

HALE FARM & VILLAGE



hale farm & village

a museum of WESTERN RESERVE HISTORICAL SOCIETY

2686 Oak Hill Road, Bath, Ohio 44210

330.666.3711

www.halefarm.org

Hale & Hearty — Cookbook —



Volume 1
Spring 2010





Dear Reader:

Thank you for purchasing the Hale Farm and Village Hale and Hearty Cookbook, Volume I, Spring 2010.

We present this cookbook at the request of many Farmhouse Supper guests and friends.

This book is the result of many years of research using 19th century recipe and etiquette books, diaries, journals, magazines, and other primary sources, all preserved in the Archives of the Western Reserve Historical Society. Since 1995, the Foodways staff of Hale Farm & Village has been testing, tasting, and serving these dishes in our popular *Farmhouse Supper* programs and most recently in our new seasonal Hale and Hearty Dinners.

At Hale Farm & Village, we have a renewed focus on Historic Foodways, the cultural, social and economic practices that relate to the production and consumption of food. This year, thousands of schoolchildren and adults will visit the museum to see, touch, smell – and taste – the past with an array of community events, farm to table education programs, farm and garden tours, local food workshops, and unique dinners that explore the foodways of early Americans.

We hope you enjoy the Hale and Hearty Cookbook, Volume I.

Sincerely,

Hale Farm & Village
2010





Bread Pudding



4 beaten eggs	1/3 cup raisins
3 cups (5 slices) dry (toasted) bread cubes	1/3 cup sugar
2 cups milk	1/2 tsp vanilla
	1/2 tsp almond or orange extract

Mix eggs, milk, sugar, cinnamon, vanilla and flavoring. Trim crusts from bread and cut into cubes. Place bread cubes in 8" x 1 1/2" round baking dish. Pour egg mixture over bread. Mix in raisins. Cover and place in the fridge overnight. In the morning, preheat oven to 350*. Remove cover and place on center rack. Bake for 50-60 minutes until knife inserted near center comes out clean.

Icing

1/2 cup powdered sugar
1/8 tsp vanilla
1 tsp milk or orange juice

To prepare icing, mix powdered sugar, vanilla, milk, or juice. If needed, add more liquid slowly until of drizzling consistency.



Spaetzel



2 eggs slightly beaten	1 teaspoon salt
1 1/2 cup flour	1/4 teaspoon baking powder
1/2 cup milk	

Bring a saucepan of salted water to a boil, reduce heat, and maintain a simmer. In a bowl, stir all the ingredients together. Place a colander over the pan, pour about 1/4 of the batter into the colander, and press through the holes with a spatula into the hot water. When the spaetzels start to float to the surface, cover the pan and keep covered until the spaetzels appear to swell and are fluffy. Remove the dumplings and repeat the procedure with the remaining batter.



Chartreuse of Vegetables



Line a plain mould with bacon or cooked ham, have ready half cooked carrots, turnips, string beans cut long-all the same length, place them prettily round the mould until you get to the top, fill in the middle with mashed potatoes, or spinach nicely cooked and seasoned; put it on to steam, turn it out, and put asparagus round it, or baked whole tomatoes as a garnish.

Mrs. Goodfellow's Cookery as it Should Be, 1865



Federal Cakes



4 cups flour	2 tablespoons wine or brandy
1 cup butter	2 tablespoons rose water
1 cup powdered sugar	2 eggs
1/2 teaspoon cinnamon	1/4 teaspoon soda in a
1 teaspoon nutmeg	tablespoon of warm water

Measure the flour into a large bowl. Cut the butter into the flour. Gradually add the sugar, cinnamon, nutmeg, brandy, and rose water. Beat the eggs well and add to the mixture along with the baking soda mixture. Mix all together and add cool water as needed to form a stiff dough. Place dough on a lightly floured board and roll into a sheet 1/2 inch thick. Cut into shapes with a cutter. Place the cakes on greased cookie sheets and bake in a 375* oven until lightly browned.

Miss Leslie's Directions for Cookery, Eliza Leslie, 1851



Kisses & Secrets



6 egg whites, beaten	1/2 tsp cornstarch
juice of 1 orange or lemon	butter for coating baking sheet
fine granulated or powdered sugar	

Beat the white of six eggs to a stiff froth, add the juice of an orange or lemon, and stir into it powdered loaf sugar, a little at a time, till it is of the consistence of a thick dough, adding a very little starch. Have ready some small paper cases, about three quarters of an inch square, put some buttered paper on tin sheets, lay on them cases, drop in each a large tea-spoonful of the sugar and egg, make them smooth, and bake them for a few minutes in a moderate oven; then take them out of the cases, wrap round each a slip of paper containing a single verse (poem) or pun (joke), and envelope (wrap) them separately in small pieces of fine white paper that is neatly fringed, giving each end a twist.

The Kentucky Housewife, 1839





Campfire Doughnuts



3 c flour	1 tsp baking powder
2 eggs	1 tsp baking soda
1 c sugar	1 tsp salt
¾ c buttermilk	½ tsp nutmeg
2 tbl shortening	

Make a dough using all of the ingredients. Knead dough thoroughly and roll out into 3 inch pieces no more that ½ inch thick. Heat shortening in your skillet until melted and smoking (depth of about 1-1 ½ inches). Drop the doughnut batter into the oil carefully and cook. The doughnuts will expand and should cook within seconds. If the oil is too cool they will become oily, too hot and they will burn. A little experimentation will produce a delicious treat. Roll them in sugar and cinnamon for added flavor.



Jonathan Hale Apple Bread



2 cups of unbleached flour	2 c chopped, peeled, and cored Jonathan apples
1 tsp baking powder	1 tbs finely grated lemon rind
1 tsp baking soda	¾ c chopped pecans or walnuts
¼ c butter	2 tbs melted butter.
¾ c sugar	
2 eggs beaten until frothy	

Sift together the flour, baking powder, and soda and set aside. Cream the butter and sugar until pale and light, then beat in eggs. Add the sifted dry ingredients alternately with the chopped apples, beginning and ending with the dry ingredients. Stir in the lemon rind and nuts, and spoon into a well-greased 9x5x3 inch loaf pan. Bake in a moderate oven (350*) 50-60 minutes or until loaf begins to pull from sides of pan and top seems springy to the touch. Brush top with melted butter. Cool loaf upright in pan on a wire rack 10 minutes, then turn on rack and cool to room temperature before slicing.





Pound Cake



Take a pound of butter, beat it in an earthen pan with your hand one way till it is like a fine thick cream; then have ready 12 eggs, but half the whites; beat them well, and beat them up with the butter, a pound of flour beat in it a pound of sugar. Beat it all well together for an hour with your hand, or a great wooden spoon, butter a pan and put it in and then bake it an hour in a quick oven. For a change, you may put in a pound of currents, clean, washed, and picked.

The Art of Cookery by Hannah Glasse, 1805



Bubble & Squeak



In a large kettle, brown one half pound of bacon and a large onion. Add one head of cabbage, cut, not shredded, and a half cup of water. Season with salt and pepper and caraway seed if you prefer. Cover and let cabbage cook down. Peel and cut four or five potatoes to add. Raw potatoes should be added as the cabbage begins to cook down. You may have to add more water as it cooks.

A New System of Cookery by Maria Rundell, 1806



Cider Cake



1 ½ c flour

½ lb sugar

¼ c butter

½ pint cider

1 tsp baking powder

cloves and other spices to taste

Cider cake is very good, to be baked in small loaves. One pound and a half of flour, half a pound of sugar, quarter of a pound of butter, half a pint of cider, and spice to taste. Bake till it turns easily in the pans, about half an hour (350*).





Rusks



¼ lb butter
1 c milk
7 eggs
6 tbs sugar

1 pkg yeast dissolved in ½ c
warm water
6-7 c flour

Melt butter and combine with milk. Beat eggs until light; add sugar, yeast, and eggs to milk and butter mixture. Stir in 3 c flour and beat for 2-3 minutes. Cover the bowl and set the sponge in a warm place for an hour or more, or refrigerate overnight. To prepare for cooking, add remaining flour so that the dough is no longer sticky. Divide dough in half and make two long rolls. Cut each into 12 slices. Flatten out these slices so that they are 3-4 inches in diameter, resembling an English muffin. Preheat and grease a griddle or skillet. Put cakes on the surface and cook for 7 minutes, turn, press down. Cook 7-8 minutes on other side. Split and serve immediately, with butter and preserves, if desired. After they have cooled, they may be split and toasted.

A New System of Domestic Cookery, 1807



Corn Fritters



3 cups of oil for frying
1 cup flour
1 tsp baking powder
½ tsp salt
¼ tsp sugar

1 egg lightly beaten
½ c milk
1 tbs shortening melted
12 oz whole kernel corn

Heat oil in a heavy pot or deep skillet. In a medium bowl, combine flour, baking powder, salt, and sugar. Beat together egg, milk, and shortening; stir into flour mixture. Mix in the corn kernels. Drop fritter batter by spoonfuls into the hot oil, and fry until golden. Drain on towels.





Vinegar Pie



2 tbs butter	1 egg, lightly beaten
1/2 cup sugar	2 tbs cider vinegar
3 tbs flour	1 c water
2 tsp cinnamon	1 9" pie crust that has been briefly baked about 3 minutes at 450* degrees
1/2 tp ground cloves	
1/2 tsp ground allspice	

Preheat oven to 350*. Cream butter and sugar. Sift together flour and spices then add to flour mixture, mix well. Beat in egg, vinegar and water. Pour into a double boiler and cook over boiling water until thick. Pour into the pie shell and bake about 30 minutes or until a knife comes out clean.



Mrs. Madison's Whim



Two pounds of flour; two pounds of sugar; two pounds whites to a froth; two wine-glasses of rose water or brandy, in which lemon rinds have been steeped; two nutmegs grated; and one teaspoonful of saleratus, dissolved in hot water, or volatile salts, in the place of saleratus, as it will make a lighter cake. Beat it well together, then add two pounds of raisins, stoned and chopped. Bake in a quick oven (350*). This cake is good for three months keeping.

Every Lady's Cook Book, 1854



Roasted Cheese



1/2 c grated cheddar or other hard cheese	4 tbs butter
2 hard boiled egg yolks, mashed	1 tbs mustard
2-3 c soft bread crumbs	dash of salt and pepper
	8 slices of lightly toasted bread or rusks

Blend cheese, mashed yolks, bread crumbs, butter, mustard, salt and pepper. Spread paste on toast. Place on pie plate covered with a plate in a dutch oven. Place coals below dutch oven, heap fresh coals on cover for 5 minutes while cheese browns. Can also be baked in a moderate oven (350*) until the cheese is melted and slightly browned.

The Cook's Own Book, 1832





Olive Royals



4 medium potatoes, peeled and cut	cold meat
1 c flour	salt
2 tbs butter	pepper
	water

Boil the potatoes until soft; allow to cool. Grate the potatoes and mix with the flour and butter. Make up as directed to form a paste. Roll it out on a board and cut into rounds. Place a tbs of chopped meat in the middle of a round; season with salt and pepper and a dot of butter. Cover with another round and fry in at least ¼ inch of shortening until light brown. Use up all the pastry. Serve hot or cold, with or without gravy.

The Cooks' Own Book, 1832



Toasted Spice Cake



2 1/3 cups flour	2 cups brown sugar
1 tsp baking powder	2 separated eggs
1/2 tsp ground cloves	1 tsp soda
1 tsp cinnamon	1 1/4 cups sour milk
3/4 tsp salt	1 tsp vanilla
3/4 shortening	1/2 cups chopped nuts

Sift together flour, baking powder, spices, and salt. Cream shortening and gradually add 1 cup brown sugar and then add egg yolks in one brisk beating. Dissolve baking soda in sour milk and add alternately with flour mixture. Pour batter into an 8" square pan.

For icing, beat 2 egg whites until stiff and gradually add 1 cup sifted brown sugar. Beat until mixture forms peaks. Add vanilla. Spread over batter and sprinkle ½ cup chopped nuts on top. Bake at 350* for 25-30 minutes.





Native Currant Whirligig



3/4 cup sugar or 2/3 cup honey	1/2 salt
2 tbs flour	1 c hot water
1 tsp cinnamon	2 cups cleaned and washed black or red currants (or other tarts berries)
1/2 tsp grated nutmeg	

Mix sugar, flour, spices, and salt together. Pour slowly into hot water, stirring constantly. (If using honey, use COLD rather than hot water and blend ingredients together before heating.) Cook until thickened, stirring. Place currants in 8x8 inch square pan and pour hot sauce over them. Set into preheated 350* oven while making topping.

Topping

1 1/2 cups flour	1/4 lard or shortening
3/4 tsp soda	1 large egg
1 1/2 tsp baking powder	3 tbs milk (soured with 1/2 tsp vinegar)
3/4 tsp salt	1/4 sugar or honey
1 tsp sugar	3 tbs melted butter

Sift flour, soda, baking powder, salt, and sugar into a mixing bowl. Cut in shortening, then add egg and milk. Mix to stiff dough. Roll into 9x12 inch rectangle; spread with honey and melted butter mixture. Roll from long side as for a jelly roll, pinching edges, and edges, and cut into 9 pieces. Remove berry sauce from oven and place dough swirls at even intervals on top of hot fruit filling. Bake at 350* for 15 minutes. Serve warm with or without whipped cream.



Beef Steak Pie



leftover roast beef	butter
leftover boiled potatoes-cooled	top and bottom pie crusts
salt	Nutmeg
pepper	minced onion
	fresh mushrooms

Butter a deep dish, and spread a sheet of pie crust all over the bottom, sides, and edge. Cut away from your beef steak all the bone, fat, and gristle and skin. Cut the lean in small thin pieces, about as large, generally, as the palm of your hand. Beat the meat well with the rolling pin, to make it juicier and tender. If you put in the fat, it will make the gravy too greasy and strong, as it cannot be skimmed. Put a layer of meat over the bottom crust of you dish, and season it to your taste, with pepper, salt, and nutmeg. A small quantity of minced onion is an improvement. Have ready some cold boiled potatoes sliced thin. Spread over the meat, a layer of potatoes, and a small piece of butter, then another layer of meat, seasoning, and then a layer of potatoes, and so on until dish is full and heaped up in the middle, having a layer of meat on the top. Pour in a little water. Cover the pie with a sheet of dough and trim the edges. Notch it handsomely with a knife.

Bake at 350* for 35-45 minutes.



Ginger Cakes



3/4 c shortening	2 tsp soda
1 c sugar	1 tsp cinnamon
1 beaten egg	1 tsp ginger
1/4 c molasses	2 c flour

Cream shortening and sugar. Add the beaten egg and molasses and mix well. Sift together the dry ingredients and add the shortening mixture. Mix until combined. Roll into walnut sized balls and roll in sugar. Bake at 350* for 7-10 minutes.



Civil War Fruit Cake



Combine a large saucepan: 3 medium apples, peeled and diced; 2 c raisins; 2 c water; 1 cup sugar; 1 c brown sugar; 2 tbs lard or shortening. Cook together for five minutes. Remove from heat and cool thoroughly. Sift together into a large mixing bowl: 3 c flour; 2 tsp soda; 1 tsp salt; 1 tsp ground cloves; 1 tsp ground nutmeg; 1 tsp ground cinnamon. Add apple-raisin mixture and stir thoroughly. Add 1 c chopped nuts. Pour into a greased and lined tube cake pan. Bake at 350* about an hour or until done.



Velvet Chicken Soup



3 or 4 pounds chicken	2 tbs chopped celery
3 qts cold water	2 cups cream
1 tbs salt	1 tbs cornstarch
6 peppercorns	1 tbs butter
1 small onion, chopped	salt and pepper
	2 eggs, well beaten

Thoroughly clean chicken and cut into pieces. Put in covered kettle with cold water and salt. Bring to boil quickly and simmer until chicken is tender. Remove chicken from stock and remove meat from bones. Return bones to soup stock and add peppercorns, chopped onion, and chopped celery. Simmer together until a little more than a quart of stock remains in pan; strain, cool, and remove all fat. Add rich milk or cream, bring to a boil, and thicken with cornstarch that's been smoothed with a little cold water. Add butter and season to taste. Add chicken back into mixture. Beat eggs with a little cream. Pour soup over egg mixture, stirring well, then pour egg-soup mixture back into soup, stirring constantly, and cook two minutes. Serve hot.





Potato Cakes



6 medium potatoes	2 eggs
2 tsp salt	1 c flour
½ c milk	shortening

Wash and peel potatoes, then grate medium fine. Combine with salt, milk, eggs, and flour. Drop mixture by spoonfuls into hot shortening in skillet and fry to golden brown on both sides.



Sausage & Apples



This old dish is easy and delicious. Start with about a pound of sausage meat. Form into patties and fry lightly in a pan until just browned. Remove the sausage, pour the fat (not in the fire) and melt some butter in the pan, enough to barely cover the bottom. Core and slice three apples to a thickness of about ¼ inch and place in pan setting it over a low heat. When apples have softened slightly add a half cup of brown sugar and a tablespoon of cinnamon. As soon as the sugar mixture has mixed with the butter and formed a thick syrup add back the sausage and cook for another ten minutes or so. That's it.



Cheshire Pork-Pie



2-3 lbs lean pork	apples, cored and sliced
puff paste or pie dough	sugar-about 1 oz
pepper	½ pint sweet cider
salt	Butter
nutmeg	1 egg beaten

Cut two or three pounds of lean fresh pork into strips as wide as your middle finger. Line a buttered dish with puff-paste or pie crust; put in a layer of pork seasoned with pepper, salt, and nutmeg; next a layer of juicy apples, sliced and covered with about an ounce of white sugar; then more pork, and so on until you are ready for the pie cover, when pour in half pint of sweet cider, and stick bits of butter all over the top. Cove with a thick lid of puff-paste or pie crust, cut a slit in the top, brush over with beaten egg, and bake an hour and a half at 350*.

The Common Sense in the Household, 1871

