 6 quart heavy pot over low heat and add the diced salt pork. Once it has rendered a few tablespoons of fat, increase the heat to medium and cook until the pork is a crisp golden brown. Use a slotted spoon to transfer the cracklings to a small ovenproof dish; reserve.

Add the butter, onions, savory or thyme, and bay leaves to the fat in the pot and cook over medium heat, stirring occasionally with a wooden spoon, until the onions have softened but not browned, about 8 minutes.

Add the potatoes and stock. If the stock doesn't cover the potatoes, add a little water. Turn up the heat and bring to a boil. Cover the pot and boil the potatoes vigorously until they are soft on the outside but still firm in the center, about 10 minutes. If the stock hasn't thickened slightly, smash a few of the potato slices against the side of the pot and cook for 1 to 2 minutes longer.

Reduce the heat to low and season assertively with salt and pepper (you want to almost over season at this point in order to avoid having to stir once the fish is added). Add the fish fillets and cook over a low heat until the fish is almost done, 5 minutes. Remove the pot from the heat and allow the chowder to sit for 10 minutes (the fish will finish cooking during this time).

Gently stir in the cream and taste for salt and pepper. If you are not serving the chowder within the hour, let it cool a bit, then refrigerate (only cover the chowder after it has chilled completely). Otherwise, let it sit for up to an hour at room temperature, allowing the flavors to meld.

When ready to serve, reheat the chowder over a low heat; don't let it boil. Warm the cracklings in a low oven (220 degrees F) for a few minutes.

Use a slotted spoon to mound the chunks of fish, the onions, and potatoes in the center of large soup plates or shallow bowls, ladle the creamy broth around and scatter the cracklings over top. Finish each serving with a sprinkling of chopped parsley and minced chives.

## **INGREDIENTS for Strong Fish Stock:**

2 tablespoons butter

2 medium onions, very thinly sliced

4 stalks celery, very thinly sliced

2 medium carrots, peeled and very thinly sliced

2 dried bay leaves

1/4 cup roughly chopped fresh flat-leaf parsley leaves and stems

6 to 8 sprigs fresh thyme

2 tablespoons black peppercorns

1 large (6 inches long or more) or 2 small (4 inches long or less) fish heads from cod or haddock, split lengthwise, gills removed and rinsed clean of any blood.

2 1/2 to 3 pounds fish bones from sole, flounder, bass and/or halibut, cut into 2-inch pieces and rinsed clean of any blood

1/4 cup dry white wine

Kosher or sea salt

## **DIRECTIONS for Strong Fish Stock**

Yield: about 2 quarts

Melt the butter in a heavy 7 to 8-quart stockpot over medium heat. Add the onions, celery, carrots, bay leaves, parsley, thyme, and peppercorns and cook, stirring frequently with a wooden spoon, until the vegetables become very soft without browning, about 8 minutes.

Place the fish head on the vegetables and stack the fish frames evenly on top. Pour in the wine, cover the pot tightly and let the bones sweat until they have turned completely white, 10 to 15 minutes.

Add enough very hot or boiling water (approximately 2 quarts) to just barely cover the bones. Give the mixture a gentle stir and allow the brew to come to a simmer. Simmer for 10 minutes, uncovered, carefully skimming off any white foam that comes to the surface (try to leave the herbs, spices and vegetables in the pot).

Remove the pot from the stove, stir the stock again and allow it to steep undisturbed for 10 minutes. Ladle through a fine-mesh strainer and season lightly with salt. If you are not going to be using the stock within the hour, chill it as quickly as possible.

Cover the stock after it is thoroughly chilled (it will have a light jellied consistency) and keep refrigerated for up to 3 days, or freeze for up to 2 months.

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## **MOLASSES DOUGHNUTS**

- 1/2 cup molasses
- 1/4 cup sugar
- 1/2 cup sour milk
- 1 egg
- 1 tsp. Soda
- 1/2 tsp ginger
- 1 tsp. salt
- 1/2 tsp nutmeg
- 2 cups flour or just enough to handle easily

1. Fry in hot fat (380). Turn once.

Makes about 2 dozen donuts.

## **ANADAMA BREAD**

*This bread made with molasses and cornmeal is believed to have originated in the fishing villages in northeast Massachusetts. Local legend says the name comes from a fisherman's curse aimed at his wife, Anna. Food Network Magazine has a recipe that'll make a hearty 4-by-8-inch loaf, and cooks up in less than an hour. Anadama bread is best eaten warm, so make sure to eat a slice or two shortly after it comes out of the oven. And save any parts you don't eat in the freezer for up to a month.*

- Yield: 1 loaf (15 slices)
- Total: 4 hr 10 min Prep: 3 hr 30 min Cook: 40 min

### **Ingredients**

2/3 cup yellow cornmeal  
1/2 cup molasses (not blackstrap)  
4 tablespoons unsalted butter, plus melted butter for brushing  
1 1/4-ounce packet active dry yeast (2 1/4 teaspoons)  
4 to 5 cups all-purpose flour, plus more for kneading  
1/3 cup nonfat dry milk  
1 1/4 teaspoons kosher salt  
Vegetable oil, for brushing

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### **Directions**

1. Combine 1 cup water, the cornmeal, molasses and 4 tablespoons butter in a saucepan. Bring to a simmer over medium-high heat, whisking constantly, until the mixture thickens and starts to bubble, about 3 minutes. Transfer to the bowl of a stand mixer and let cool until lukewarm (105 degrees F to 110 degrees F), stirring occasionally, about 20 minutes.
2. Sprinkle the yeast over 1/2 cup lukewarm water (105 degrees F to 110 degrees F) in a small bowl and let stand until foamy, about 5 minutes. Add to the cornmeal mixture along with 1 cup flour and the dry milk; mix with a wooden spoon. Cover with a kitchen towel and set aside in a warm place until the dough increases slightly in volume and is bubbly, about 30 minutes.
3. Mix the dough with the dough hook attachment on medium-low speed, then mix in the salt and the remaining 3 to 4 cups flour, 1/2 cup at a time, scraping down the bowl after each addition, until the dough comes together into a firm, tacky ball. Increase the speed to medium high; knead the dough until it pulls away from the bowl, about 2 minutes. Turn out onto a lightly floured surface and knead by hand until smooth and pliable, adding more flour as needed, about 5 minutes. Brush a large bowl with vegetable oil; add the dough, cover with a kitchen towel and set aside in a warm place until doubled in size, 1 hour to 1 hour, 30 minutes.
4. Brush a 9-by-5-inch loaf pan with vegetable oil. Punch down the dough and turn out onto a clean surface. Shape into a smooth 4-by-8-inch loaf, then transfer to the pan. Cover loosely with oiled plastic wrap and set aside in a warm place until the loaf rises above the pan by 1/2 inch, 30 minutes to 1 hour. Meanwhile, preheat the oven to 375 degrees F.

5. Uncover the pan and transfer to the oven. Reduce the temperature to 350 degrees F and bake until the bread is golden and sounds hollow when tapped, 35 to 45 minutes. (Cover loosely with foil if it is browning too quickly.) Brush with melted butter and let rest in the pan, 10 minutes. Turn out onto a rack and let cool before slicing or freezing.

**MAKE IT AHEAD** Let the bread cool completely, wrap in plastic wrap and foil, and freeze for up to 2 weeks. To serve, unwrap and thaw at room temperature for 2 hours. Reheat, wrapped in foil, at 300 degrees F until warmed through, 30 minutes.

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## **FLUMMERY**

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This is actually a blanc-mange pudding with a sea moss base. Sea moss has always been valued for its curative and vitamin powers. Earlier variation was called PAP when using oatmeal in place of sea moss, but not as palatable.

### **INGREDIENTS**

1 quart milk  
3 tbs sugar  
1 tbs sea moss farina  
1 tsp, vanilla  
1/2 tsp salt

### **DIRECTIONS**

1. Put milk in double boiler and sprinkle sea moss into it, stirring well all the time
  2. Heat slowly & stir often
  3. When it boils up and looks white, add sugar, salt and flavoring.
  4. Strain and turn into mold which has been dipped in cold water.
  5. Takes 3 hours to harden.
  6. Serve topped with cream and sugar, or fresh fruit.
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## INDIAN TAPIOCA PUDDING

### INGREDIENTS

- 1/4 cup pearl tapioca soaked overnight in 1 cup of milk and then added to 3 cups of milk and entire mixture scalded.
- Blend 4 tbs corn meal
- 1/2 cup light molasses
- 1/2 cup brown sugar (or white)
- 1 egg
- 1 tsp. Salt
- 1 teaspoon ginger
- 1/2 tsp cinnamon

### DIRECTIONS

1. Add to the hot milk and cook until it begins to thicken
2. Place into a well-greased baking dish (use butter for greasing)
3. Bake 1 hour in slow oven of 325 degrees
4. then stir in 1 cup top milk or thin cream
5. reduce temp to about 275, continue baking for 2 more hours
6. We still serve this with hard sauce, not ice cream

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## 1776 MOLASSES DUMPLINGS

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- 2 cups. flour
  - 2 tsp fat
  - 1 tsp salt
  - 2 tsps. cream tartar
  - 1 tsp. soda
  - 3/4 cup milk.
1. Mix-dumplings and roll to one inch thickness. Cut with small cutter.
  2. Drop 2 or 3 at a time in hot fat.
  3. Have ready another kettle of boiling molasses, as soon as fried, drop into boiling molasses
  4. Remove and drain.



## APPLE CHEDDAR GALETTE



Prep time: **40 minutes** Cook time: **30 minutes** Yield: **Makes 8 servings**  
*If using a tart apple such as a Granny Smith, you may want to add a little sugar or more maple syrup to the filling to balance the tartness of the apple.*

### INGREDIENTS

#### *Crust:*

- 1 1/2 cups (200g) of all purpose flour
- 1/2 teaspoon salt
- 1 1/2 teaspoons sugar
- 1 1/2 sticks (3/4 cups, 6 ounces, 170 g) unsalted butter
- 1/4 cup plus 2 Tbsp (85 ml) sour cream (full fat, not light)
- 2 Tbsp finely grated sharp cheddar cheese

#### *Filling:*

- 4 good cooking apples, such as McIntosh, Cortland, Jonagold, Pippin, Golden Delicious, Jonathan, Fuji, or a mixture of various cooking apples (NOT red delicious)
- 1/2 teaspoon lemon zest
- 1 half of a lemon, or the juice of half a lemon (to acidulate the water for holding the apples while you peel them to keep them from discoloring)
- 1 Tbsp maple syrup
- 2 teaspoons minute tapioca or instant tapioca for thickener (can substitute corn starch)
- 1 teaspoon ground cinnamon
- 1/2 cup lightly packed grated cheddar cheese

#### *Finishing:*

- 1 egg for egg wash
- Coarse sugar for sprinkling on the crust

## METHOD

### *Make the pastry dough*

1. Cut the butter into cubes. In a large bowl whisk together the flour, salt, and sugar. Sprinkle the butter cubes over the flour.
2. Use your clean hands to squish the flour and butter together, breaking up the butter into smaller pieces until the mixture resembles a rather shaggy coarse meal with a few pea-sized pieces of butter. Add the sour cream and a couple tablespoons of finely grated sharp cheddar cheese and stir with a fork until incorporated.
3. Gather the mixture with your hands and form a ball. Shape the ball into a disk. Sprinkle with a little flour, wrap in plastic wrap, and chill in the refrigerator for at least 30 minutes and up to a day ahead.

### *Prepare the galette*

1. **Peel, core, quarter the apples, place in water with lemon juice:** Preheat oven to 400°F (205°C). Prepare a large bowl half filled with water. Squeeze into it the juice of half a lemon (and put the squeezed lemon in too if you want). Peel, quarter, and core the apples, and place into the acidulated water while you work to keep the apples from discoloring.
2. **Slice the apple quarters:** Remove the apple quarters from the water. Slice each apple quarter into 4 or 5 slices, lengthwise, about 1/4 inch to 3/8 inch thick at the widest end. Return the apple slices to the acidulated water.
3. **Drain apple slices, sprinkle with maple syrup, cinnamon, minute tapioca, zest:** Drain the apple slices. Place the apple slices back in the now empty bowl. Sprinkle with maple syrup and cinnamon and gently toss so that the apple slices are lightly coated with both. Add the minute tapioca and the lemon zest. Gently toss again.
4. **Roll out the dough, transfer to lined baking sheet:** On a clean, lightly floured, flat surface, place the disk of dough. Roll out with a rolling pin to an even thickness and about 14 inches wide. Gently move the rolled out pastry dough to a parchment lined baking sheet.
5. **Arrange apple slices on the dough:** Starting from 2 inches from the perimeter of the pastry round, arrange the apple slices, side by side, in a circular pattern, filling the circle. It's okay if some of the apple slices overlap a little.
6. **Sprinkle with cheese, fold edges over in pleats:** Sprinkle the top of the apples with grated cheddar cheese. Gently fold the dough up over the apple slices, forming pleats with the dough every few inches.
7. **Brush with egg wash, sprinkle with coarse sugar:** Place an egg in a small bowl with a teaspoon of water, beat with a fork or whisk until smooth. Use a pastry brush to brush the egg wash over the exposed border of the dough (don't put on the apples, just the dough). Sprinkle the egg washed crust with coarse sugar.
8. **Bake:** Bake for 10 to 15 minutes (until beginning to brown) at 400°F (205°C). Then lower the temperature to 375°F (190°C) and bake for 15 to 20 minutes more, until the apples are cooked through and the crust is nicely browned.

Cool until just lightly warm before serving.

## **SQUASH MUFFINS**

- 2½ cups sifted flour
  - ½ teaspoon baking soda
  - 1/4 teaspoon salt
  - 1 cup sweet milk
  - 1½ teasp. baking powder
  - 1 cup squash
  - 1 teaspoon cream of tartar
  - 1 tablespoon melted butter
  - ½ cup sugar
1. Heat oven to 400 degrees
  2. Line 1-2 muffin pans. .
  3. Sift flour, salt, cream of tartar and baking powder.
  4. Add soda to milk.
  5. Mix squash, butter and sugar.
  6. Add in milk soda mix.
  7. Mix well.
  8. Add flour all at once and stir just until dampened.
  9. Turn into pans and bake 20 minutes.
  10. Best served with fresh Jam

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## **PROVIDENCE CAKE**

- 1 cup butter
  - 3 eggs
  - 2 cups sugar
  - ½ pint milk
  - 3 cups flour
  - 1 pint raisins
  - ½ tsp each nutmeg, cloves, saleratus
1. Heat oven to 325-350 degrees.
  2. Butter loaf pan, probably 8"x4"x4".
  3. Sift flour, salt, and spices along with soda, cream butter and sugar until fluffy.
  4. Add in beaten eggs and beat well.
  5. Add flour, to which raisins have been added-just a little at a time, beating well after each addition.
  6. When all the flour has been added, beat the entire batter until smooth and velvety.
  7. Turn into prepared pan and bake 60 to 75 minutes

## **SWAMP YANKEE APPLESAUCE CAKE**

### **INGREDIENTS**

- 1 cup sugar
- 1/2 cup shortening
- 1 tsp. salt
- 1/2 tsp. Cloves
- 1/4 tsp. Nutmeg
- 1 cup raisins
- 1 tsp soda, dissolved in warm water
- 1 cup cooked applesauce
- 1-3/4 cups sifted flour.

### **DIRECTIONS**

1. Heat oven with control set at 350 degrees for moderate oven.
2. Butter loaf pan - a bread pan is good.
3. Cream sugar and shortening.
4. Add salt, cloves, nutmeg and raisins.
5. Add soda that has been dissolved in warm water, and stir in the applesauce.
6. Beat until well mixed.
7. Then add floor
8. Bake in loaf pan 350 degrees for 45 minutes.
9. Cover with white frosting as desired.

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## **MUSTER GINGERBREAD**

### **INGREDIENTS**

- 1/2 cup sugar
- 2 tsp. Soda
- 1/2 cup shortening (chicken fat preferred)
- 1/2 tsp salt
- 1 egg beaten
- 1 tsp. Ginger
- 1 cup molasses
- 1 tsp. Cinnamon
- 3 cups sifted pastry flour
- 1/2 tsp. nutmeg
- 1 cup boiling water
- 1/4 tsp cloves

## **DIRECTIONS**

1. Heat oven with control set for moderate oven ~ 350 degrees.
2. Butter and flour two pans 10x7 or 8" square if thicker loaf is desired.
3. Mix and sift flour, soda, salt and spices.
4. Cream shortening and sugar
5. add molasses and beaten egg.
6. Stir in dry ingredients.
7. Slowly add boiling water.
8. Turn into prepared pans.
9. Bake until it comes away from the sides of the pan, requires about 25-30 minutes.

It should be slightly and evenly rounded over the top, never cracked open.

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## **SYLLABUB (Soft custard pudding)**

Syllabub is also classified as a rich eggnog type of drink to which brandy may be added, and often served with tea cakes

- 4 egg yolks
  - 2 cups milk
  - 1 tablespoon flour
  - 1 teaspoon vanilla
  - 3/4 cup sugar
  - 1 pint whipped cream
  - Brandy or wine
1. Mix half sugar with flour
  2. Bring milk to boil and add sugar and flour.
  3. Cook in double boiler 10 minutes.
  4. Beat egg yolks, add in other half sugar, and finally add this to milk mixture, stirring slowly.
  5. Cook 5 minutes, stirring constantly.
  6. Remove from fire and add vanilla.
  7. Let mixture cool.
  8. When serving fill a tumbler half full of this custard
  9. Add a thin layer of brandy or wine on top of custard
  10. Finish filling with the chilled whipped cream.

Often served with tea cakes on festive occasions

## **OLD SALEM SMASH:**

1. Into a large bar glass put 2 tablespoons sugar
2. 2 tablespoons water.
3. 4 sprigs fresh mint rubbed to bring out the flavor,
4. ½ glass shaved ice and 1 wine glassful dark rum

Mix well

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## **OLD IRONSIDES RUM AND SODA**

1. Into a large bar glass put the juice of 1 lemon
  2. Add 2 dashes orange bitters
  3. Add 1 wine glassful of dark rum
  4. Add 3 large ice cubes
  5. Fill up with plain soda water
  6. Mix and remove ice
  7. Serve with straw
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## **SHERRY COBBLER:**

*"Refreshing as an east wind is a Sherry Cobbler."*

1. Half fill a tall glass with cracked ice
  2. Add 1 tablespoon of powdered sugar
  3. Add 1 sherry glass of sherry.
  4. Stir with a spoon until glass is frosted
  5. Decorate with choice of sliced fruit: orange, lemons, pineapple, cherries, etc.
  6. Serve with straw
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## **CHAMPAGNE COBBLER**

1. 1/3 glass crushed ice
2. ½ teaspoon powdered sugar
3. 1 piece orange peel
4. To the ice add the sugar and orange peel,
5. Fill with dry champagne
6. Decorate with fruit.
7. Serve with straw.