

Early Cooking II

The following is from an 1819 cookbook in the Museum collection called *American Cooking – by an American Orphan*. It is most likely that this is a later edition of *American Cookery* by Amelia Simmons, first published in 1796 but was extremely well received and continued to be published until the 1830s.

The benefit of this cookbook is that it provides us a glimpse into the tastes and availability of food in North America and as the 200th Anniversary of the War of 1812 comes up, maybe you will want to try your hand at one of two of the dishes. Keep in mind, the directions are for open hearth cooking (times may vary and you may have to guess at the temperatures).

A tasty Indian Pudding

Three pints scalded milk, seven spoons fine Indian meal (corn meal), stir well together while hot, let stand till cooled; add four eggs, half pound butter, spice and sugar- bake four hours

Pumpkin Pudding

One quart of milk, one pint pumpkin, four eggs, molasses, allspice, and ginger in a crust, bake one hour.

Veal Soup

Take a shoulder of veal, boil in five quarts water three hours, with two spoons rice, flour onions, six potatoes, and a few carrots, sweet marjoram, parsley and summersavory, salt and pepper sufficiently; half a pound butter worked into four spoons flour to be stirred in hot.

Boiled Custards

One pint milk, two ounces almonds, two spoons rose water, or orange flower water, some mace; boil, then stir in sweetening-when cold add four eggs, and lade of into china cups, bake, and serve up.