

NC Museums Council
Historical Recipe
Compilation



Photograph courtesy of Audrey Mellichamp

Western Carolina University – Method of cooking - open hearth

Pudding

Kate Moss, *The Backcountry Housewife: A Study of Eighteenth-Century Foods*, 1985

Originally taken from *Schober ms. (c1805-1821), Salem, NC.*

Original Recipe

INGREDIENTS

¼ lb. of butter
6 eggs
7 ounces breadcrumbs
2 cups thick applesauce
2 ounces sugar
lemon peel
cinnamon
1 ounce little raisins

SUPPLIES

Dutch oven
large bowl
spoon
cloth

Mix butter eggs, stir in breadcrumbs and thick applesauce, sugar, lemon peel, cinnamon, little raisins. Put it into a cloth and cook it for one hour.

Modern Recipe

Variation - raisins are optional.



Historic Rosedale Plantation

Below are a few recipes from Adeline Hutchinson Caldwell. Adeline Hutchison married Dr. David Thomas Caldwell in 1849, almost four years after the death of Dr. Caldwell's first wife, Harriet Elizabeth Davidson. Adeline was born in York County, SC in 1811 and grew up on her father's plantation there. A few recipes, whose origins and influences are unknown, of Adeline's survived and were passed down through her family,. Interesting for their ingredients and also for the absence of sugar in some of the cake recipes, it is possible that these were family favorites Adeline prepared herself. Caldwell records are scant from 1849-1861 during Adeline's years at Rosedale, the name of her cook is unknown at this time.

Original Recipes

Silver Cake

INGREDIENTS

12 egg whites
5 cups of flour
3 cups of sugar

1 cup cream or sweet milk
1 teaspoon of tartar
½ teaspoon soda

SUPPLIES

large bowl
spoon
baking dish
Dutch oven

Combine all ingredients in a bowl and bake it in a dish in a Dutch oven over coals.

Jumbles

INGREDIENTS

3 eggs
½ lb. butter
½ lb. powdered sugar
½ lb. sifted flour

teaspoon mace
teaspoon cinnamon
tablespoon rose water
grated nutmeg

SUPPLIES

large bowl
spoon
pan

Stir the butter and sugar to a cream. Beat the eggs very light. Throw them all at once into the pan of flour. Put at once in the butter and sugar. Then add the spices and rosewater.

Modern Recipe

INGREDIENTS

(Wet)
½ cup soft butter
½ cup sugar
2 ½ tablespoons milk
1 egg

(Dry)
2 cups flour
1 teaspoon baking powder
¼ teaspoon salt
½ - 1 teaspoon cinnamon
½ cup powdered sugar

SUPPLIES

2 bowls, large and medium
2 big spoons
measuring cups and spoons
plastic wrap
cookie sheets
plate

- Keep WET and DRY ingredients separate until time to mix them. WET ingredients will be mixed in a big bowl and the DRY ingredients in a medium bowl.
- WET ingredients: Cream butter and sugar together in a big bowl, getting as many lumps out as possible. Add the milk and the egg and mix all these ingredients together until the mixture is even and creamy. Set bowl aside.
- Stir the DRY ingredients, except powdered sugar, together in medium bowl.
- Mix about 1/3 of the DRY ingredients into the big bowl. Mix the ingredients in the big bowl, making sure all the DRY ingredients get wet. Add another 1/3 of the DRY ingredients and mix. Add the remaining DRY ingredients and mix. If the mixture gets stiff or flaky, it is okay to use your hands to mix and knead it together.
- Stop mixing the dough when it is soft, solid, wet and has no pockets of dry ingredients. Form the dough into a ball and remove it from the bowl, wrap it in plastic wrap; place in refrigerator and chill for 2 hours.
- After 2 hours take the dough out, leaving it in the wrap and move it over by the cookie sheets. Let it warm for a few minutes. Pre-heat the oven to 375 degrees.
- Make the cookies: Peel away the wrap and remove a teaspoon of dough. Roll the dough between your hands or on the table like you are making a rope or a snake. Roll it out to about 6 inches and not too thin. Place the rope on an ungreased cookie sheet. Overlap the ends and pinch them together to make a circle. Fill the cookie sheet, leaving space between the cookies.
- They will cook for 8 to 12 minutes. They will puff up while baking, but they will not change color very much. They are done Jumbles are a little hard on top and golden brown on bottom. Remove from oven to cool for a few minutes.
- Pour the powdered sugar onto a plate. Lift each cookie off the sheet with a fork and place in the powdered sugar. Carefully pat all sides of cookie to cover it with powdered sugar. Yields 36 cookies.

(They can also be used as Christmas tree decorations.)

Rowan Museum, Old Stone House – Method of cooking – open fire

Vinegar Chicken – everyday recipe

INGREDIENTS

1 chicken	1 cup vinegar
salt and pepper	2 onions, chopped
chicken broth	hot peppers or sauce to taste
1 cup sugar	flour

SUPPLIES

large pot
fork/knife

Boil chicken in water with salt and pepper until tender, reserve broth. Remove bones from chicken and discard the skin. Mix broth, sugar, vinegar, and onions together. Add hot pepper or hot sauce to taste. Thicken broth mixture with flour and water mixture. Put chicken back into broth mixture and keep warm until serving time. Serve by itself or over rice.

Potato Soup – everyday recipe

INGREDIENTS

potatoes	water
6 slices side meat (bacon)	flour
1 onion, chopped	1 egg, beaten
milk	fresh rosemary
	salt and pepper to taste

SUPPLIES

large pot for boiling
skillet
kettle
small bowl
fork

Parboil (partly cook) enough potatoes to feed your family. Fry the side meat and crumble when cooked. Cook chopped onion with bacon grease then transfer all this to a big kettle. Add some milk and water to the potatoes, onions, and side meat and cook over low heat. In a bowl, beat egg. To make rivels (little egg noodles) by stirring and working flour into beaten egg until the mixture is very coarse and looks like pea-sized dumplings. Add some rivels to soup, they will help thicken it. If you do not want to make rivels, thicken with flour. Add rosemary, salt, pepper. Stir soup occasionally and cook potatoes until done.

Rosemary Cookies – make ahead treat

INGREDIENTS

2 sticks of butter	2 tablespoons rosewater
2 cups plain flour	2 teaspoons fresh rosemary, minced
½ cup of sugar	

SUPPLIES

large bowl
baking sheet
knife

Blend all ingredients, except rosewater. Gradually add rosewater until mixture can be shaped with hands. Roll into walnut sized balls, or roll into nickel/quarter sized diameter logs, and slice. Place on a slightly greased baking sheet (or use parchment). Bake in 275 degree oven for 15-20 minutes.
Variation – instead of rosemary grind up black walnuts

Tryon Palace Historic Sites and Gardens – Method of cooking – open hearth

Onion Pie

Hannah Glasse, *The Art of Cookery Made Plain and Easy* 1747

Everyday dish for all people in the 18th century

Original Recipe

INGREDIENTS

lb. of potatoes
lb. of onion
lb. of apples
12 eggs

SUPPLIES

knife
dish
spice grater
rolling pin

Wash, and pare some potatoes, and cut them in slices, peel some onions, cut them in slices, pare some apples and slice them, make a good crust, cover your dish, lay a quarter pound of butter all over, take a quarter of an ounce of mace beat fine, a nutmeg grated, a tea spoonfuls of salt, mix all together. Strew some over the butter, lay a layer of potatoes, a layer of onion, layer of apple, a layer of eggs, and so on, till you have filled your pye, strewing a little of the seasoning between each layer and a quarter of a pound of butter in bits, and six spoonfuls of water. Close your pye, and bake it in an hour and a half.

Modern Recipe

INGREDIENTS

2 pie crusts
butter, sliced
3 eggs
2 medium potatoes
1 ½ - 2 onions, sliced thinly
2 small apples, peeled, cored,
sliced thinly

1 ½ teaspoons salt
½ teaspoon pepper
1 ½ teaspoons water
1 ½ teaspoons nutmeg grated
1 teaspoon ground mace

SUPPLIES

pie pan
knife
small bowl
rolling pin

- Roll out pie crusts, line pie pan with one, set the top crust aside. Drop about half the butter slices into crust-lined pan.
- Beat eggs and water together, set aside.
- Mix spices together, set aside.
- Sprinkle ½ of the spice mixture on butter, then add layer of potato, layer of onion, layer of apple, and a layer of egg using about half of each item.
- Repeat with a second layer, beginning with remaining butter.
- Seal with top crust, do not cut vent holes.
- Bake in Dutch oven until top crust is golden brown. When pie is done, remove from oven, cut a slit un the top and drop a chunk of butter through slit to melt throughout the layers.

A Pellow, the Indian Way

Mrs. Frazer, The Practice of Cookery, Pastry, Pickling, Preserving, &c. 1791

Dish for upper class people in the 18th century

Original Recipe

INGREDIENTS

3 lbs. of rice	2 fowls
1 lb. of butter	2 lbs. bacon
salt & pepper	12 eggs
12 blades of mace	some onion
few cloves	some water

SUPPLIES

collendar
pan
knife
large dish
skillet

Take rice, pick and wash it very clean, put it in a cullendar and let it drain, take butter and put it into a pan over a slow fire until it melts, then put in the rice and cover it close, to keep in the steam; add to it a little salt, some white pepper, half a dozen blades of mace, and a few cloves all beat. You must put in a little water to keep it from burning, stir it up very often, and let it stew until the rice is soft. Boil two fowls, and a piece of bacon of about two pounds in weight, cut the bacon in two pieces, lay it in the dish, with the fowls, cover it over with the rice, and garnish it with about a half a dozen a dozen hard boiled eggs, and a dozen of onions fried whole and very brown.

Modern Recipe

INGREDIENTS

1-2 chicken breasts	salt & pepper to taste
chunk of bacon	mace & cloves to taste
½ cup of rice	1 onion
¾ stick butter, divided for use between rice and onions	
water, at least 1 1/3 cups	1 or 2 eggs

SUPPLIES

2 pots
frying pan/skillet
knife
serving dish

Equipment needed – pots to boil chicken and eggs, frying pan

- Put chicken on to boil, when done, remove from water and shred. Keep water boiling after chicken is removed.
- Rinse rice and allow to drain. In the meantime, melt butter in pan and add spices. Add washed rice and coat in butter and spices. Fry lightly. Add 1 1/3 cups of boiling water.
- Simmer for about 15 minutes.
- Hard boil two eggs.
- Slice onion and fry until browned.
- Plate with chicken on bottom, then rice, then garnish with onion.

Oxford Orphanage Cornmeal Muffins

This recipe was used to feed the entire orphanage, from 1874 until the cafeteria closed in 2003. Over the years, the residents could have helped make breads as part of their daily chores.

INGREDIENTS

4 cups cornmeal
4 cups flour
2 teaspoons salt
12 teaspoons baking powder

4 cups of milk
4 eggs
8 tablespoons shortening
8 tablespoons sugar

SUPPLIES

3 standard muffin tins
mixing bowl
wooden spoon

- Mix sifted cornmeal, flour, salt, baking powder, and sugar.
- When thoroughly combined, begin to gradually add milk until all milk is used.
- After milk is fully incorporated, add eggs and shortening and mix until combined.
- Pour mixture into greased standard muffin pans, making sure the mixture reaches the top rim of each muffin cup and bake in 350 degree oven for 15-20 minutes, or until it is firm on top.
- Let cool before removing and slicing. 36 muffins



Apple parer



James K. Polk Historic State Site/Historical Cooking Guild of the Catawba Valley –
Method of cooking – open hearth

Meat on a String

Hannah Glasse, *The Art of Cookery Made Plain and Easy* 1747

Everyday dish for all people in the 18th century

INGREDIENTS

chicken/pork loin/venison loin
rosemary wand (several pieces tied together)
butter

SUPPLIES

drip pan
string
knife

Original Recipe

The best way of doing it is to tye the Neck, and hand it up by the legs, to roast with a string and baste it with butter. When you roast them till all the gravy runs out.

Modern Recipe

- Truss the piece of meat with a long piece of cotton string. Wrap the center of the string under the tailbone. Cross. Wrap around the legs and tie tightly. Then wrap under the wings and tie tightly. Wrap around the wings and tie tightly. Attach a long piece of string to hang from the wall/ceiling/mantle by a nail or peg, so it hangs in front of the fire, specifically the coals.
- Place a drip pan and rosemary wand underneath for basting. Twist chicken and baste as it spins. Wind string tight and repeat often while keeping flames and coals close to the front of the fire.
- Roast until the juices run clear, roughly 2-3 hours for an average size chicken.
- In the drip pan, place sliced onions to cook in the meat juices. (optional)

Cabbage Pudding OR Stuffed Cabbage with Forced Meat, Boiled in a Kettle of Hot Water

Mary Randolph, *The Virginia Housewife*

Hannah Glasse, *The Art of Cookery Made Plain and Easy* 1747

INGREDIENTS

cabbage
1 lb. veal
½ lb. bacon
5 eggs
lemon peel grated
onion with clove
slices of bacon
1 glass of red wine

anchovies
salt and pepper
2 blades mace
parsley
thyme
quart of broth
coarse lean beef

SUPPLIES

pudding bag
string
big kettle

Get a fine head of cabbage, not too large, pour boiling water on, and cover it till you can turn the leaves back, which you must do carefully; take some of those in the middle of the head off, chop them fine, and mix them with rich forcemeat; put it in and replace the leaves to confine the stuffing – tie it in a cloth, and boil it – serve it up whole, with a little melted butter in the dish. It could take an hour to cook; but do not overcook.

Take a fine cabbage and lay it in water two or three hours, then half boil it, set it in a cullender to drain, then very carefully cut out the heart, but take great care not to break off any of the outside leaves, fill it with forcemeat made thus: take a pound of veal, half pound of bacon, fat and lean together, cut them small and beat them fine in a mortar, with four eggs boiled hard. Season it with pepper and salt, a little beaten mace, a very little lemon peel grated, some parsley chopped, very little thyme, and two anchovies when they are beat fine, take the crumb of a stale roll, Stir all together with the yolk of an egg, then fill the hollow part of the cabbage and tie it with a packthread; then lay some slices of bacon to the bottom of a stew pan/kettle and on that a pound of coarse lean beef cut thin, put in cabbage, cover it close and let it stew over a slow fire till the bacon begins to stick to the pan, shake it in a little flour, then pour in a quart of broth, and onion stuck with cloves, two blades of mace, some whole pepper, little bundle of sweetherbs, cover it close and let it stew very softly an hour a half, put in a glass of red wine, give it a boil, take it up, lay it in a dish, strain the gravy.

Dried Apple Pie with Puff Paste

Hannah Glasse, *The Art of Cookery, Made Plain and Easy*, 1796

Original Recipe

INGREDIENTS

2 cups flour	dried apples
¼ lb. sweet butter	cream/cider/hard cider/spirits
5-7 tablespoons cold water	

SUPPLIES

dry cloth
baking dish
medium bowl

Take the flour and sweet butter, make up a light paste with the cold water. Let it sit in a ball for ½ hour with cloth on top. Can roll it out after sitting or continue for puff paste by rolling it out, put a layer of butter on top; fold in thirds; roll out and put butter on top. Fold in thirds and roll out. Put in baking dish.

If butter is not available, can use rendered leaf lard or rendered bear fat lard. Both pastes are equally good as the butter paste.

Dried apples for winter used can be stewed in liquid-water, cream, cider, hard cider, or spirits (sack, whiskey, brandy) or any combination. Sugar would be used carefully and spices available as well.

Modern Recipe

INGREDIENTS

12 ounces of dried apples	grated nutmeg
2 cups of cider/hard cider/spirits	cinnamon
½-1 cup brown sugar	grated dried lemon

SUPPLIES

cast iron kettle

- Take dried apples and soak them in the liquid mixture. We like cider and apple jack or whiskey, overnight.
- Then cook them until soft.
- Add brown sugar and some cinnamon, grated nutmeg, and grated dried lemon. Place in paste.
- Turn the paste inward on top of the apples, like a tart.
- Bake in kettle with coals on bottom and top for 20-30 minutes.

Wilkes Heritage Museum – Method of cooking – open hearth

Black Caps

A Colonial Plantation Cookbook – The Receipt Book of Harriot Pinckney Horrey, 1770

Mrs. Horrey created her own notebook collection shortly after her marriage using receipts/recipes from her mother.

Original Recipe

INGREDIENTS

old variety apples
table salt
sugar

SUPPLIES

Dutch oven
baking dish
paring knife

Cut your Apples in half. Lay them on a Marzarine Dish or for want of that on the Brim of another Dish. Your Apples must not be Pared lay the cut side upon the Dish, wet the top of your Apples about an Inch square with White Wine and Strew Fine Sugar upon the Wett Place and bake them. Take care they dont Fall too much in the Oven.

Modern Recipe

- To prevent the apples from turning brown, peel and dip them slightly in salted water before placing in a baking dish.
- Sugar is sprinkled on the top.
- Also, depending on your setting, wine, lemon juice, or rosewater could be used.

Ginger-Bread Cakes

Hannah Glasse, *The Art of Cookery made Plain and Easy*, 1747

Original Recipe

INGREDIENTS

3 lbs. of flour large piece of nutmeg
1 lb. sugar 1 lb. treacle
1 lb. butter pint of cream
2 ounces of ginger

SUPPLIES

very large bowl
spice grater
spoon
tin plates

Take flour, sugar, and butter, rubbed in very fine, Ginger beat fine, a large Nutmeg grated; then take Treacle, Cream, make them warm together, and make up the Bread stiff, roll it out, and make it up into thin Cakes, cut them out with a Tea-Cup, or a small Glass, or roll them around like Nuts, bake them on Tin Plates in a slack Oven.

Modern Recipe Scaled Down

INGREDIENTS

1 ½ lbs. or 5 ¼ cups flour
½ lb. or 1 cup sugar
½ lb. or two sticks butter
1 oz. ginger or 1 tablespoon ground ginger
½ grated nutmeg
½ lb. or 1 cup treacle
½ pint or 1 cup of cream

SUPPLIES

Dutch oven
baking tins/dishes
spoons
grater
rolling pin
spatula
knife

- Mix as directed above except: Add more ginger to taste as needed and fresh ginger is preferred.
- Use sorghum syrup but cane syrup could also be used.
- Treacle is similar to cane syrup and it gives cakes a darker color and more distinctive taste.

Roast Goose

The Country Housewife and Lady's Directory by Richard Bradley, 1736

Served around Christmas time

Original Recipe

INGREDIENTS

whole goose
salt & pepper
onion
sage leaves
claret

SUPPLIES

Dutch oven
string
knife
spoon

[The goose], but being full grown, as at this time of the Year, is roasted, being first salted and pepper'd within side, and salted with-out side. Some put an Onion, and some Sage-Leaves into the Body of the Goose, when it is laid down to the Fire, and when it is brought to Table, it is serv'd with Apples stew'd and mash'd in a Plate by the Side; but for the Sauce in the Dish, there need be none but some Claret heated, and pour'd thro' the body of the Goose to mix with its own Gravey...

Modern Recipe

- Prepare as listed above, trussed up, and browned well on all sides in a Dutch oven hung on the fireplace crane.
- After the goose is browned, the Dutch oven should be placed over hot coals on the hearth.
- Occasionally the goose should be turned by using a large fork.
- A couple of times during the baking process grease should be removed from the Dutch oven.
- Care should be observed that the Dutch oven not get too hot.
- You know the bird is done when the flesh nearly falls from the bones.