

A Crookneck, or Winter Squash Pudding.

Core, boil and skin a good squash, and bruize it well ; take 6 large apples, pared, cored, and stewed tender, mix together ; add 6 or 7 spoonfuls of dry bread or biscuit, rendered fine as meal, one pint milk or cream, 2 spoons of rose-water, 2 do. wine, 5 or 6 eggs beaten and strained, nutmeg, salt and sugar to your taste, one spoon flour, beat all smartly together, bake one hour.

The above is a good receipt for Pumpkins, Potatoes or Yams, adding more moistening or milk and rose-water, and to the two latter a few black or Lisbon currants, or dry whortleberries scattered in, will make it better.

American Cookery, by Amelia Simmons, 1796

1 small squash (or small cooking pumpkin, or 2-3 sweet potatoes)

3 apples

3 eggs

¼ cup flour or bread crumbs

¼ cup milk

1 T. sugar

1/8 tsp. nutmeg (optional, to your taste)

1 T. rosewater (optional)

1. Remove the skin from the apples and squash, and chop into cubes about 1"
2. Place the squash in a pot and cover with water. Boil 15 minutes, then add the apples and boil 10 more minutes. Both squash and apples should be tender.
3. Strain and place in a large mixing bowl. Mash and mix until smooth.
4. Add the remaining ingredients and stir to mix.
5. Pour into a greased 9"x 5"x 3" loaf pan, or baking dish that will fit all the pudding.
6. Bake in a 350° oven for about 40-50 minutes, until the edges just begin to brown.

Carrot Pudding.

A coffee cup full of boiled and strained carrots, 5 eggs, sugar and butter of each 2 oz. cinnamon and rose water to your taste, baked in a deep dish without paste, 1 hour.

American Cookery, by Amelia Simmons, 1796

1 cup shredded carrot

5 eggs

¼ cup sugar

2 oz. (4 T.) butter

1 T. rosewater (optional)

1/8 tsp. cinnamon (optional, to your taste)

1. Preheat oven to 350°
2. Mix the butter and sugar together until creamy.
3. Add the remaining ingredients, mixing well, then pour into a 9" round pie dish.
4. Bake 40 minutes or until done.



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To make Potatoe Cakes,

TAKE potatoes, boil them, peel them, beat them in a mortar, mix them with the yolks of eggs, a little sack, sugar, a little beaten mace, a little nutmeg, a little cream, or melted butter, work it up into a palle ; then make it into cakes, or juil what shapes you please with moulds, fry them brown in fresh butter, lay them in plates or dishes, melt butter with sack and sugar, and pour over them.

The Art of Cookery Made Plain and Easy, by Hannah Glasse, 1788

Note: sack is a type of wine, similar to cream sherry or Madeira. It is not necessary for this recipe, though you may add 1 tablespoon in step 3 if you wish.

4 medium potatoes
2 egg yolks
2 tsp. sugar
½ tsp. mace
½ tsp. nutmeg
¼ cup butter, half & half, or heavy cream

1. Peel and boil the potatoes until they are soft
2. Mash the potatoes in a large bowl
3. In a small bowl, beat together the egg yolks, sugar, mace, and nutmeg, then add to the potatoes while stirring well
4. Shape into small cakes
5. Fry in butter, flipping occasionally until both sides are brown
6. Optional: Make a sauce by heating together 2 T. butter and 1 T. sugar until the sugar is dissolved; add 1 T. Madeira (or similar wine), bring to a boil, and cook 5 minutes.

Jobny Cake, or Hoe Cake.

Scald 1 pint of milk and put 3 pints of Indian meal, and half pint of flower—bake before the fire. Or scald with milk two thirds of the Indian meal, or wet two thirds with boiling water, add salt, molasses and shortening, work up with cold water pretty stiff, and bake as above.

American Cookery by Amelia Simmons, 1796.

2 cups corn meal (called “Indian meal” in this recipe)

1 ¼ cups hot water

butter

1. Put the corn meal in a mixing bowl, and pour the water in. The water must be very hot: boiling or close to it.
2. Mix well; if there is dry corn meal that will not mix, add more water 1 spoonful at a time. The consistency should be like Play Doh.
3. Let the mixture rest for 30 minutes. This allows the water to soak into the corn meal.
4. Shape the mixture into little cakes, about ½ inch thick and 2-3 inches wide.
5. Fry or bake the cakes.
 1. To fry: heat butter in a skillet on low heat, and fry the cakes, flipping occasionally until light brown on both sides.
 2. To bake: Place on greased or nonstick cookie sheet and bake in a 350° oven for 20-30 minutes, or until light brown on the edges.
6. Serve with butter and salt, or honey, or molasses. Makes about 12-18 cakes.

To make a Flour Hasty-Pudding.

TAKE a quart of milk, and four bay-leaves ; set it on the fire to boil, beat up the yolks of two eggs, and stir in a little salt. Take two or three spoonfuls of milk, and beat up with your eggs, and stir in your milk ; then, with a wooden spoon in one hand, and the flour in the other, stir it in till it is of a good thickness, but not too thick. Let it boil, and keep it stirring, then pour it into a dish, and stick pieces of butter here and there. You may omit the egg if you do not like it ; but it is a great addition to the pudding ; and a little piece of butter stirred in the milk makes it eat short and fine. Take out the bay-leaves before you put in the flour.

The Art of Cookery Made Plain and Easy, by Hannah Glasse, 1788

1 ½ cups milk
2 T. flour
2 bay leaves (optional)
1 egg
¼ tsp. salt
4 T. butter

1. Gently heat the milk, salt, and bay leaves (optional) on the stove over a low or medium heat. Do not boil!
2. In a small bowl, beat the egg; add a little of the heated milk to temper it, then pour the egg into the rest of the milk. Add the butter, keeping the heat low or medium until it melts.
3. While whisking, slowly pour in the flour. Whisk until it boils and is smooth; it will be very thick. Increase the heat if necessary.

This dish is very plain and filling. To serve, try adding one or more of the following:

- Brown sugar
- Maple syrup
- Cinnamon and nutmeg
- Fresh or dried fruit, such as raisins

Another Christmas Cookey.

To three pound of flour, sprinkle a tea cup of fine powdered coriander seed, rub in one pound of butter, and one and half pound sugar, dissolve one tea spoonful of pearlash in a tea cup of milk, kneed all together well, roll three quarters of an inch thick, and cut or stamp into shape and size you please, bake slowly fifteen or twenty minutes ; tho' hard and dry at first, if put in an earthen pot, and dry cellar, or damp room, they will be finer, softer and better when six months old.

American Cookery by Amelia Simmons, 1796.

3 cups flour
2 T. ground coriander seeds
8 T. (1 stick) butter
1 cup sugar
1 tsp baking soda (pearl ash is the leavening in the recipe; it is a forerunner of baking soda)
¼ cup milk (or more)

1. Preheat oven to 325 degrees.
2. In a large mixing bowl, combine the flour and coriander.
3. Work the butter into the flour mixture with a pastry cutter or your hands.
4. Stir in the sugar.
5. Dissolve the baking soda in the milk and stir into the dough.
6. Press the dough into a ball and knead until the dough is no longer crumbly. You might need to add more milk 1 Tablespoon at a time, if the dough is too dry.
7. On a lightly floured board, roll dough ½ - ¾ inch thick and cut out circles with a biscuit cutter.
8. Bake on a cookie sheet for 20-22 minutes or until edges just begin to brown.

Yield: about 2 dozen cookies

Recommend to eat soon, rather than wait six months. ☺

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