Early American & Modern Recipe Comparison Worksheet

**STEP #1 – Evaluate the historical recipe.**

1. Have you eaten or are you familiar with this food?
2. Could you follow the instructions in this recipe and prepare this food?
3. Why or why not? (underline sentences/references that would prevent you from preparing this food)
4. Choose 2 ingredients and explain where you would have got each ingredient in America in the 1700s or early 1800s.

|  |  |
| --- | --- |
|  **Ingredient** | **Where would you get it in the 1700s?** |
| 1.  |  |
| 2.  |  |

**Step #2 – Ask the teacher for the modern recipe**

A. Carefully read the modern recipe and compare the **ingredients** in the early American recipe to the modern recipe.

B. List 2 things that are different about the **ingredients** and explain why you think these things are different.

|  |  |  |
| --- | --- | --- |
| **Ingredient name** **in early American recipe** | **Ingredient name** **in modern recipe** | **Why are these different?** |
| 1.  |  |  |
| 2.  |  |  |
| 3.  |  |  |
| 4.  |  |  |

C. Compare the **instructions** in the colonial recipe and the modern recipe. List 2 things that are different about the **instructions** and explain why you think these things are different.

|  |  |  |
| --- | --- | --- |
| **Instructions in early American recipe** | **Instructions in modern recipe** | **Why are these different?** |
| 1.  |  |  |
| 2.  |  |  |
| 3.  |  |  |
| 4.  |  |  |

Early American Recipes

from *American Cookery,* 1796 by Amelia Simmons

*NOTE: Unique grammar and spelling are as in the original publication.*

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**1. To Stuff a Turkey**

Grate a wheat loaf, one quarter of a pound of butter, one quarter of a pound salt pork, finely chopped, 2 eggs, a little sweet marjoram, summer savory, parsley and sage, pepper and salt (if the pork be not sufficient), fill the bird and sew up. Some add a gill of wine.

The same will answer for wild fowl.

Water fowls require onions.

The same ingredients stuff a leg of veal, fresh pork or a loin of veal.

Hang down to a steady solid fire, basting frequently with salt and water, and roast until steam emits from the breast. Put one third of a pound of butter into the gravy, dust flour over the bird and baste with gravy. Serve up with boiled onions and cranberry-sauce, pickles or celery.

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**2. Minced Pies**

Scald beefs feet, and clean well (grass fed are best). Put them into a large vessel of cold water, which is changed daily during a week, then boil the feet till tender and take away the bones when cold. Chop fine, to every four pound minced meat, add one pound of beef suet, and four pound of apple raw, and a little fat. Chop all together very fine, add one quart of wine, two pound of raisins, one ounce of cinnamon, one ounce of mace, and sweeten to your taste. Bake three quarters of an hour.

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**3. To Preserve Pears, Plums for tarts and pies**

Gather them when full grown, and just as they begin to turn, pick all of the largest out, save about two-thirds of the fruit, to the other third put as much water as you think will cover them, boil and skim them. When the fruit is very soft, drain it through a course sieve; and to every quart of this liquor put a pound and a half of sugar, boil it, and skim it very well; then throw in your fruit, just give them a scald; take them off the fire, and when cold, put them into bottles with wide mouths, pour your syrup over them, lay a piece of white paper over them, and cover them with oil.

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**4. A Nice Indian Pudding**

3 pints of scalded milk, 7 spoons fine Indian meal, stir well together while hot, let stand till cooled. Add 7 eggs, half pound of raisins, 4 ounces butter, spice and sugar. Put into a strong cloth, brass or metal vessel, stone or earthen pot, secure from wet and boil 12 hours.
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**5. Syllabub – To make a fine syllabub from the cow**

Sweet a quart of cider with sugar, grate nutmeg into it, then milk your cow into your liquor. When you have thus added what quantity of milk you think proper, pour half a pint or more, in proportion to the quantity of syllabub you make, of the sweetest cream you can get all over it. Whip it with a whisk, take off the froth as it rises and put it into your syllabub glasses or pots, and they are fit for use.

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**6. A Plain Cake**

Two quarts of milk, 3 pound of sugar, 3 pound of shortening, warmed hot. Add a quart of sweet cider, let this curdle, add 18 eggs, allspice and orange to your taste, or fennel, caraway or coriander. Put in 9 pounds of flour and 3 pints of emptins (liquid yeast). Bake well.

Modern Recipes

**1. Turkey with stuffing**

1 (10 to 12-pound) turkey, with giblets removed

1 quart chicken broth

2 ounces dried mushrooms

1 cup chopped onion

1 cup chopped celery

1 cup chopped green pepper

1 tablespoon vegetable oil, plus extra for rubbing on turkey

1 tablespoon kosher salt, plus extra for seasoning turkey

3 cups Challah bread, cut into 1/2-inch cubes (from approximately 4 to 5 slices)

4 ounces unsweetened dried cherries, approximately 1 cup

2 ounces chopped pecans, approximately 1/2 cup

2 whole eggs, beaten

2 teaspoons dried rubbed sage

2 teaspoons dried parsley

1/2 teaspoon freshly ground black pepper, plus extra for seasoning chicken

Special equipment: 1 re-usable organic cotton produce bag\*

\*Cook's Note: The bag is optional. Once the stuffing is made, you can place the stuffing into the bag and then place the bag into the cavity of the turkey.

Preheat the oven to 400 degrees F.

Place the turkey into a deep, high-sided bowl on its end with the stuffing end up. Set aside.

Heat the chicken broth in the microwave in a large microwave-proof container. Place mushrooms in a glass bowl and pour heated broth over them. Cover and allow to sit for 35 minutes.

In a large mixing bowl toss the onion, celery, and green pepper with the oil and salt. Place the vegetables on a sheet pan and roast for 35 minutes. During the last 10 minutes of cooking, spread the cubed bread over the vegetables, return to the oven, and continue cooking.

Drain mushrooms, reserving 1 cup of liquid. Chop the mushrooms and place in a large microwave-proof bowl with the vegetables and bread, reserved chicken stock, cherries, pecans, eggs, sage, parsley and black pepper. Stir well in order to break up pieces of bread. Use your hands to combine, if necessary. Heat the stuffing in a microwave on high power for 6 minutes.

While the stuffing is heating, rub the bird with oil. Working quickly, place the stuffing into the cavity of the turkey to avoid losing heat. Place the turkey into a roasting pan, on a rack, and season with salt and pepper. Place the roasting pan on the middle rack of the oven. Roast for 45 minutes and then reduce the heat to 350 degrees F and cook for another 60 to 75 minutes or until the bird reaches an internal temperature of 170 degrees F. Serve immediately.

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**2, Mincemeat Pie**

For mincemeat

•2 Granny Smith apples, peeled and finely chopped

•2/3 cup golden raisins

•2/3 cup dark raisins

•2/3 cup dried currants

•1/2 cup packed dark brown sugar

•2 oz shredded beef suet (1/2 cup)

•1/4 cup brandy

•2 tablespoons fresh lemon juice

•2 teaspoons finely grated fresh lemon zest

•2 teaspoons finely grated fresh orange zest

•1/2 teaspoon ground allspice

•1/2 teaspoon ground nutmeg

For pie

Pastry dough

•1 large egg, lightly beaten

•2 teaspoons granulated sugar

•Accompaniment: whipped cream or premium vanilla ice cream

Make mincemeat:

 Stir together all mincemeat ingredients. Chill in an airtight container at least 3 days.

Make pie:

 Put a baking sheet in middle of oven and preheat oven to 400°F.

Roll out 1 piece of dough (keep remaining piece chilled) on a lightly floured surface into a 13-inch round and fit into a 9-inch glass pie plate (4-cup capacity). Stir mincemeat, then spoon into shell. Chill pie while rolling out top.

Roll out remaining disk into a 10-inch round on lightly floured surface. Cut into 10 (1-inch-wide) strips with a fluted pastry wheel or a knife. Arrange strips in a lattice pattern on top of filling and trim strips and edge of bottom crust, leaving a 1/2-inch overhang. Seal edges and crimp decoratively. Brush lattice and edge with some of egg and sprinkle with sugar.

Bake until pastry is golden brown, 50 minutes to 1 hour. (If pastry rim gets too dark, tent with foil.) Cool 2 hours before serving.

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**3. Canned pears**

● 8-12 lb ripe but firm pears, peeled, cored, halved, treated to prevent browning and drained (about 24-36 medium)

● 1 batch hot light or medium syrup

● 8 Ball® (16 oz) pint glass preserving jars with lids and bands

1.PREPARE pears by peeling, coring and halving them. To prevent browning, use Ball® Fruit-Fresh® or submerge pears in a mixture of 1/4 cup lemon juice and 4 cups water and drain. To prepare syrup, combine 2-1/4 cups granulated sugar and 5-1/4 cups water for light and 3-1/4 cups granulated sugar and 5 cups water for medium in a stainless steel saucepan. Bring to a boil over medium-high heat, stirring until sugar is dissolved. Reduce heat to low and keep warm until needed, taking care not to boil the syrup down.

2.PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.

3.WARM pears, one layer at a time, in a large stainless steel saucepan, over medium-low heat, in syrup until heated through, about 5 minutes.

4.PACK hot pears , using a slotted spoon, cavity side down and overlapping layers, into hot jars to within a generous 1/2 inch of top of jar. Ladle hot syrup into hot jar to cover pears, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot syrup. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.

5.PROCESS pint jars in a boiling water canner for 20 minutes and quarts for 25 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

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**4. Caramel Apple Steamed Pudding**

4 Granny Smith apples, peeled, cored, and cut into 1-inch chunks

1/2 cup plus 2 1/2 tablespoons granulated sugar

1/2 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon ground nutmeg

1/4 teaspoon ground cloves

9 tablespoons unsalted butter

1/2 cup packed light-brown sugar

2 large eggs

1/4 cup molasses

1 1/4 cups all-purpose flour

2 1/4 teaspoons baking powder

Pinch of salt

1 cup bread crumbs

1.Combine 1/2 cup granulated sugar and 1 tablespoon water in a small, heavy saucepan; set over medium heat. Cover, and cook until sugar has melted. Remove cover, and continue cooking, swirling pan occasionally, until sugar turns a deep amber. Carefully pour caramel into pudding mold; tip so caramel coats mold evenly. Set mold aside.

2.Place half of the apple chunks in a small saucepan, and add 2 tablespoons water, 1 1/2 tablespoons granulated sugar, cinnamon, ginger, nutmeg, and cloves. Place saucepan over low heat, and cook, covered, until apples fall apart, 10 to 12 minutes. Uncover, and cook 5 minutes more, stirring often. Set the applesauce aside.

3.Melt 1 tablespoon butter in a small saute pan; add remaining apple chunks and remaining 1 tablespoon granulated sugar. Cook over medium-high heat until apples turn brown on all sides, 3 to 5 minutes. Place apples in the bottom of the mold, distributing evenly so they reach up the sides.

4.Choose a pot large enough to hold the pudding mold with a 2-inch space all around. Place a wire rack or a folded kitchen towel in the bottom of pot; fill with enough water to reach halfway up sides of mold. Cover pot, and bring to a boil. Reduce heat to a simmer.

5.In the bowl of an electric mixer, cream together 8 tablespoons butter and brown sugar. Add the eggs and molasses; mix well. Add the reserve applesauce, and mix well.

6.In a large bowl, sift together flour, baking powder, and salt; stir in breadcrumbs. Add to the applesauce mixture. Stir batter until just combined.

7.Fill pudding mold with batter; clamp on lid. Place mold in a pot of simmering water. Cover pot, and cook until a toothpick inserted into middle of pudding comes out clean, about 1 hour 40 minutes. Check water often, keeping it at a steady, low simmer. Transfer mold to a wire rack to cool, 15 minutes.

8.When ready to serve, invert the pudding onto a serving plate. If any of the apple chunks stick to the mold, remove them, and rearrange them on the top; slice.

**5. Apple Cider Smoothie**

•1 large, organic Gala apple, cored. Do not peel!

•1 large, organic Red Delicious apple, cored. Do not peel!

•1/2 cup milk

•1/2 teaspoon ground cinnamon

Start by adding the liquid to your blender, followed by the soft fruit. Blend on high for 30 seconds or until the smoothie is creamy.

**6. Classic Yellow Cake**

 1 box cake mix

1 Cup Water

⅓ Cup Vegetable Oil

3 Large Eggs

1. PREHEAT oven to 350°F for metal or glass pans, 325°F for dark or coated pans\*. GREASE sides and bottom of each pan with shortening or oil spray. FLOUR lightly. (Use baking cups for cupcakes).

2. BLEND cake mix, water, oil and eggs in large bowl at low speed until moistened (about 30 seconds). BEAT at medium speed for 2 minutes. POUR batter in pans and bake immediately.

3. BAKE following chart below. Add 3-5 minutes to bake time for dark or coated pans. Cake is done when toothpick inserted in center comes out clean. COOL in pan on wire rack for 15 minutes. Cool completely before frosting.