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Recipes from J. Grave's Ordinary

POUNDED CHEESE

2 cups grated cheese – (sharp Cheddar or good English hard cheese is best)
1/4 cup butter
2 teaspoons mustard (made from scratch or Dijon)
1/4 teaspoon cayenne pepper
1 teaspoon curry powder
1 tablespoon sherry

Combine and pound with mortar until smooth. (Or use the Cuisinart).

Ref: Old Sturbridge Cookbook

SPICED NUTS

1 egg white, beaten until foamy with 1 teaspoon water
Add 1 pound walnuts (or pecans) and mix lightly
Combine:

1/2 cup sugar
1/2 teaspoon salt
1/2 teaspoon cinnamon

Add walnuts and toss lightly until well coated. Spread evenly on a buttered jellyroll pan. Bake a low (225 degrees F) for one hour or until dry, stirring every 15 minutes. Keep tightly covered.

RUM-TEA PUNCH

2 cups lemon juice
1 cup strong tea
2 cups superfine sugar
8 cups cold water
1-1/2 cups amber rum
1/2 cup brandy
2 lemons, thinly sliced and seeded

In a large bowl combine lemon juice, tea, sugar and cold water. Stir until well blended. Add rum, brandy, and lemon slices. Adjust quantities to taste. Makes two dozen 4-oz punch cups.

Ref: Abigail Adams to her sister, July 29, 1797

STEAMED PUDDING

1 cup blueberries or cranberries – chopped, rolled in flour.
π c butter
Π c brown sugar
2 c flour
1 tsp baking powder
Dash salt
2 eggs
1 c milk
2 tsp cream of tartar

Dampen and flour dish towel. Spoon pudding in and tie up with cotton string, leaving some room for expansion. Place in pot of boiling water (water should cover to at least 2/3 full). Steam for about an hour and a half.

OR: Lightly grease pudding mold. Spoon pudding into mold and attach top. Boil enough water to reach up to about 2/3 of mold when in pot. Cover pot and steam for about 1-1/2 hours.

Sauce for Pudding

π c butter
1 c brown sugar
1 c cream
Remove from heat and add π c brandy. Flame if desired.

COOKED SALLET DRESSING

1/2 c. sugar
2-1/2 t. flour
3/4 t. salt
1 t. powdered mustard
cayenne pepper
1/4 t. white pepper
2 t. butter
2 eggs, slightly beaten
1 c. milk
1/2 c. cider vinegar

In top of double boiler mix sugar, flour and seasonings. Add remaining ingredients. Cook over boiling water until thickened, stirring constantly. Chill. Makes 1-1/2 c.

FISH CHOWDER

4 large potatoes
4 large onions
4 pounds fish
12 common crackers
6 slices salt pork
4 teaspoons salt
4 teaspoons pepper
1/3 cup flour

4-5 cups water
Optional: sliced lemon, 1 cup catsup,
or 1 cup dark beer

Cut potatoes and onions into thin slices, slice fish, split crackers. Brown salt pork until crisp and remove from pot. On fat in kettle, layer 1 pound fish, 1/4 of potatoes, onions, pork crisps and crackers; 1 teaspoon each salt and pepper. Repeat until all ingredients are layers in soup kettle. Blend flour and 1 cup of water to smooth paste. Add remaining water and pour over layers until covered.

Cover pot at heat over moderate fire for 30-45 minutes, until potatoes are done. Correct seasoning.

Ref: Lydia Maria Child, American Frugal Housewife, 1829.

ROB STONE'S BREAD

For one loaf:

4 C. Flour, unsifted (1 cup whole wheat, 3 cups unbleached white flour)
1 ¾ C. warm water -100°
½ t salt
1 t sugar or molasses
1 t active dry yeast

Combine water, sugar and yeast. Stir and set in a warm place for 5 – 10 minutes. Mix flour and salt. Add liquid and dry ingredients and mix well wetting all the flour. Turn out on a floured surface and knead in enough additional flour (¼ - ¾ C.) To make a dough that springs back when pushed in. Knead well. Form into a ball and place in a lightly greased bowl. Cover with a damp towel and let rise in a warm place to double or triple in size (approximately 3 hours). Turn out on a floured surface and knead one minute. Form into a smooth round ball and place on a cookie sheet dusted with corn meal. Bake at 375° for 45 – 55 minutes.

Note: This is a standard 19th century bread with modern yeast substituted for the period liquid yeast. This bread rises in the oven, it is only allowed to rise once before it is baked.

Ref: The Pudding Book, Robert G. Stone and David M, Hinckley, 1996

PIGEON PYE

6 pigeons (substitute Cornish game hens)
1 tablespoon butter
2 oz salt pork or bacon
1-1/2 tablespoon flour
2 cups broth
3 onions, sliced
3 carrots, sliced
salt and pepper

Put the pigeons in a Dutch oven with the bacon and place in a hot fire. Bake for 5 minutes. Heat 2 cups of broth over a low fire, add butter and flour blended. Stir until smooth. Slice onions and carrots and add the birds and onions to the broth. Allow to simmer for one hour over a low fire. Remove and de-bone the birds, place in a pie dish and add sauce. Season with salt, pepper, parsley. Cover with a pastry crust and bake in a hot fire for 10 to 12 minutes.

Ref: The King's Bread, 2nd Rising, 1726-1815.

PASTRY FOR PYE

Makes two crusts.

2 cups flour
1/3 cup lard or butter
1/4 cup water

Blend shortening and flour, pour in water and mix rapidly by hand. Divide in two and roll out two crusts.

Ref: Sturbridge Village Cookbook

FRIED SCALLOPS

3 bunches scallions, chopped
1 clove garlic, chopped
3 tablespoons paprika
5 pounds scallops, lightly breaded with seasoned bread crumbs
1/2 pound butter

Combine scallions, garlic and paprika. Melt butter in skillet and add scallion mixture. Saute until vegetables are tender and add scallops. Cook through (be careful not to overcook, scallops cook quickly.) Serves 12-14

Ref: Randall's Ordinary, after Catherine Beecher, 1858

GREEN CORN PUDDING

1/4 cup butter

1/4 cup flour

2 teaspoons salt

1-1/2 tablespoons sugar

1-3/4 cups milk

1-1/2 cups whole corn

1-1/2 cups creamed corn

3 eggs, beaten until frothy

In medium saucepan. Melt butter; stir in flour, salt, and sugar. Cook until bubbly. Add milk and cook until thick. Stir in corn, then beaten eggs. Pour into well greased casserole and bake in a HOT WATER BATH, 350 degrees, for about 45 minutes until set. Recipe serves 8 and can be doubled or tripled. Corn can be fresh, frozen or canned(draind).

Ref: Inger Woerheide, Catharine Beecher, 1858.

ELECTION CAKE

Makes one loaf-pan size cake.

1 cup milk

1-1/4 cups sugar

2 tablespoons warm water

4 cups flour

3/4 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

1/4 cup dry sherry

1/2 cup currants

1/2 pound butter

1 pkg active dry yeast (scant tablespoon)

1 teaspoon sugar

1-1/2 teaspoons salt

1/4 teaspoon ground cloves

2 eggs, lightly beaten

1-1/2 cups raisins

Butter an 8-cup loaf pan. Simmer milk with butter and sugar just until the butter is melted. Stir well and pour into a mixing bowl. Proof (foam) yeast in water with one teaspoon of sugar. Stir into milk mixture. Sift flour with remaining dry ingredients except raisins and currants. Alternating with eggs, gradually beat flour and seasonings into milk mixture. The texture will be that of a cake batter. Stir in raisins, currants and sherry. Spoon into loaf pan and bake for two and one-half to three hours or until a knife comes out clean. If cake begins to get too brown, lightly cover with foil. Remove from oven and allow to cool for five minutes before unmolding onto a rack. Let cool thoroughly before slicing. To keep, sprinkle with sherry, wrap in cheesecloth and keep tightly covered in a cool place. Makes sixteen servings.

Ref: The Pocumtuc Housewife, Amelia Simmons, various others

CRANBERRY TART

Crust:

2 cups flour

1/3 cup sugar

1/8 teaspoon salt

2/3 cup butter

1 egg, lightly beaten

1 tablespoon water

grated lemon rind if desired (2 teaspoons)

Sift flour with sugar and salt into bowl. Cut in butter until it resembles fine meal. Make well in center and add egg, water and lemon rind. Work flour and liquid together using fork or fingers, until the dough forms a ball. Turn out on lightly floured board. Knead three or four times, form into a ball and chill for 30 minutes or more. After chilling, press into a round nine-inch pan or flan ring. Keep chilled until filling is ready.

Filling:

One pound of cranberries, washed and drained.

Two cups white or brown sugar.

1/4 cup brandy.

Put sugar and cranberries in an iron skillet and cook over low heat for up to one hour.

Remove from fire and add brandy. Cool slightly and put into tart shell.

Bake in moderate oven (350 degrees) for 50 minutes or until crust is light brown. Serves 10 generously – this is very rich. Serve with whipped cream or custard sauce.

Ref: Hannah Glasse, 1805.

CUSTARD SAUCE

2 cups milk

1 stick cinnamon

3 eggs

1/4 cup sugar

1/8 teaspoon salt

1 teaspoon vanilla, rum, or sherry

Beat egg slightly and add sugar and salt. Scald milk with cinnamon. Remove cinnamon and stir milk slowly into eggs in a double boiler over, not in, hot water. Stir constantly until thickened. Cool and add vanilla, rum or sherry.