

Culinary History: Introduction to the Study of the Cuisine of the Mid-19th Century

Figgat and Godwin Families

Fincastle, Botetourt County, Virginia



Literature from Culinary Historians as a Standard for Our Research

... no other aspect of human endeavor has been so neglected by historians as home cooking ... when not searching for food, making baskets and pottery, tilling the soil and tending livestock, spinning and weaving, and bearing and rearing children, of course – women have been inventing and perfecting the art of cooking ... But the homely art of the hearth has never been deemed worthy of the same study as are other disciplines.

Karen Hess¹³⁷

When we set out to research the manuscript recipe books of Nannie Figgat and her mother, Martha Mary Godwin, we followed the principle put forth by culinary historian Karen Hess, who stressed the importance of using any piece of information available to help tell the story. We also considered advice from Rachel Laudan, who said one of the most important qualities for any researcher of culinary history, whether trained or not, is a passionate interest in the subject matter. We have developed a tremendous interest in this project, which we began in 2009, and our excitement has only grown over the course of our work. Although we are not culinary historians or food historians, we were intensely interested in this topic.

Our research into the Figgat and Godwin families of Fincastle began with the two manuscript recipe books housed in Special Collections at Virginia Tech's Newman Library and available online at <http://scholar.lib.vt.edu/CulinaryHistory/>. In analyzing the recipes, we sought to understand the circumstances of the families, including their food habits and the development of their recipes. As Hess suggested, we have strived to capture a piece of culinary history by cherishing and using the available resources, i.e. the Figgat and Godwin correspondence, Nannie's diary and ledger, and Nannie and Martha Mary's recipe books, as well as period cookbooks and the diaries of two of Nannie's contemporaries, Letitia Burwell and Lucy Breckinridge.

Sandra Oliver, a New England culinary historian, defined cuisine as what happens in the kitchen, the source of food, and how it is prepared and served. As a Virginia Tech graduate student in 1982, Maryellen Spencer defined cuisine in her dissertation as the culinary and gastronomic profile of a culture. We hope our research will play a part in identifying the cuisine of these two families of 1800s Botetourt County and contribute to the broader understanding of this time period in the history of southwest Virginia.

Although Hess once said the "homely art" of cooking had never been worthy of intense study, today there is greater interest in culinary history. We have reviewed the literature and studied methods used by culinary historians and other professionals such as dietitians, authors and librarians.

Oliver wrote that researchers must remember that we cannot know without a doubt what a person ate in the past because food is ephemeral; as soon as it is consumed, it disappears. She stressed the need to evaluate primary documents and secondary materials, as well as available artifacts. Elizabeth H. Sparks wrote in 1960 that historians tend to place an emphasis on dates, acts and deeds, but they often ignore kitchen activities, which are part of the routine of everyday life. She believed a picture of our foremothers in the kitchen is as important to an understanding of our heritage as a picture of our forefathers lined up on the battlefield. Jean Roddey agreed, writing in her cookbook that recipes reflect the past, preserve our heritage and feed not only our bodies, but our spirits. Roddey believed recipes weave a tapestry of memories from our past.

Elizabeth Driver pointed out that cookbooks are tangible, printed records that illuminate many aspects of the past, and the identity of the recipe author is of key importance. Author Donna Oetzel wrote that food has tremendous power over our lives, which is precisely what makes it so rich in symbolism and so central to our cultural traditions.

Barbara Wheaton stated that turning to cookbooks can help us understand the culture that produced the culinary tradition. She said, for

example, that the ingredients in a recipe may point to economic and geographic patterns. Instructions in recipes identify equipment available and cooking methods used. Food preparation and equipment indicate the status and type of household in which the recipe was prepared. Wheaton stressed the importance of knowing whether a housewife was literate, what special skills she possessed, and what her kitchen was like. Having Nannie's diary and correspondence enabled us to follow Wheaton's advice and to read the recipe books carefully in the context of their time and place. Martha Mary Godwin's Estate Will also revealed the tools and equipment that were used in her kitchen.

Priscilla Ferguson advised that whether or not we prepare a recipe, we can gain a sense of particular preferences and how food and places tie together. She also said a cookbook and its recipes indicate practice, and recipes are primary indicators of identity. This is particularly true for manuscript cookbooks as opposed to published cookbooks. Sandra Oliver and Nancy Carter Crump have been successful in executing historic recipes during their hearth cooking demonstrations, although Anne Carter Zimmer and Karen Hess reminded us that it is difficult to demonstrate old recipes and produce the same results. They pointed out the differences in food products today versus years ago. Both Oliver and Crump grant that taste may be different but it can come close to the old recipes. Furthermore, it is typical that a cook will make subtle but intentional changes even when "following" a recipe.

Another culinary historian, Katharine Harbury, compared three early manuscript cookbooks in *Colonial Virginia's Cooking Dynasty*. She wrote about the customs and traditions surrounding the food preparation and duties of gentry women. Hess, Crump, and Leni Sorensen noted the lack of information about the contributions of slaves and servants.

The writings of these culinary historians have grounded our research. Learning from their work has assisted us in identifying the recipe book authors, learning about their relationships with others in the community, and keeping in context

their time in history while deciphering and interpreting their recipes. We have made progress toward understanding the cuisine of the Figgat and Godwin families.

We did not test the recipes of Nannie Figgat or Martha Mary Godwin, nor did we alter their recipes during the process of transcription. Each recipe was individually analyzed with corroborating resources. However, former Hotel Roanoke Executive Chef Billie Raper adapted a few recipes from the 1800s, including some from Nannie and Martha Mary, and these are pictured following the recipe transcriptions.

Early on we thought some of the recipes were incomplete. These consisted only of lists of ingredients, usually with quantities, and not always accompanied by instructions. But Oliver describes this absence of detailed instruction as "vernacular" cooking. She wrote that most young girls of this early period were taught the skills for household management, including the assembly of everyday recipes. Therefore, typical contemporary recipes just listed the ingredients and give few, if any, instructions for preparation. Mistresses of upper-class homes copied entire recipes mainly for special use. Nannie's recipes follow this pattern.

Of course, tears, stains and fading sometimes contribute to the incompleteness of the transcriptions of the recipes. When confronted with these problems, we were often able to use facsimiles of contemporary cookbooks to fill in the gaps. Hess used this method to analyze the recipes of the Jefferson family at Monticello.

Our most frequently used reference was *The Virginia Housewife*, a cookbook by a prominent Virginian, Mary Randolph. Her book has been available through many editions since it was first published in 1824. In the 1984 facsimile, our reference, Hess commented that she regarded *The Virginia Housewife* as the most influential American cookbook of the 19th century. Nannie Figgat had access to Mary Randolph's cookbook; 20 of her recipes are annotated "Mrs. Randolph." Nannie also annotated several other recipes with the names of her neighbors and relatives. We identified many of these people

137. Hess, *Martha Washington*, p. 3.

using contemporary records in the Botetourt County Clerk of Court Office and Gray's 1880 map of Fincastle.



The contemporary diary of Letitia Burwell was also useful. Burwell's family lived on the Avenel plantation in Bedford, which is next door to Botetourt County. In *A Girl's Life in Virginia Before the War* Letitia wrote:

Every Virginia housewife knew how to compound all the various dishes in Mrs. Randolph's cookery book, and our tables were filled with every species of meat and vegetable to be found on a plantation, with every kind of cake, jellies, and blancmange, to be concocted out of eggs, butter, and cream, besides an endless catalogue of preserves, sweetmeats, pickles, and condiments.¹³⁸

Letitia's diary revealed that she had close connections with Botetourt County families, as did Lucy Breckinridge, whose published diary was also helpful in our research. These contemporary diaries written by young women living near one another in southwest Virginia contributed to our understanding of the foods available and other aspects of the culinary history of this region. [See Table 6]

Arrangement of the Culinary History of 1800s Fincastle

"Cuisine Links," which tie the diary and correspondence to the culinary history, includes a discussion of typical food storage and cooking methods in the 1800s, Nannie's references to

food in her diary and a review of the groceries sold in her sons' store in Roanoke. This section is followed by our analysis of southwest Virginia's cuisine, which begins with Nannie's recipes and our transcription of her recipe book with commentary. Next is our transcription of Martha Mary's recipe book with commentary. The transcribed recipes from each book are divided into categories that we defined (e.g., cakes, breads, meats). This section ends with a summary of food and hospitality of these Fincastle families.

A color section follows and includes photographs of contemporary outbuildings on the 1800s Rader farm in Botetourt County, photographs of dishes prepared by former Hotel Roanoke Executive Chef Billie Raper from Nannie and Martha Mary's recipes, and reproductions of Nannie and Martha Mary's recipe book pages. This color section is followed by transcriptions of original recipes and adapted recipes for the Raper dishes. Lastly, the Appendices contain the 1861 ledger transcription, a sampling of newspaper articles, six tables of ingredients, cooking equipment, terms and measurements from the recipes, culinary items found in the Estate Wills of Nannie and Charlie's mothers, and foods mentioned in our primary source documents. Lastly there is a glossary that defines the food terms used, and a comprehensive bibliography of works referenced during our research and writing.

Cuisine Links: Tying the Diary and Correspondence to the Culinary History

Evidence of Food Storage and Preparation in 19th Century Fincastle and Botetourt County

1. Food Storage

In her book *The Town of Fincastle, Virginia*, Frances Niederer discusses food storage in several historic homes. She wrote that the Mary Peck house had a large multi-purpose room on the first floor. At one end of the room was a cooking fireplace and at the other end was a dugout for food storage. At the Freeman house, Niederer described a brick-lined pit for food storage. Part of the Freeman house was built directly over a spring, which would keep food cool. The Crumpacker property had an elaborate five-room brick springhouse with a large exterior fireplace. A drive on the rural roads in Botetourt County in 2013 provides views of numerous historic outbuildings, including springhouses seen from Route 779 and smokehouses on the farms on Springwood Road.

The Rader Farm in Botetourt County has several original outbuildings [pictured], which provides examples of three types of storage used in the 1800s. Meats were cured and stored in the smokehouse, the root cellar provided winter storage for fruits and vegetables, and the springhouse kept foods cool in warm weather.

Food was preserved in many ways according to Sandra Oliver's *Food in Colonial and Federal America*. Many families made cheese to preserve milk, which required housewives to collect the lining of calves' stomachs as a source of rennet. Several of Nannie's recipes list rennet among the necessary ingredients. Butter was made from churned skimmed cream and separated, salted, and packed in wooden containers or crocks topped with salt. Then the butter was covered and stored in a cool place such as the springhouse on the Rader farm. See Nannie's recipe for "Restoring Rancid Butter" when preservation was not effective.

Both Nannie and Martha Mary had many recipes for extending the life of their vegetables, fruits, meats, and fish. In addition to the cool storage



Exterior of the Rader's 1800s Springhouse

for fresh foods, they used salting, fermenting, drying, smoking, pickling in vinegar, and preserving with sugar and brandy.

A root cellar was effective for winter storage as well as storing fresh foods in the warm months. Apples, carrots, potatoes, and other garden-harvested foods stayed dry and firm for months in a root cellar such as the one pictured below on the Rader farm.



Exterior of the Rader's 1800s Root Cellar

138. Burwell, *A Girl's Life*, p. 39.

Butchered meats were salted, packed in brine solutions, drained, and smoked. Hams were rubbed with pepper, wrapped, and allowed to hang in the smokehouse until needed.



The Rader's 1800s Smokehouse interior

2. Cooking Methods

Both Nannie and Martha Mary's recipes were prepared in kitchens that had changed little during their years of occupancy. Their recipes reveal that they were cooking on a hearth, which was the typical method of cooking in Fincastle and environs in the 1860s. Local residents who own historic homes built in the late 1700s through the 1800s, as well as Niederer's *Town of Fincastle, Virginia*, substantiate this. The kitchen fireplace was often located in the basement or the first floor of the house and was used for winter cooking. For summer cooking, they often used a detached kitchen. The insurance records that Niederer used in her research documented various architectural traits, such as buildings separate from the main house. The James M. Figgat house, Aspen Hill, had a detached kitchen.

This picture of the Thomas G. Godwin home shows a typical house in town with outbuildings behind it for food production and storage. Once standing on the corner of Main and Church Streets in downtown Fincastle, it was destroyed by fire in the 1870s.



Niederer described Judge Simmons' Main Street home, which was dismantled in 1957. It had a heavy stone foundation enclosing an earthen-floored basement with a large cooking fireplace. Stonelea, a local plantation home, had evidence of an outdoor brick oven for baking. Inside Stonelea there was a cooking fireplace and a dining room. To the east of the house was a wing for the kitchen and servants' rooms.

Two current Fincastle homeowners provided information about cooking fireplaces in their basements. One historic house, previously owned by Charlie Figgat's brother, James H. H. Figgat, had a cooking fireplace in the cellar. Servants had access to the family's dining room via steps and a trap door.

Cookbook authors and Virginians, Nancy Carter Crump and Mary Randolph provide excellent information about hearth cooking. According to Crump, the author of *Hearthside Cooking*, the essential tools for fireplace cooking included a swinging crane, pot hangers, Dutch oven, long-handled tools, trivets, iron pot, poker, tongs, and a shovel. These, supplemented with other utensils, made hearth cooking easier.



Historic Fireplaces in the George Sydnor III Home in Fincastle



At another home, the current owner, George Sydnor III, reported that the cooking fireplaces were unknown until the renovation of his home. Stoner also identified historic Fincastle homes with fireplaces for hearth cooking.

For prolonged baking required for breads or pies, Dutch ovens worked well. Hot coals could be set on the rim of the Dutch oven lid while the bottom rested on a trivet over more hot coals, providing balanced heating. To use the Dutch oven, the cook possessed expert judgment for baking because there was no way to take a peek without removing all the coals on the lid.

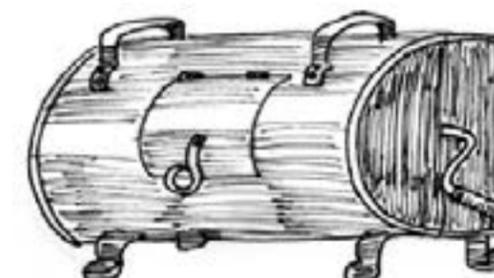


Dutch Oven

Karen Hess's historical notes in *The Virginia Housewife*, highlighted the importance of the swinging crane and various devices that enable

temperature control by moving the pot closer to or away from the fire. She also emphasized the skill required for fireplace cooking, especially for meats. Roasting meat in a hearth was an art that required training, experience, and "an almost perfect sense of timing." The fire was built in advance in proportion to the size of the piece of meat to be cooked. If the cut of meat was very large, a manual or mechanical spit was used to turn it.

The Tin Kitchen was used to roast small birds and smaller cuts of meat. Also called a reflector oven, it was a box-like metal structure on legs with an open back to the fire and a door on the front for the cook's access to tend the meat. Hess pointed out that meat would not properly roast



Tin Kitchen, also known as a Reflector Oven

in a closed oven because of the moisture from the steam.

The chafing dish was a tripod brazier that held a few glowing embers. Hess described it having tall legs and a double-pan vessel — one for the food and one for the coal. It was used for gentle heat, which was needed for keeping food warm, cooking sauces, and making jellies and preserves. Hess noted that the idea for this piece of equipment came from the ancient Greeks.



Chafing Dish

Other cooking equipment included a brick oven, built beside the fireplace or outside. Though iron stoves became available during the 19th century, most southern homes continued to use hearth cooking until after the Civil War. By then many households were without servants and iron stoves made cooking easier as well as safer and more economical. As southerners acquired iron stoves, cookbooks included new cooking methods. By the late 1800s, household cooks were adjusting to big changes, as were Charlie and Nannie's mothers. Stoves are listed in the 1884 estate will of Susan W. Figgat and the 1892 will of Martha Mary Godwin.

3. Nannie's References to Food in her Diary

Though Nannie's recipe book had 152 handwritten recipes and a few newspaper clippings, she otherwise rarely mentioned food or related terms. During nearly three years of writing her

diary, Nannie used only about a dozen food terms. Two of the food terms were in the context of purchases, one was a medication, and four referred to hospitality. Dinner and pork received the earliest mention in Nov. 1862. The following March 27 she recorded "Fast-day app'd by the President." Dinner, supper, and provisions appeared in 1864, along with grain for horses.

The only foods she named in her diary are bread, grain, meat, mustard, orange, and pork. She did not mention herbs or spices and the only seasoning or preservative she mentioned was salt when on March 28, 1863, she reported, "Salt was distributed from Mr. D's."

In 1861 Nannie and Charlie recorded their Lexington household accounts in the same leather-bound volume she would later use for her diary. Across the top they wrote "Housekeeping Expenses for the year 1861 C. M. Figgat." [See Appendices for ledger and complete transcription.] The ledger records largely commodities purchased and a few services, totaling \$219.94 for the year. Many commodities were purchased in large quantities, particularly in January when they recorded \$10 for four loads of wood; having it cut cost \$2. They also recorded buff [i.e., leather] @ 6½" for \$10.25, pork \$37.75, six dozen eggs for \$.75, and three bushels of potatoes for \$1.50. Milk for the month cost \$1.20. Purchases of bread and other beverages were absent because they made these at home.

The foods in the young Figgats' ledger can be categorized as meat (mostly beef and chicken, though twice each pork, bacon, and turkey were listed), dairy (lots of eggs, milk, and butter), vegetables (mostly corn, tomatoes, potatoes; occasionally asparagus, and pumpkins), fruit (apples and peaches, fresh and dried), fish (once generic and once oysters), and flour (generic, buckwheat, and meal). Sugar (crushed) is listed once, on April 10 for \$4.45. Other commodities purchased just once during the year included a basket, beeswax, starch, dye ("Spanish brown"), medications (paregoric and magnesia), and vinegar. Other commodities were: leather (i.e., buff), fuel (wood, purchased almost monthly), and oil (purchased mostly in the spring).

in suspense and dread until Sunday when the Confederate Calvary "passed thro' amid the cheers & smiles of the inhabitants, accompanied by str___ as proof of their hospitality in shape of bread & meat."

Dinner (served between 3 and 4 p.m.) and supper were hospitable terms; it would have been noteworthy when dinner was offered and turned down. For example, Nannie's mother was recovering from diphtheria in the fall of 1862. After the doctor's house call when he found that she was much better, he would not stay for dinner. Also noted in her diary was the March 29, 1863, Sunday, when Nannie returned from services at the Presbyterian Church, her family had "Mrs. B here to dinner & near all evening." Whether one guest or many, hospitality often involved food. On Friday, Jan. 8, 1864, Nannie noted that the Botetourt Dragoons "have rec'd 30 days furlough and the citizens gave them a dinner at the Court House." Her entry 10 days later noted that the soldiers enjoyed "supper & ball" before they left for Lynchburg.

Nannie's contemporaries and fellow diarists, Letitia Burwell and Lucy Breckinridge, wrote about food and hospitality much more than Nannie. But Nannie and her mother's recipe books include many of the foods mentioned in Lucy and Letitia's diaries. While the Godwins and Figgats lived in town, the Burwell and the

The month with the most expenses was January: \$86.18; August had the least: \$10.23. There was only one item recorded in July: Chickens, \$.90. November's expenses were not recorded and December's purchases were listed but not dated and most of the prices were not included. On average they spent \$21.25 a month for goods and services, according to the Figgats' ledger.

Outside the 1861 ledger, only twice did Nannie report food purchases and then the circumstances were extraordinary. The first time was fairly early in her diary, Nov. 13, 1862, when Nannie noted that her brother, Bob, made an unsuccessful trip nearly 60 miles to Monroe to purchase pork. The second report was early the following spring, March 29, 1863, when a Sunday visitor to the Godwin home in Fincastle brought her sister, Jennie, a gift of an orange, which she reported had been purchased in Petersburg for the astonishing sum of \$2.50.

Scattered throughout her diary Nannie described hospitality in terms of food. For example, following one incident the citizens of Fincastle thanked General Fitzhugh Lee's Calvary division with hospitality. On Dec. 15, 1863, Nannie was awakened at 4 a.m. "with the startling intelligence that the Yanks were rapidly advancing on [Fincastle]." She later learned that they had instead burned government stores and more in Salem, but "the citizens of this place kept



Breckinridge families lived on largely self-sufficient plantations.

Lucy's diary was written at her family's Grove Hill Plantation just outside Fincastle but still in Botetourt County. She mentioned many fruits, including pears, peaches, damsons, grapes, and apples baked on the hearth and apple butter. She mentioned their farm's products – turkey, calves head, eggs, milk, buttermilk, sausage, and bacon, as well as flour and biscuits. Meals mentioned in Lucy's diary included tea, breakfast, dinner, and supper in the dining room. Socials that included noteworthy food were the wedding of a slave, a party for slaves at Santillaine (a plantation in Fincastle), and gatherings of young friends in the Breckinridge home.

Food-related activities in Lucy's home included helping make a cake for a slave's wedding, "as much candy as they could eat," hoarhound candy from "Chinese syrup," brittle gingers, molasses candy, and candy stew. Noteworthy customs included "making ice cream from snow," breaking the chicken breast bone for a wish, and walking to the springhouse "to milk our faces."

Grove Hill Plantation was self-sufficient in the production of food. Lucy's diary noted the sugar manufactory, the springhouse where food was kept cool, and a flourmill, which was broken into "by deserters from the army." The coffee and tea that she mentioned were imported.

Letitia Burwell wrote her 1860s diary from Avenel Plantation in Bedford, some 30 miles southwest of Botetourt County. In *A Girl's Life in Virginia Before the War* Letitia wrote about visiting a number of plantations near Fincastle – Oatlands, Greenfield, Rustic Lodge, and the Breckinridge's Grove Hill. "All who visited at the homesteads just described [i.e., Greenfield] retained ever after a recollection of the perfectly cooked meats, bread, etc..."¹³⁹ She also shared her Aunt Jenny's advice (Mrs. Richard Cunningham): "Have no shams. Procure an abundance of the freshest, richest real cream, milk, eggs, butter, lard, best old Madeira wine, all the way from Madeira..."¹⁴⁰

The foods mentioned in the diaries of Nannie, Lucy, and Letitia indicate that these families had financial means and did not suffer the severe food shortages that the people in Virginia's larger cities and the upper Shenandoah Valley experienced during the Civil War. These plantation families were largely self-sufficient, even during the war. Nannie's father owned a store in Fincastle and lived in town, however, her family's letters mention a farm and hogs. While they all had a variety of foods and ingredients, preparation was time-consuming and difficult by today's standards.

4. Sandy P. Figgat & Co., Fancy Groceries

Sandy Pendleton and his older brother, Thomas Godwin Figgat, appeared to be following in their father's footsteps when they announced they were opening a "fancy groceries" in mid-1897. Beginning with Aug. 15, 1897, the *Roanoke Times* advertised "Sandy P. Figgat & Co., successors to Pitman and Evans, Fancy Groceries" at 116 Salem Avenue West. On Sept. 5 an advertisement read, "A full line of fancy Cakes, Crackers and all kinds of best canned goods fresh next week at Sandy P. Figgat & Co's, successor to Pitman & Evans." Two columns over another ad read, "A fresh line of Tenny's candies, Chocolates, Cream Bars, etc., next week at Sandy P. Figgat & Co's, successors to Pitman & Evans." Sept. 9 they advertised "a full line of fancy cakes, crackers and all kinds of best canned goods fresh next week..."

An advertising blitz occurred beginning the week of Sept. 26, 1897, when multiple advertisements peppered the front page below the fold. For example, on Sept. 28, 1897, four small ads offered "FRESH CREAM and Taffy Bars, 10¢ a pound. SANDY P. FIGGAT & CO," "FRESH CHOCOLATE and conserved pineapple...", "LEWIS' TEA FLAKES, made with pure creamery butter...", and "TENNEY'S PEANUT BRITTLE and cocoanut crisp in 1-2 pound boxes..." Thereafter, Figgat & Co. drew attention with illustrated ads.

139. Burwell, *A Girl's Life*, p. 107.
140. Burwell, *A Girl's Life*, p. 149.

groceries that are guaranteed of best quality and absolute purity."



They appealed to their younger customers with the ad that ran the week of Oct. 3, 1897. "Youth Likes Something Tasty In the morning as well as little children and old folks... or any of our cereals or farinaceous foods, that make a tempting, toothsome [i.e., temptingly tasty] and healthy breakfast dish, will fill the bill these cool mornings better than anything else." Farinaceous foods contained starch or farina.



The second illustrated ad for the week of Oct. 10 had a different focus, "A Careful Groceryman Fills your orders with precision and promptness. We not only do that, but we fill them with the choicest and best quality in this line that can be procured. We are expert judges of teas and coffees, and our canned goods, table delicacies and cereals we procure from the most reliable and best manufacturers. Tenny's Peanut Brittle just received."



Beginning Oct. 17, 1897, the *Roanoke Times* advertisements for Figgat & Co. focused on trust. "IT'S TICKLISH BUSINESS to experiment buying groceries from a dealer who hasn't earned a reputation for reliability by handling nothing but most superior quality of teas, coffees, flour and cereals, and who selects nothing but the best brands of canned goods for their stock. We handle nothing but the highest grade

The ads for the week of Oct. 24 carried an illustrated advertisement for "A Tip-Top Can of fruits, vegetables, soups, fish, deviled meats or fish, you can buy at this store of the choicest brand and freshly canned, at an extraordinary low price. We have all kinds of delicacies in either tin or glass—Sardines, Brook Trout, Salmon Steaks, Vienna Sausages, or Olives, Pickles, &c., in great variety."



The week of Oct. 31 they appealed to coffee and tea epicures. "A Connoisseur in Choice Coffees, teas, and high grade groceries generally will tell you that we handle only the best brands of everything in this line, and keep the quality up to the highest standard at all times. Our rare Teas and Coffees, Flour, Cereals and Canned Goods, Choice Table Butter, Delicious Bacon at the price should command the attention of the economical housekeeper."



The week of Nov. 9 the advertisement read: “A Feast for the Gods” can be prepared from our stock of choice fancy groceries. Every ingredient that is needed for your Thanksgiving plum-pudding, mince pie or rich cakes, in pure spices, citron, Malaga raisins, currants, dates, figs, coconuts, nuts of all kinds, flavoring extracts, maple syrup, extra sorghum molasses, &c., &c., &c.” Figgat & Co. imported various foods, including raisins from grapes grown in Malaga, Spain.



The ad for the week of Nov. 14 promised “Your Thanksgiving Dinner will be one to be remembered if you take advantage of the delicacies, dainties and relishes that we include in our high grade stock of fancy groceries. Fancy cluster table raisins, almonds, pecans and all kinds of nuts, pure spices and dried fruit for your plum pudding and mince pies, and Cape Cod cranberries for your turkey and the choicest olives, olive oil, sauces and pickles to be found anywhere.”



The advertisement for the week of Nov. 21, 1897, read: “Preparing for Thanksgiving makes busy times in the kitchen, but you can save yourself much trouble by ordering your Heinz Mince Meat or Atmore’s Plum Pudding from us. We have all the delicacies, relishes, sauces, canned goods, fancy cakes and crackers that will make your Thanksgiving dinner a success. Nuts, raisins, cheese or fruits to cap the feast with.” Today Heinz is usually associated with ketchup,

but Heinz mincemeat had been available in wooden buckets since 1877.



The week of Nov. 28, Thanksgiving, and Dec. 5, 1897, advertised “All Manner of Delicacies We have bottled and canned to the queen’s taste in our choice stock of food supplies. Our French peas are small, dainty and delicious. The best sweet corn for your corn pudding and fritters, and mince meat, string beans, asparagus, and all kinds of alimentary [nourishing] preserves, radishes and sauces, olive oil, etc., we keep at all times. Our stock of fancy groceries cannot be excelled.”



Not surprising, the week of Dec. 12, 1897, advertised: “Santa Claus Providing a Yuletide Feast for his friends will find lots of good things on our shelves to make merry with for the holiday season. We will have Heinz high grade mince meat for your pies, the finest quality plum pudding, just like home made, new Leghorn citron, fancy Smyrna dates, coconut macaroons,



Java coffee, highest grade table butter, Queen olives, and everything in staple goods. We beg to call attention to our chocolates, plain candies and Tenney’s goods in bulk and boxes.”

Figgat & Co. imported delicacies from the Mediterranean, including citron from Leghorn (the British name for Livorno, a port city in Tuscany, Italy) and dates from Smyrna, though most were grown in Arabia. Leghorn citron began as a thick skinned lemon that was dried. It was largely used minced in dishes such as plum pudding, mincemeat, cakes, and other composite culinary concoctions.¹⁴¹

The week of Dec. 19, 1897: “The Christmas Rush of holiday buyers is upon us now, and we can’t weigh our dried fruits, raisins and nuts fast enough. We are working for all we are worth to promptly fill orders for our crisp, dainty olives, Scotch marmalades and jams, creamy corn for your pudding or fritters, tasty soups, exquisite mince meat, fine olive oil, lobster and salmon for your salads. You can prepare a dinner for a gourmet from our fine stock of fancy groceries.”



The week of Dec. 28, 1897 and Jan. 2, 1898: “Baking Rich New Year’s Cakes Is what the busy housewife has now turned her attention to for her New Year’s table. The ingredients should be of the choicest selection. Here we bob up again serene and smiling, and offer you the freshest eggs, the finest butter, the best flour, pure spices, selected dried fruits, jams, jellies and pickles that you can find in the city.”

The holiday advertisements show that the foods popular in the late 1890s are similar to traditional holiday foods today. For Thanksgiving and Christmas Figgat & Co. carried turkey

141. *Federal Reporter*, vol. 115, p. 831-832; Montagne, *Larousse Gastronomique*, p. 274.



and cranberries, olives, pickles, plum pudding, mincemeat pies, raisins, nuts, cakes, currants, coconuts, sweet corn, string beans, chocolate and plain candies. A big difference in their stock was that they lacked any prepared entrées when today a fully-prepared holiday dinner may be purchased from the fancy groceries. Nannie and Martha Mary had to work much harder than today’s cooks to prepare their dishes and many of the ingredients including vinegars, syrups, rennet, etc.

The week of Jan. 9, 1898: “Brighten Up for the New Year. If your kitchen is looking dull, perhaps you need a good stove brush and some of our Diamond and Onyx fine stove polish. We have all kinds of sundries for the kitchen -- scouring bricks, sapolio, household ammonia, concentrated lye, sal soda, pearline, soaps, gold dust and nine o'clock washing tea, that, with the assistance of a pair of hands, will keep the kitchen shining.”



Sapolio was a brand of soap manufactured by Enoch Morgan’s Sons Company. A New York newspaper, *De Ruyter Gleaner* for March 23, 1899, advertised it as “The best, aye, the cheapest.” Another cleanser, sal soda, or sodium carbonate, was also known as washing soda and

soda ash. It was particularly effective on grease, oil, and wine stains.

The week of Jan. 16, 1898: "A Housekeeper's Argument for the merits of our Canned Goods is that every can of soup, fish, meats, game, vegetables, fruits and dainties of all kinds are always reliable and delicious, because we keep only the products of the best manufacturers. Our jams, jellies, and dainties in a glass are as good as any "your mother used to make."



The week of Jan. 23, 1898: "For Your Oysters, your soups, after dinner or for a light lunch there is nothing like our dainty and attractive little wafer thin crackers. We have a large assortment of wafers, biscuits of all kinds, macaroons, ginger snaps, tea flakes and X ray crackers, and everything in a cracker line, fresh all the time."



This ad was published just a few years after the discovery of x-rays in 1895. The x-ray cracker was clearly explained on page five of the Washington, D. C., *Evening Times* for Jan. 15, 1898, and used the same text as *De Ruyter Gleaner* on March 23, 1898. "The very latest thing to be seen at late afternoon teas among the fashionables is an innocent looking cracker, almost transparent and indicating nothing unusual on its surface. But held to the light a human skeleton is revealed in all its airy hideousness. These gruesome dainties are more popular than one would suppose."

"They are known as the x-ray cracker, but that is not the name under which they are sold."

The first day of the ad for the week of Jan. 30 1898, the illustration was upside down.

"Our Stock of High Grade Groceries we are constantly receiving freshest invoices of the finest China, Japan and India teas, and the choicest coffee berries. All our coffees are dry roasted and blended, so as to produce a delicious flavor. Java and Mocha only 38¢ per pound, and a high grade tea 60¢, and other grades of coffees and teas to suit any and all customers."



The week of Feb. 6, 1898, they dropped the illustrations, and the headline for the next 10 days read, "Honesty is the Best Policy."

"Believing that perfect honesty is just as commendable in advertising methods as in anything else, we have contracted with the Hoff Manufacturing Company, Boston, Mass., for the use of their Improved Cash Check System, which we heartily commend to all of our customers, both new and old. By its use customers will save from \$25 to \$100 a year spot cash."

"Call at our store and see the beautiful little Cash Checks displayed in the windows, and then you will understand how you can secure them."



"We take it for granted that you have grown tired of many cheap and trashy premiums offered by many stores. Call around here and see the difference, and then you, also, will be convinced that 'Honesty is the Best Policy.'"

Feb. 13-23, 1898, the Figgat & Co. advertisements reverted to the illustration and text describing their foods.

"George and Martha Washington no doubt celebrated the 22d of February with due formality befitting that important day. Our patrons should do the same by having their food high grade and above par. Try some of our California Fruits or early June peas as a change for the day, and you will realize that it is a holiday. We are making a speciality of Bartlett Pears just now at a special price."



As with their father's dry goods store, the Figgat sons' fancy groceries put them in contact with gentry families wanting imported and high quality foods, including coffee and tea connoisseurs. Their advertisements document that the store provided specialty foods, which were costly for consumers. These foods are in contrast to the ingredients in their mother's 1860s recipes.

Figgat & Co. also carried a large selection of sweets—Tenny's candies, chocolates, cream bars, fancy cakes, plum pudding, and mincemeat pies, for example. Desserts also made up the majority of Nannie and Martha Mary's recipes. Culinary historian Karen Hess was critical of Fannie Farmer's 1890s cookbooks for increasing the use of sugar in her published recipes, especially in breads and salad dressings. The "sweet tooth" consumer had arrived.



“Nancy G. Figgats Recipe Book Octr 29/60”



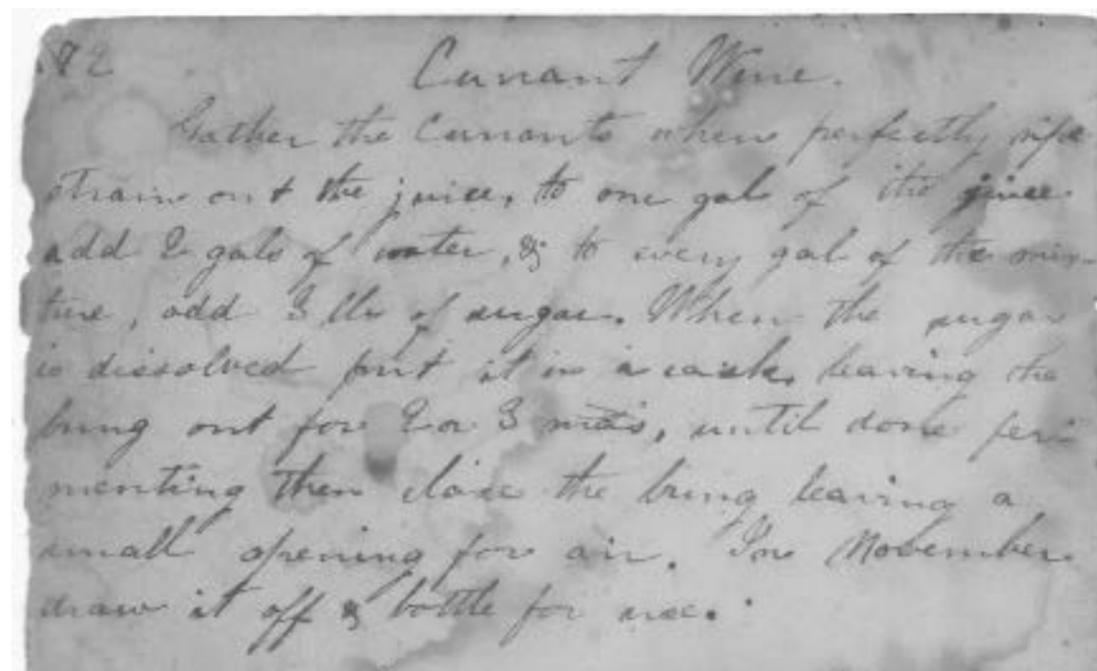
Introduction to the Manuscript Recipe Book of Nancy G. Figgat

Nannie signed and dated the inside cover of her recipe book less than a year after her marriage to Charles Miles Figgat. In her small leather-bound volume (7½" x 6¼" x ½"), there is also one page of recipes pasted in from clipped publications. Though she created several index pages they do not correspond to the volume we see today. These pages do, however, tell us something about what is missing. For example on her "Sundries" index page, she listed Perpetual Paste, To Mend China, Preserving Ice, and To flatten knife handles. But these pages are no longer part of her recipe book.

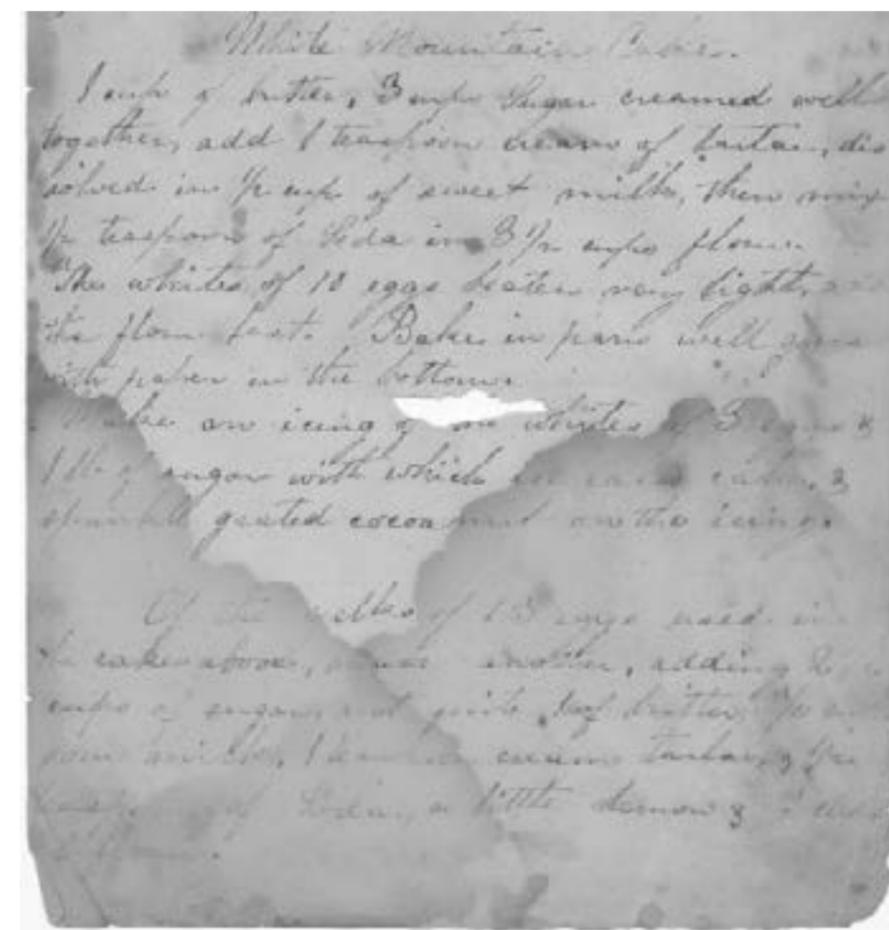
Some of Nannie's recipes were copied directly from her mother's recipe book and some were from neighboring homemakers. For example, she attributed her Cocoa-nut Pudding recipe to her Fincastle neighbor, Mrs. Price. The many different hand writings and the names associated with some recipes, provide evidence of social interaction among family members and friends.

More than half of Nannie's 152 recipes are for cakes, puddings, and other desserts. While desserts predominate and everyday recipes may be absent, Nannie's recipe book documents that she knew food variety and food preparation methods. Her recipes point to an abundance of food and the ability to acquire a variety of ingredients. She reveals through her recipes that sophisticated seasoning was in use. For example, her Spice Cake and Ginger Cakes recipes called for cinnamon, allspice, and ginger. Her recipe for Yellow-Pickle Cabbage called for mace, pepper, and turmeric. Other recipes required grated orange and lemon peel. Many of these ingredients were expensive and would have been shipped to Fincastle from considerable distances, eventually arriving at the near-by Bonsack Railroad Station.

We agree with Marion Tyree, an 1879 cookbook author, that to know the actual food pattern of an era, there may be no better source of information than a cookbook. Nannie's handwritten recipe book is a treasured legacy to her family and to the culinary history of mid-19th century southwest Virginia.



Nannie's Cake Recipes



White Mountain Cakes

- | | |
|------------------------|--------------------------|
| 1. ALMOND CAKE | 14. MARBLE CAKE |
| 2. BLACK CAKE | 15. PLUM CAKES |
| 3. BREAKFAST CAKE | 16. REPUBLICAN CAKE |
| 4. COTTAGE CHEESE CAKE | 17. SALLIE JOHNSTON CAKE |
| 5. CREAM CAKE | 18. SALLY LUNN TEA CAKES |
| 6. CREAM CAKE | 19. SNOW MOUNTAIN CAKE |
| 7. CREAM CAKES | 20. SPICE CAKES |
| 8. CREAM SHORT CAKES | 21. SPONGE CAKE |
| 9. CUP CAKE | 22. SUGAR CAKES |
| 10. CURD CHEESE CAKE | 23. TIP TOP CAKE |
| 11. GINGER CAKE | 24. WHITE FRUIT CAKE |
| 12. JELLY CAKE | 25. WHITE MOUNTAIN CAKES |
| 13. LADY CAKE | 26. NICE YEAST CAKE |

Nannie and Martha Mary's recipes show the array of sweets pointed out by culinary historian, Katharine Harbury. She wrote that the typical desserts of the 18th and 19th centuries included those in Nannie's collection of recipes as well as preserves, marmalades, jellies, and dried fruits.

Several culinary historians, including Nancy Carter Crump and Karen Hess, have noted the hard work required to bake a cake. The sugar may have been purchased as a cone or loaf, so it had to be crushed to a fine grain or powder. Flour often had to be dried at the hearth to eliminate moisture from the product. Eggs had to be gathered from the hens, and then whisked by hand for a long time to make them frothy. The whisk could have been a fork or homemade beater made from a tree branch. The cow had to be milked, the butter churned, and expensive spices ground in a mortar or put through a spice mill. The train brought raisins and currants to the Bonsack Station but the fruit still needed to be de-stoned.

The brick oven was fired with wood to reach the baking temperature, and then cleared out to make room for the cake. However, the oven needed to be tested for temperature, which was no problem for the experienced cook who quickly placed her hand inside the oven. The 1800s author, Annabella Hill, recommended a safer way: Sprinkle a small amount of flour on the floor of the oven. If the flour slowly turns brown, the oven is the right temperature; if the flour burns quickly, the oven is too hot. If the oven door is left open a few minutes to cool, then the cook can hold her hand inside the oven and count to twenty; the oven should be ready for baking.¹⁴²

Why so many sweets? Usually desserts and baking were the province of the mistress of the house while the day-to-day food preparation was left to the servants. The mistress controlled specialty cooking in order to manage the expensive ingredients, especially sugar and spices. Families were large and there was open hospitality to visitors, which had to be paid for from the food budget. The mistress of the house also enjoyed presiding over the finer cooking of cakes and puddings. She took pride in pleasing the family and guests; she was determined to serve only the best to her guests.

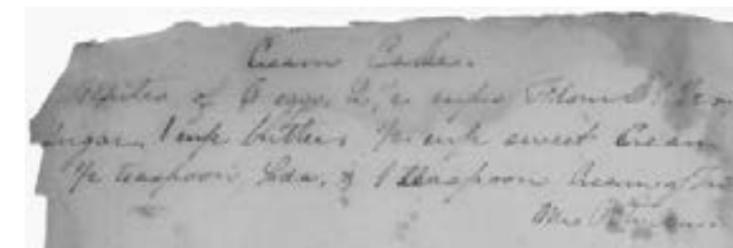
In this grouping of recipes, some of the most popular of the period were Almond Cake, Black Cake, Cream Cake, Marble Cake, Jelly Cake, and White Mountain Cake. These recipes were often reprinted in 19th century cookbooks. (See also recipes in the Appendices)

Take special note of these recipes of Nannie's:

- Almond Cake included "fresh peach kernels." Today there is a warning against the use of stone fruit kernels. When the kernel is broken, bitter hydrogen cyanide is produced, which, for example, the South Carolina Poison Control recommends against using.
- Black Cake includes alum for which the U.S. Food and Drug Administration and U.S. Department of Agriculture issued a caution about the amount and warned that it must be food-grade alum.
- The Breakfast Cake recipe called for brandy, currants, and spices, similar to today's fruitcakes. The recipe noted that the cake would keep for three months.
- Some recipes included the necessary equipment. For example, the Cream Cake requires a griddle, and the Curd Cheese Cake needed a sieve for draining.
- Baking instructions were not precise. Some called for using a "brisk oven," "quick oven," "slow oven," or to bake "slowly." The cook judged these temperatures based on her experience.

TRANSCRIBED RECIPES

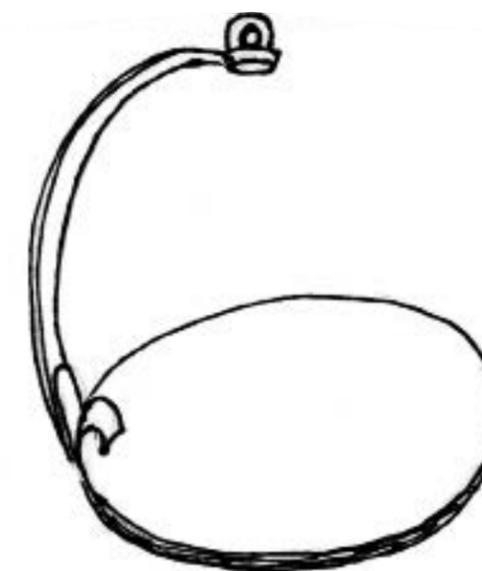
1. **ALMOND CAKE**
Blanche & pound in a mortar 1 lb. of almonds, & 1 oz. of fresh peach kernels, add a little cold water to prevent them ____iling. Prepare 3/4 of a lb. of butter as for pound cake with a lb. of sugar & flour & ____, stir in the almonds, & bake as for pound cake.
2. **BLACK CAKE**
3 eggs. 1 pt. molasses, a teaspoon of Soda dissolved in a cup of sour cream. 1/2 pt. melted butter and a lump of alum as large as [a filbert] Add flour enough to make [it as stiff as] pound cake batter.
3. **BREAKFAST CAKE**
To 1/2 pk of flour, rub in 1 1/2 lbs of butter add 3 lbs of currants, 1/2 lb. sugar, 1/4 oz. nutmeg mace & cinnamon together, a little salt, 1 1/2 pt. of warm cream or milk, 1/4 pt. brandy. 1 pt. of good ale, yeast & five eggs; mix all th____ll together & bake in a moderate oven. Cake will keep good for 3 months.
4. **COTTAGE CHEESE CAKE**
One pound of flour, half pound of sugar, half pound of butter, and three eggs, beat it well, put some soda in and make in small pans.
5. **CREAM CAKE**
Whites of 6 eggs, 2 1/2 cups Flour, 1 1/2 cup Sugar. 1 cup butter, 1/2 cup sweet Cream 1/2 teaspoon Soda, & 1 teaspoon Cream of Tarter
Mrs. Pitman
6. **CREAM CAKE**
Take 2 cups of Sugar, 1 of butter, one of ____, 4 eggs, a little soda, & flour sufficient to make it stiffer than pound cake batter
7. **CREAM CAKES**
Melt as much butter in a pt. of milk as will make it as rich as cream make the flour into a paste with this knead it well, roll it out frequently & [cut] it in squares & bake on a griddle
8. **CREAM SHORT CAKES**
Rub into a qt. of flour, a bit of butter [torn/missing] egg
9. **CUP CAKE**
5 eggs, 1 lb. sugar, nearly a cup of sour milk, 4 cups flour, 2 teaspoons cream tartar, & 1 of soda, Cream butter beat the yelks & sugar together.
10. **CURD CHEESE CAKE**
1 qt. of milk, 1/2 lb. sugar, 1/4 lb. of butter. 5 eggs, 1 teaspoon grated nutmeg, 1/4 lb. currents Warm the milk & turn to a ____curd with a piece of rennet, or a table spoon of wine in w'h the rennet is soaked. When it is a thick curd, take out with a broad ladle & lay on a sieve to drain. Beat the eggs & add the curd also the sugar & beaten to a ____ then the ____ & fruit. Bake in a paste
11. **GINGER CAKE**
1 gal Molasses, 1/2 lb. Soda 1 qt. water handful of Ginger 1 lb. Lard 1 qt. Molasses 2 oz. Soda, 1/2 pt. water, Ginger according to strength 1/4 lb. Lard
Finster



142. Fowler, Mrs. Hill's Southern Practical Cookery, p. 281.

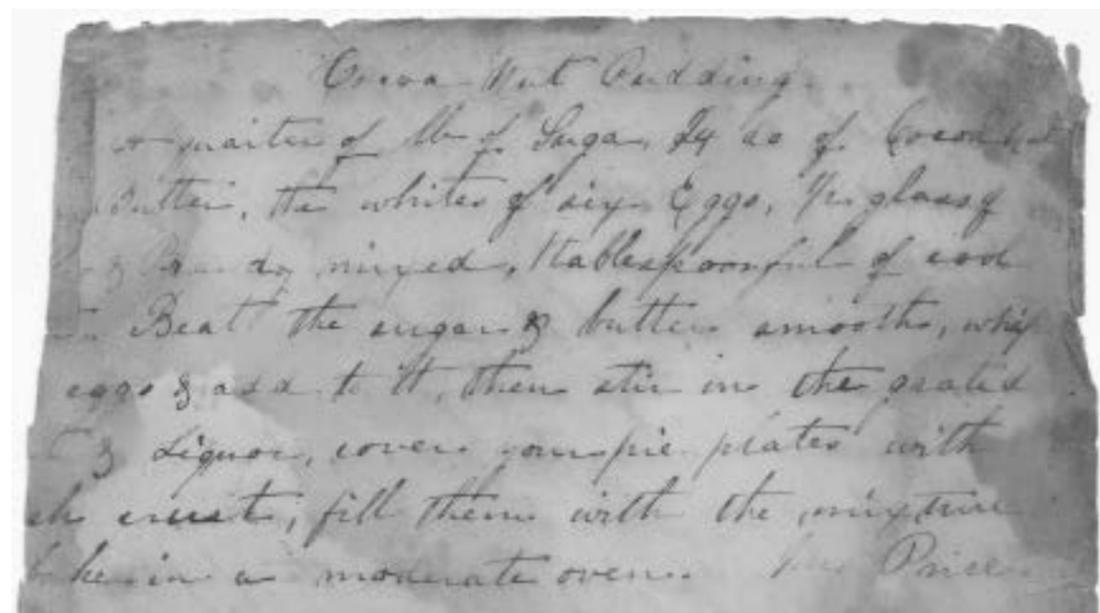
12. **JELLY CAKE**
 1 cup Sugar, 1 tablespoon butter 1 1/2 cup flour 2/3 cup milk, 1 egg, 2 teaspoonsfull baking powder sifted with the flour. If instead of jelly, a sauce is made & spread between the cakes it will furnish a nice & easily prepared dessert. For the Sauce—Beat together 1 egg 1 teaspoon full corn-starch. 1 tablespoon of flour & 2 of Sugar. Stir it into a 1/2 pt. of Milk, & boil until it forms a good custard remove from the fire & flavor with vanilla (from Godey)
13. **LADY CAKE**
 1 lb.. powdered sugar 3/4 lb.. butter – 1 lb. flour, 17 egg the whites alone Stir the batter & sugar to the cream & add gradually the flour white of egg, beating all very hard.
14. **MARBLE CAKE**
- | | | | | | |
|------------|-------|-------------|--------------------|------------|------------------|
| Dark part | 1/2 | 1 | 1 | tablespoon | Cloves |
| 1 | 2 | cups | brown | sugar | |
| 1/2 | 1 | cup | butter | | |
| 1/2 | 1 | cup | Molasses | | |
| 1/2 | 1 | cup | sour milk or cream | | |
| 2 1/2 | 5 | cup | Flour | | |
| 1 | 2 | tablespoons | Cinnamon | | |
| White part | 1 1/2 | 3 | cups | flour | |
| 1/2 | 2 | cups | white | sugar | Whites of 5 eggs |
| 1/2 | 1 | cup | Butter | | |
| 1/2 | 1 | teaspoon | soda | | |
15. **PLUM CAKES (to keep long)**
 Dry 1 lb. flour, & mix with 6 oz. finely p_____ [powdered] sugar; beat 6 oz. of butter to a cream, & add [to 3] eggs well beaten; 1/2 lbs of currants washed and dried the flour & sugar; beat all for _____ dredge flour on tin plates & drop [the batter on] them the size of a walnut. Bake [in a brisk oven]
16. **REPUBLICAN CAKE**
 1 lb. flour, 3/4 lb. sugar, 1/2 lb. butter, 5 eggs ___ teaspoon cream of tartar 1/2 teaspoon soda
 Mrs. Camp
17. **SALLIE JOHNSTON CAKE**
 8 eggs. 1 pound of flour. 1 pound of sugar 1/2 of a pound of butter, 1 teaspoonful of soda, 2 of cream of tartar, half (_____) cup of cream, dissolve the soda in the milk and sift the cream tartar with the flour, beat the whites and yolks separately
18. **SALLY LUNN TEA CAKES**
 To 1 qt. milk, add 1/4 lb. of butter, 3 eggs beaten separately, 1 teaspoon of salt, 1 gill of yeast; beat it very light. Let rise an hour & bake in a quick oven.
19. **SNOW MOUNTAIN CAKE**
 3 cups sugar. 3 1/2 of flour, & whites of 10 eggs 1 cup butter 1/2 teacup sweet cream 1/2 teaspoon soda, & 1 of cream of tartar. Bake as for jelly-cake, & between each layer of cake, put icing with grated cocoa-nut on it.
20. **SPICE CAKES**
 3 lbs of flour, 1 “ Sugar, 1 “ Butter, 1 pt. molasses, 1/2 oz. soda, dissolved in a gill of [warm] water, 2 oz. cinnamon, 2 allspice, roll [out in] thin cakes, & bake in a slow oven.

21. **SPONGE CAKE**
 1 lb. sugar, 3/4 of flour & 10 eggs. Beat the yolks & sugar together, then the whites to a stiff froth & add to the yolks & sugar Lastly stir in the flour, lightly & season with essence of Lemon.
 Mrs. Price
22. **SUGAR CAKES**
 1 lb. of loaf sugar, 7 eggs, 3/4 lb. of butter [tear] teaspoon of Soda, & a cup of sweet cream Cream the butter, & beat the eggs separately
23. **TIP TOP CAKE**
 Dissolve one half teaspoonful soda in a cup of sweet milk, add 1 1/2 cups sugar 2 eggs beaten, & ___ tablespoonful of butter with spice to ____ One teaspoonful Cream of Tartar in 2 1/2 ____ flour then mix the whole & bake in ____ oven.
24. **WHITE FRUIT CAKE**
 1 lb. pulverized Sugar, 3/4 of butter, the whites of 12 eggs, beaten very light, 1 lb. of flour, 2 grated Cocomanats, 2 lbs of Citron cut in small pieces & 2 lbs of Almonds cut in think slices – bake slowly.
25. **WHITE MOUNTAIN CAKES**
 1 cup of butter, 3 cups Sugar creamed well together, add 1 teaspoon cream of tartar, dissolved in 1/2 cup of sweet milk, then mix 1/2 teaspoon of Soda in 3 1/2 cups flour. The whites of 10 eggs beaten very light, the flour last. Bake in pans well greased with paper in the bottom.
26. **NICE YEAST CAKE**
 1 1/2 lb. flour, 1/2 lb. butter, 1/2 pt. milk ___ tablespoons good Yeast 3 eggs 3/4 lb. currants 1/2 lb. of white moist sugar 2 oz. candied peel. Put flour a basin, stir to it the milk & butter having first warmed the milk so as to melt the butter in it, the yeast & eggs so as to form a smooth dough. Let it stand to rise & when sufficiently risen add the currants, sugar &c. Put in two moderate sized tins, let stand a half hour, then bake in a brisk oven 1 1/2 hour. Flavor as you like.



Griddle

Nannie's Pudding Recipes



Cocoa Nut Pudding

- | | |
|----------------------------|--|
| 1. APPLE PUDDING | 20. INDIAN BAKED PUDDING |
| 2. APPLE SNOW | 21. JENNIE LIND PUDDING |
| 3. BOILED CUSTARD | 22. LEE PUDDING |
| 4. BOILED PUDDING | 23. LEMON PUDDING |
| 5. BOILED PUDDING | 24. LEMON PUDDING |
| 6. BOILED PUDDING | 25. MARMALADE PUDDING |
| 7. CHERRY PUDDING | 26. MOLASSES PUDDING |
| 8. COCOA-NUT PUDDING | 27. MOLASSES PUDDING (BOILED OR STEAMED) |
| 9. COCOA-NUT PUDDING | 28. NEW CASTLE PUDDING |
| 10. COCOA-NUT PUDDING | 29. OXFORD PUDDING |
| 11. COCOA-NUT PUDDING | 30. PEACH BAKED PUDDING |
| 12. COLD CUSTARD | 31. POTATO PUDDING |
| 13. COTTAGE PUDDING | 32. PUMPKIN PUDDING |
| 14. COTTAGE PUDDING | 33. RICE PUDDING |
| 15. FARMER'S APPLE PUDDING | 34. SALLY LUNN PUDDING |
| 16. FRENCH PUDDING | 35. TRANSPARENT PUDDING |
| 17. FRENCH CUSTARD PUDDING | 36. TRANSPARENT PUDDING |
| 18. GERMAN PUDDING & SAUCE | |
| 19. GUERNSEY PUDDING | |

Nannie included even more pudding recipes (36) than cake recipes (26). Among them are duplicates, but from different sources. The recipes with instructions to boil in the bag indicate that Nannie was using fireplace cooking.

Puddings were popular from the time of the early settlements in Virginia, and boiled puddings were more common than baked. The cook dipped a heavy linen or muslin cloth into boiling water, squeezed it dry, and heavily floured the inside. Then she poured the pudding into the bag, tightly tied the top, and dropped it into boiling water. When a pudding was baked in a crust, it was referred to as baked in a "coffin."

Nannie's recipes for Apple Pudding, Cherry Pudding, Cocoa-nut Pudding, German Pudding, Lemon Pudding, and Cold Custard were made with spirits -- brandy, wine, and sherry. Apple Snow was made with orange water and her Cocoa-nut Pudding recipe called for rose water flavoring. The Indian Baked Pudding used Indian meal, which was similar to cornmeal mixed with wheat flour. Nannie's recipes for Cocoa-nut Pudding, Molasses Pudding, Rice Pudding, and Transparent Pudding are identical to Martha Mary's recipes. Tables 1 and 2 list all the ingredients mentioned in their recipes.

Some recipes were more than a list of ingredients, including instructions such as bake in buttered cups, bake in pastry, bake in rich crust, set over hot fire, put in a bag and boil, boil 2¼ hours, steam from 1½ to 2 hours, or bake in a dish. Marmalade Pudding was put into a mould. Table 3 lists equipment from the recipes.



Pudding Bag

TRANSCRIBED RECIPES

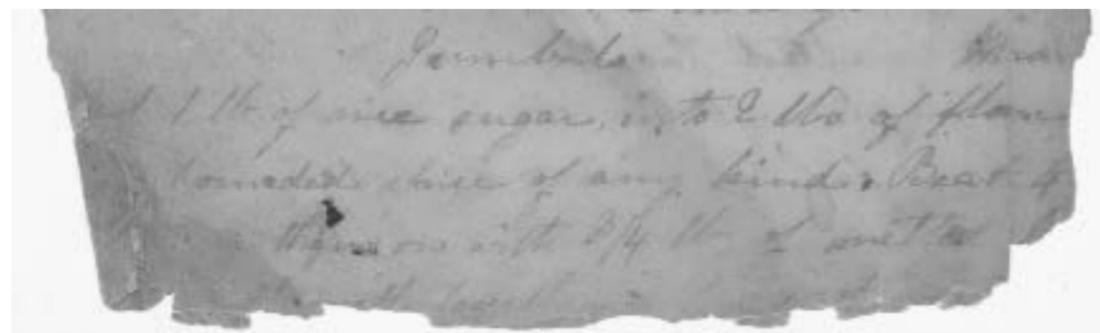
1. **APPLE PUDDING**
1 lb. mashed apples, ¼ lb. butter, sugar to taste, 6 eggs. tea-spoon cinnamon. ½ nutmeg & brandy to taste. If preferred, add 1/4 lb. dried currants.
2. **APPLE SNOW**
Pare & core a doz large apples, put in a cold water & stew until soft, then pulp thro' a sieve, & sweeten to the taste with loaf sugar Lay on the dish on w'h it is to b served, then beat the whites of 12 eggs, to a strong froth, with ½ lb. sifted white sugar & flour with orange water or vanilla, Strew over the dish of apples very high & it will present the appearance of a dish of snow.
3. **BOILED CUSTARD**
8 eggs, 1 qt. milk & sugar to taste
4. **BOILED PUDDING**
Beat 6 eggs very light; add 2 gills of milk, 6 oz. ____, 8 oz. grated bread, 6 oz. suet, 1/2 table-spoonful _____. Stir all well together, & add 10 oz. _____ with a little mace. Boil 4 _____ with sauce.
5. **BOILED PUDDING**
____ crumbs ½ pt. milk 1/4 of do suet _____ 3/4 do sugar 3 teaspoonsfull & 1 of _____ [tear]
6. **BOILED PUDDING**
8 eggs, 1 qt. milk, 1 pt. flour & salt to taste beat whites & yelks separately & add flour & milk alternately. Boil an hour, serve with any kind of sweet sauce.
7. **CHERRY PUDDING**
Beat 6 eggs very light, add ½ pt. milk 6 oz. flour, 8 oz. grated bread 12 oz. suet, chopped fine, a little salt; when it is well beaten, mix in 18 oz. preserved Cherries or Damsons; bake or boil it. Make a sauce of melted butter sugar & wine. Mrs. Randolph
8. **COCOA-NUT PUDDING**
¾ lb. cocoa-nut, 1/4 lb. butter, 1 lb. sugar ½ pt. cream, 9 eggs. Stir butter & sugar as for cake, add the eggs well beaten, then put in the nut well grated & bake in rich crust. Mrs. Letcher
9. **COCOA-NUT PUDDING**
Sift quarter of lb. of Sugar, ¼ do of Cocoa Nut __ Butter, the whites of six Eggs, ½ glass of [wine] & Brandy mixed, 1 tablespoonful of cool [water] Beat the sugar & butter smooth, whip [the] eggs & add to it then stir in the grated [cocoa-nut] & Liquor, cover your pie plates with [rich] crust, fill them with the mixture bake in a moderate oven. Mrs. Price
10. **COCOA-NUT PUDDING**
To 1 teacup water add 4 of sugar & ¼ lb. of Butter put on the fire & boil 5 minutes. When cool stir in 1 cup Milk & two grated Cocoa-nuts. Add 8 eggs well beaten & bake in pastry. This quantity will make 8 pies.
11. **COCOA-NUT PUDDING**
¼ lb. sugar, do cocoa-nut, 3 oz. butter, whites of six eggs, ½ glass wine & brandy, 1 table-spoon rose water.
12. **COLD CUSTARD**
1 qt. of milk sweetened to the taste. Stir into it a table spoon of wine in which rennet has been soaked. In warm weather 1 hr. before it is to be served is sufficient time to make it.
13. **COTTAGE PUDDING**
1 egg, 1 cup sugar, 1 cup sweet milk, 1 teaspoon soda, 2 cream tartar 1 pt. flour, & a little salt. To be eaten with cream & sugar.

14. **COTTAGE PUDDING**
2 cups flour one cup sugar one cup milk 2 tablespoons butter One egg One teaspoon Cream of Tartar One half teaspoon _____ Bake ½ hour. Eat with wine sauce.
15. **FARMER'S APPLE PUDDING**
Stew some apples, & add to 1 lb. of the mashed apple while hot. ¼ lb. of butter & sugar to taste. Beat 4 eggs & stir in when the apple is cold. Butter the bottom & sides of a deep pudding dish, strew thickly with bread crumbs put in the mixture & strew bread crumbs plentifully over the top. Set in a tolerably hot oven & when baked sift sugar over.
16. **FRENCH PUDDING**
1 qt. milk 10 tablespoons flour, 8 eggs beat all well to gether butter a pan pour in & bake. Serve with sweet sauce
17. **FRENCH CUSTARD PUDDING**
1 pt. milk, 1 tablespoon flour, 3 eggs, Sugar to taste & flavored to taste.
18. **GERMAN PUDDING & SAUCE**
Stew until very tender & dry 3 oz. of rice in a pint & 1/4 of milk, when a little cooled, mix with it 3 oz. beef suet finely chopped, 1 ½ do [i.e., ditto] 1 do c____ded orange or lemon peel, 6 oz. raisins & three eggs well beaten. Boil 2 1/4 hrs & serve with the following sauce: -- Dissolve 1½ oz. sugar in 2 glasses Sherry or any white wine, & stir while quite hot to the beaten yolks of 3 fresh eggs Then stir the sauce in a pan, held high above the fire until it resembles custard, but by no means let it boil or it will curdle. A spoonful of lemon-juice is an improvement
19. **GUERNSEY PUDDING**
½ lb. beef suet. 1 lb. of flour. ½ lb. dried currants, ½ lb. raisins, 2 eggs, nutmeg & cinnamon to taste. ½ saltspoon of salt. Beat the eggs till they are thick & light, & add milk enough to form the batter. Stir all together, having the fruit dredged with flour. dip the pudding bag in cold water. turn wrong side out and flour well. pour in the batter, & tie strongly leaving room for it to swell. Put in a pot of boiling water, with a plate at the bottom to prevent its sticking. Boil 2½ hours. When done take it out & dip for an instant in cold water & turn out on a dish.
20. **INDIAN BAKED PUDDING**
1 pt. Indian meal, 1 table-spoonful of wheat flour. 1 tablespoon butter, 4 eggs, salt to taste, & milk enough to form a batter. Stand your butter near the fire to warm, add the Indian meal, then salt & milk. Then add eggs well beaten Pour the batter in a buttered pan & bake in a moderate oven. This pudding is good with ¼ lb. of raisins & currants each floured & stirred into the batter, & serve with sweet sauce of any kind.
21. **JENNIE LIND PUDDING**
4½ cups flour, 2, 3 or 4 eggs, 2 cups sugar 1 sour cream, 1 teaspoon Soda & a small quantity [incomplete]
22. **LEE PUDDING**
Take 3 cups flour, 1 cup Molasses, 1 cup of suet or butter, 1 cup of dried cherries, or raisins, & 2 teaspoonsfull of Soda dissolved in sour cream or buttermilk – put in a bag & boil.
23. **LEMON PUDDING**
5 eggs, ½ lb. sugar, 1/4 lb. butter & 6 table spoons, grated bread or cracker crumbs. Beat the yelks of eggs & sugar together, cream the butter & add the crumbs, then add the eggs, & a qt. of milk previously boiled, & cooled & the juice of 1 Lemon. Bake just long enough to set the custard well then having whisked the whites to a stiff froth, with a little sugar, pour over the custard & let stand long enough to brown a little.

24. LEMON PUDDING
½ lb. sugar. ¼ lb. of butter, 5 eggs, grated yellow rind & juice of 1 Lemon. Beat butter & sugar to a cream. Whisk the eggs & add to it, then stir in the juice & peel. Cover pie plates with paste, pour in the mixture & bake in a moderate oven. If preferred to tablespoonsful of brandy may be added
25. MARMALADE PUDDING
Chop 6 oz. Beef suet very fine & mix with it 4 oz. bread crumbs, some of powdered loaf sugar, 2 beaten eggs, & 1 g__ milk. Beat the above well together, & set aside for about an hour, & then beat it again for about 10 min., after wh put into a mould in alternate layers of any kind of marmalade. Bake slowly for 1 ½ hrs of 1¾ & turn carefully out of the mould. Another way is to work the marmalade into the other ingredients & steam 1½ hrs.
26. MOLASSES PUDDING
1 pt. of molasses, 5 eggs, 1 qt. of flour __up of cream, a teaspoonful of soda and a small cup of butter.
27. MOLASSES PUDDING (BOILED OR STEAMED)
1 cup of Molasses, 1 of sweet milk, 2 eggs 1 large teaspoonful of Soda, & flour sufficient to make a stiff batter. Steam from 1½ to 2 hrs.
28. NEW CASTLE PUDDING
Make a custard of 6 eggs, 1 qt. milk & sugar to the taste. Butter some bread, lay in the bottom of a dish, then strew over some currants then another layer of bread &c. Pour on the custard & bake until thick.
29. OXFORD PUDDING
½ pt. bread crumbs, 1 pt. of milk, 6 eggs 2 oz. butter, ½ pt. cream, ¼ lb. dried currants sugar & nutmeg to taste. Mix all together & bake in buttered cups. Serve with pudding sauce.
30. PEACH BAKED PUDDING
Line a deep pudding dish with slices of bread cut thin. Fill up with ripe peaches, cut in pieces & sugared. Cover the top with some bread sliced thin, buttered, & dipped in the yelk of an egg well beaten. Set in an oven & bake. Serve with milk _____
31. POTATO PUDDING
Boil 3 large mealy potatoes, mash smoothly, with 1 oz. butter & 2 or 3 tablespoons of thick cream; add 3 well beaten eggs, a little salt grated nutmeg, & tablespoonful of brown sugar A few currants may be added.
32. PUMPKIN PUDDING
8 eggs. 1 pt. stewed pumpkin, ¼ lb. butter ¼ sugar. 2 tablespoons brandy teaspoon each of cinnamon & nutmeg. 1 cup of cream ___ addition.
33. RICE PUDDING
½ tea-cup of rice, 2 oz. butter, 3 pts milk, 5 eggs, Sugar to the taste. Simmer the rice & milk together until soft, when done add the butter. When cool add the eggs well beaten & sugar & bake in a dish when done grate nutmeg over the top
34. SALLY LUNN PUDDING
5 cups of flour, 5 eggs, 1 cup of butter or lard, 1 cup of cream, 1 do [sugar or molasses, & 1 do of yeast, & any kind of fruit you like. Make it immediately after breakfast, & put it to rise. Pour in a cloth well floured & boil well, 1½ hours

35. TRANSPARENT PUDDING
Beat 8 eggs very light, add ½ lb. of powdered sugar, the same of fresh butter, melted _____ nutmeg grated. Set it on a stove, & keep stirring it until as thick as buttered eggs. puff paste in a shallow dish, pour in _____ & bake ½ hour in a moderate _____ & serve it up hot.
36. TRANSPARENT PUDDING
8 eggs 8 oz. sugar 8 of butter nutmeg beat up the eggs put them in a [stew pan] with the sugar and butter nutmeg to taste sit it on the fire stiring it well until it thickens Pour it in a basen to cool set paste your plate and bake in moderate oven

Nannie's Other Desserts



Jumbals

- | | |
|---------------------------------|------------------------|
| 1. APPLE FLOATING ISLAND | 14. INDIAN FLORENDINES |
| 2. BELL FRITTERS | 15. JUMBALS |
| 3. BLACKBERRY MUSH | 16. KISSES |
| 4. CHERRY CHARLOTTE | 17. LEMON GINGERBREAD |
| 5. CHOCOLATE PIE | 18. LOAF GINGERBREAD |
| 6. CUP GINGERBREAD | 19. MACAROONS |
| 7. DROP BISCUIT | 20. MOLASSES PIE |
| 8. EVERTON TOFFEE | 21. PASTRY |
| 9. AN EXCELLENT & CHEAP DESSERT | 22. PEACH CHARLOTTE |
| 10. FLORENTINES | 23. RAISED DOUGHNUTS |
| 11. GERMAN PUFFS | 24. SAVOY CHARLOTTE |
| 12. GINGER SNAPS | 25. SPANISH FRITTERS |
| 13. GINGER SNAPS | |

Popular recipes found among Nannie's recipes and in published cookbooks from the 1800s included many from the dessert category, such as Bell Fritters, Cup Gingerbread, Jumbals, Macaroons, and Molasses Pie. These recipes also have early descriptive measurements. (See also Table 4)

- Flour enough until the spoon almost stands alone
- Piece of butter the size of an egg
- Sugar enough to make it quite sweet
- Teacup of sweet milk

Desserts required more specialized equipment than did other recipes. The cook needed to have a preserving kettle, pie plate, dessert spoon, thin baking tin, sieve, small round tins, and a deep dish. Nannie's recipe for Chocolate Pie would have required that the chocolate be scraped from a cake form. Vanilla and chocolate were imported, and grated orange and lemon peel were listed in several recipes. These ingredients were expensive.

Recipes called for a variety of methods of preparation. Bell Fritters, Raised Doughnuts, and Spanish Fritters were deep fried in lard, while the Kisses required careful assembling. The Florentines recipe listed puff pastry, which was difficult to prepare and required a special technique for the product to be flaky.

Nannie's recipe book had a copy of the Drop Biscuit recipe from *The Virginia Housewife* by Mary Randolph. This biscuit is described in *Dining at Monticello* as a cookie, wafer, or cracker. Another plain yet popular cookie was jumbals (or jumbles). It was baked with a crisp edge and a texture between shortbread

and pound cake. Nannie did not include shapes, but in earlier times jumbles were lacy. Karen Hess stated that English recipes for jumbles go back to the 16th Century. Nannie's recipe for Bell Fritters did not include sugar. Usually after frying and draining the fat, the fritter was dusted with super-fine sugar and served warm like a New Orleans bignet.

1870 witnessed a "grand conflagration." A horrible fire swept through Fincastle and destroyed much of the town, including the businesses of Nannie's father and Charlie's brother, James H. H. Figgat. The *New York Times* on May 12 reported that 30-40 families lost their homes. "Not a store, a lawyer's office... remains." We know how popular ginger cake was in Fincastle before the fire of 1870, in part because Dr. I. R. Godwin, Nannie's brother, Rob. and the author of *Fincastle Fire!*, mentioned Bittles Alley. It was a popular bakery with the tempting odor of hot gungers – "that ginger cake gunger."

In this group of desserts, Nannie included five recipes using ginger. Hess wrote that ginger was used in ancient China and came to England via the Crusades.

TRANSCRIBED RECIPES

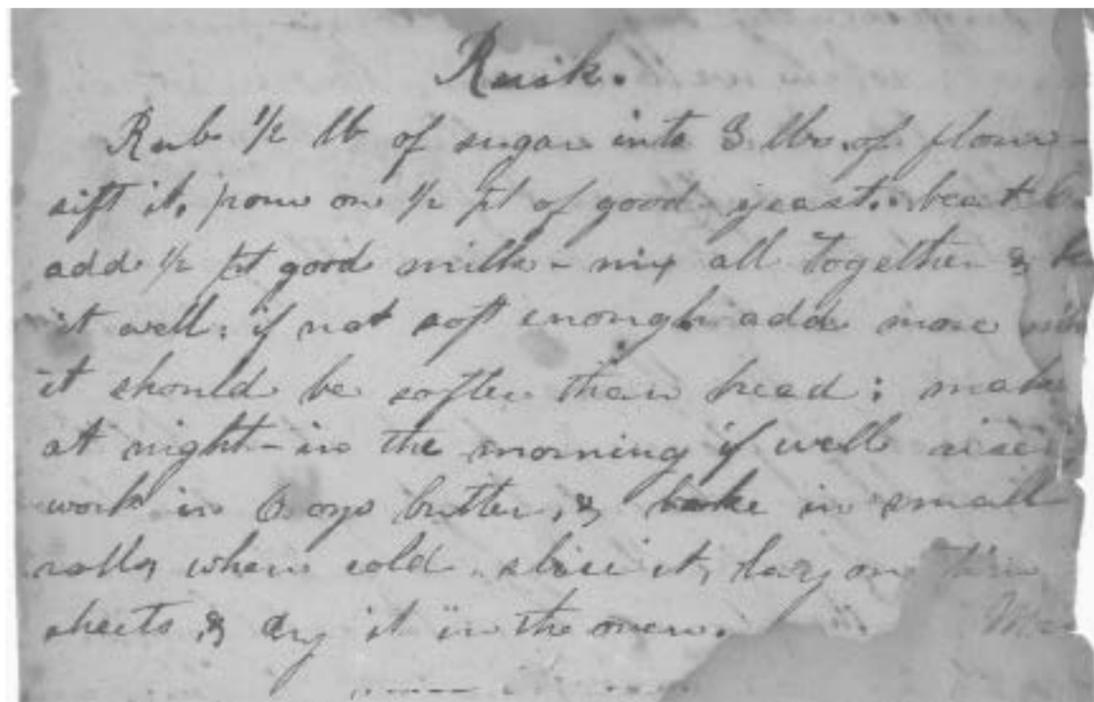
- APPLE FLOATING ISLAND**
Mix the whites of eggs with stewed apples, & float on cream or rich milk. Plain floating Island is made by adding a teaspoon of sugar to the white of each egg & a teaspoon of jelly, & whipped to a stiff froth.
- BELL FRITTERS**
Put a piece of butter the size of [an egg] into a pt. of water; let it boil a few minutes & thicken it very smoothly with 1 pt. [pint] of flour; let remain on the fire a short time, stirring all the time lest it stick to the pan pour it in a bowl add 5 or 6 eggs, breaking one & beating it in then another & so on until all are in & the dough quite light. Put 1 pt. of lard in a pan let it boil, make the fritters small & fry of a fine amber color
- BLACKBERRY MUSH**
Put your fruit in a preserving kettle, mash to a pulp, with sugar enough to make it quite sweet. Set over the fire, & as it begins to simmer, stir in very gradually two teaspoons of flour to 1 qt. of fruit. Serve either warm or cold with cream
- CHERRY CHARLOTTE**
Stone & stew some morello cherries¹⁴³ to each lb.. add ¾ lb. sugar, & 1 teaspoon of flour mixed smoothly with a little water. When the fruit is done, butter some baker's bread, lay on a dish, spread some of the stewed fruit over it, then put another layer of bread & fruit, let the top be fruit. This is very nice served with cream.
- CHOCOLATE PIE**
Scrape three tablespoons full of Chocolate, put it on the Stove with a teacup of sweet milk, or cream, one tablespoon full of butter, one teacup of Sugar, let it come to a boil, take the yolks of three eggs, beat them hard & pour them into the mixture of Chocolate, make a rich pastry & put in the pie plate & pour in the mixture, season with Vanilla, put into the stove & bake. When done beat the whites of the eggs to a stiff froth with half a teacup of white sugar & a little vanilla & spread it on the pudding, return to the oven & bake a few minutes, this makes three pies.
- CUP GINGERBREAD**
Mix together 6 cups flour; 1 do of butter 1 sugar ___ molasses, 1 do milk, 4 eggs well beaten, 1 nutmeg grated, 3 tablespoons ginger, some grated orange peel, 1 dessert spoon pearlsh Bake quickly

143. Morello is late-flowering so it misses more frosts than its sweet counterpart. It ripens in mid to late summer.

7. **DROP BISCUIT**
Beat 8 eggs very light add to them 12 oz.. flour, & 1 lb.. sugar, when perfectly drop on tin sheets & bake in a quick oven
8. **EVERTON TOFFEE**
Put into a preserving pan 3 oz. fresh butter and as soon as melted, add 1 lb. brown sugar, stir gently over a clear fire for 15 min.. The grated rind of a lemon, added when the Toffie is half done. Drop dishes buttered.
9. **AN EXCELLENT & CHEAP DESSERT**
Wash a pt. of small hominy, very clean, & boil it tender; add an equal [quantity] of corn-meal; make it into a batter with eggs; milk, & a piece of butter [bake] it like batter cakes on a griddle [and eat it with butter] & molasses
10. **FLORENTINES**
These are delicious & form a pretty dish for supper. Roll puff paste to a thickness of 1/8 in & lay on a thin baking tin. Spread over a layer of greengage or other jam & bake in a moderate oven. Take out & when partially cool having whipped the whites of some eggs with sugar, put it over the preserve, & strew some minced almonds over the surface, finishing with sifted sugar. Put it once more into the oven until the whip is stiff. They sh'd be of a pale color & a few minutes after it is removed from the oven, cut in diamonds & serve up in an ornamented dish.
11. **GERMAN PUFFS**
1 qt. of milk 1 pt. of yeast. ½ pound of butter 6 cups of sugar 1 oz. of salt. 12 eggs made into a stiff batter & let rise 4 hours & then baked in a hot fire.
12. **GINGER SNAPS**
6 lbs flour ½ gallon molasses 2 oz. butter 5 oz. ginger
13. **GINGER SNAPS**
1 cup of butter 1 cup of sugar, 1 of molasses 1 of sour cream 3 eggs, ½ tablespoon of soda 2 tablespoons full of ginger. Flour until the spoon will almost stand alone. Mrs. Figgat
14. **INDIAN FLORENDINES**
1 qt. of milk, 3 eggs, 1 oz. of butter, 2 tablespoonsful of brandy, Sugar to the taste. When the milk boils stir in Indian meal to thicken it like pap, then stir in the butter when cold stir in the eggs & c. Bake in a paste.
15. **JUMBALS**
Put 1 lb. of nice sugar, into 2 lbs of flour. _ pounded spice of any kind. Beat 4 [eggs] with ¾ lb. of melted [butter] well together
16. **KISSES**
Beat the whites of 4 eggs till they stand alone, then beat in gradually 1 lb. of finely powdered loaf sugar, add 8 drops essence of lemon & beat very hard. Lay a wet sheet of paper on the bottom of a tin pan, drop on it at equal distance, small teaspoonful of stiff currant jelly, put a little of the beaten egg & sugar under the jelly. With a large spoon, pile some of the beaten egg & sugar on each lump of jelly, so as to cover it entirely. Drop on as evenly as possible so as to make the kisses a round smooth shape Set them in a cool oven, & as soon as colored they are done. Take them out & place two bottoms together. Lay lightly on a sieve to dry in a cool ___ oven, till they stick fast together, so as to form one ball or oval.
17. **LEMON GINGERBREAD**
Grate the rind of two or three lemons & add the juice of a glass of brandy then mix the grated lemon in 1 lb. of flour, make a hole in the flour, pour in ½ lb. of treacle, ½ do of butter melted, the lemon juice & brandy mix all together with ½ oz. ground ginger & 1/4 do of ground Cayenne pepper.

18. **LOAF GINGERBREAD**
1 pt. butter, 1 Sugar, 1 Molasses, & 3 of Flour. 6 eggs beaten separately 1 tablespoon Ginger, 1 Cinnamon, 1 Allspice & one teaspoon soda dissolved in a cup cream Mix butter & Sugar like pound-cake, & the other ingredients same way.
19. **MACAROONS**
Blanch 1 lb. of sweet almonds _____ then pound them fine in a [mortar] 3 whites of eggs, then _____ through a fine sieve; mix _____ take it all out from _____ paper. For Italian macaroons, for _____ round, with slices of almonds on the top of ____; if for English, oval, & sift sugar __ top of them; bake in a moderate oven.
20. **MOLASSES PIE**
1 pt. Molasses, 3 eggs & ½ cups of butter lard melted together. With the molasses ___nt in flour to the consistency of ___ a spoonful of ginger or spice.
21. **PASTRY**
Cup & half lard, 1 cup cold water; tea-spoon-full Salt; 5 cups flour, ___ the whole with a knife & ___ it___ A very good paste may be made with 1 lb. of flour & ½ lb. of butter or lard
22. **PEACH CHARLOTTE**
Line the bottom & sides of a dish with sponge cake. Pare some ripe peaches into halves & sprinkle sugar over them & fill up the dish. Then whisk a pt. of sweetened cream; as the froth rises, take it off till all is done. Pile the cream on top of the peaches & send it to the table.
23. **RAISED DOUGHNUTS**
1 pt. new Milk, 4 teaspoonsful Sugar ½ cup Yeast & a little Salt. Stir thick with Flour & let rise over night. In the morning add as little Flour as will make the dough thick enough to roll out about an inch thick. Cut in squares of an inch & a half. As you drop them into the hot fat, stretch them larger & fry thoroughly. Lard & Suet in equal proportions boiling hot is said to be better for frying cakes than either alone. *American Agricult[urist]*
24. **SAVOY CHARLOTTE**
Lay some slices of sponge cake in the bottom of a deep dish; moisten with wine. Make a custard of 1 pt. of milk & ___ eggs, & sugar to taste. Bake it, & when cool, lay the custard over the cake. Take ½ pt. of cream, flavor with wine & sugar whip to a froth, & lay it on the custard.
25. **SPANISH FRITTERS**
Cut baker's bread in slices ¼ inch thick. Take 1 pt. of milk, 3 well beaten eggs, ½ teaspoon of nutmeg & cinnamon mixed & sugar to the taste. Stir all well together & pour over the bread. When it has absorbed as much as it will, fry a light brown & eat with or without sauce

Nannie's Bread Recipes



Rusk

- | | | |
|--------------------|------------------|---------------------|
| 1. BATTER CAKES | 6. LAPLANDS | 11. QUIRE OF PAPER |
| 2. BATTER BREAD | 7. MIXED BREAD | PANCAKES |
| 3. CORN OYSTERS | 8. MUFFINS | 12. RAISED WAFFLES |
| 4. CORN MEAL BREAD | 9. NICE BUNS | 13. RUSK |
| 5. FRENCH ROLLS | 10. POTATO BREAD | 14. SOUFLE BISCUITS |

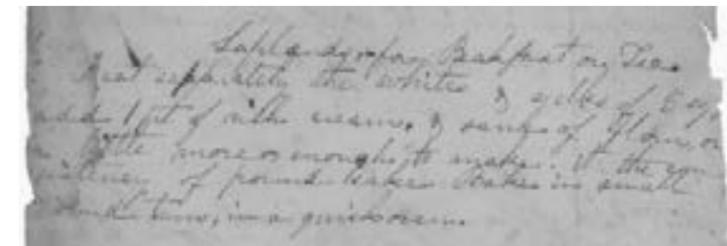
These bread recipes appeared frequently in contemporary Virginia cookbooks. Some of them match Mary Randolph's, including Rusks, Nice Buns, Mixed Bread, Muffins, and a Quire of Paper Pancakes. Laplands was another popular Virginia bread.

This group of recipes is also noteworthy for its variety of measuring terms. There are cup measurements, weight measures, and nonstandard measurements such as "a piece of butter the size of an egg." Measurements as we know them were not generally used until the late 1800s, about the time of the Boston Cooking School with Mrs. Lincoln and Fannie Farmer. Mary Randolph was an exception; she specified certain measurements. Karen Hess, referring to the work of Dr. William Kitchner (1775-1827) who was the author of *The Cooks Oracle*, wrote that there were accurate measurements earlier but Fannie Farmer received the credit for popularizing them.

Both Nannie and Martha Mary copied the popular Rusk recipe. This homemade bread was served fresh out of the oven as a teatime treat, and leftovers were sliced and dried to be used later. Early Virginia cookbook author, Marion Harland, recommended storing the left-over rusk in a muslin bag and hanging it in the kitchen until ready to use. It would then have been served from a deep dish after being softened with milk.

TRANSCRIBED RECIPES

- BATTER CAKES**
Boil 2 cups small hominy very soft add an equal quantity of corn-meal & a little salt, & large spoonful of butter. Make it in a thin batter with 3 eggs & milk sufficient, beat all together [some] time & bake on a griddle, or in waffle irons. When eggs cannot be procured yeast is a good substitute; put a spoonful in the batter & let it stand an hour to rise
- BATTER BREAD**
Take 6 spoonsfull of flour & 3 of corn meal, with a little salt - sift them, & m[ake] a thin batter with 4 eggs, & milk suff[icient] bake in little tin moulds.
- CORN OYSTERS**
Grate 4 ears of green corn; beat the whites of 5 eggs separate, and yolks also; stir in the yolks with the grated corn; add 2 cups of flour, & milk enough to make a batter for griddle cakes. Add 1 teaspoonfull of soda when all is well mixed, add the whites of the eggs. Bake on a griddle
- CORN MEAL BREAD**
Rub a piece of butter the size of an egg, into a pt. of corn meal - make it a batter with two eggs, & some new milk add a spoonful of yeast set by the fire an hour to rise, butter pans & bake it.
- FRENCH ROLLS**
Sift 1 lb. of flour, mix a teaspoonful of salt rub into it, 2 oz. butter, mix in the whites only of 3 eggs beaten to a froth, & a tablespoonful of strong yeast, to which add enough of milk to make a stiff dough, & set it covered before a fire to rise, which will take about an hour & if cut into small rolls & put in a quick oven, will be done in a little more than 10 min..
- LAPLANDS, for Breakfast or Tea.**
Beat separately the whites & yolks of 5 eggs add 1 pt. of rich cream & same of flour, or a little more - enough to make it the consistency of pound cake. Bake in small round tins, in a quick oven.
- MIXED BREAD**
Put a tea-spoonful of salt, & a large [one] of yeast, into a qt. of flour; make it sufficiently soft with corn meal [tear]_el; when well risen, bake it in [a] mould. It is excellent bread for breakfast. Indifferent flour will rise much better, when made with gruel [than with] fair water.
- MUFFINS**
Sift a qt. of flour, put to it a little salt, & large spoonful of yeast __ beat [the] white of a fresh egg to a strong froth. __ it & the flour up with cold water __ soft as you can allow it to be handled; set in a moderately warm place. Next morning beat it well with a spoon __ it on the griddle in a round form, bake it nicely, turning them frequent[tear] till done.
- NICE BUNS**
Put 4 oz. sugar with 3/4 of flour; [make] it up with two spoons ful of yeast, & 1/2 [pint] of milk, when well risen work into it 4 oz. butter & make it into small buns. Bake in a quick oven



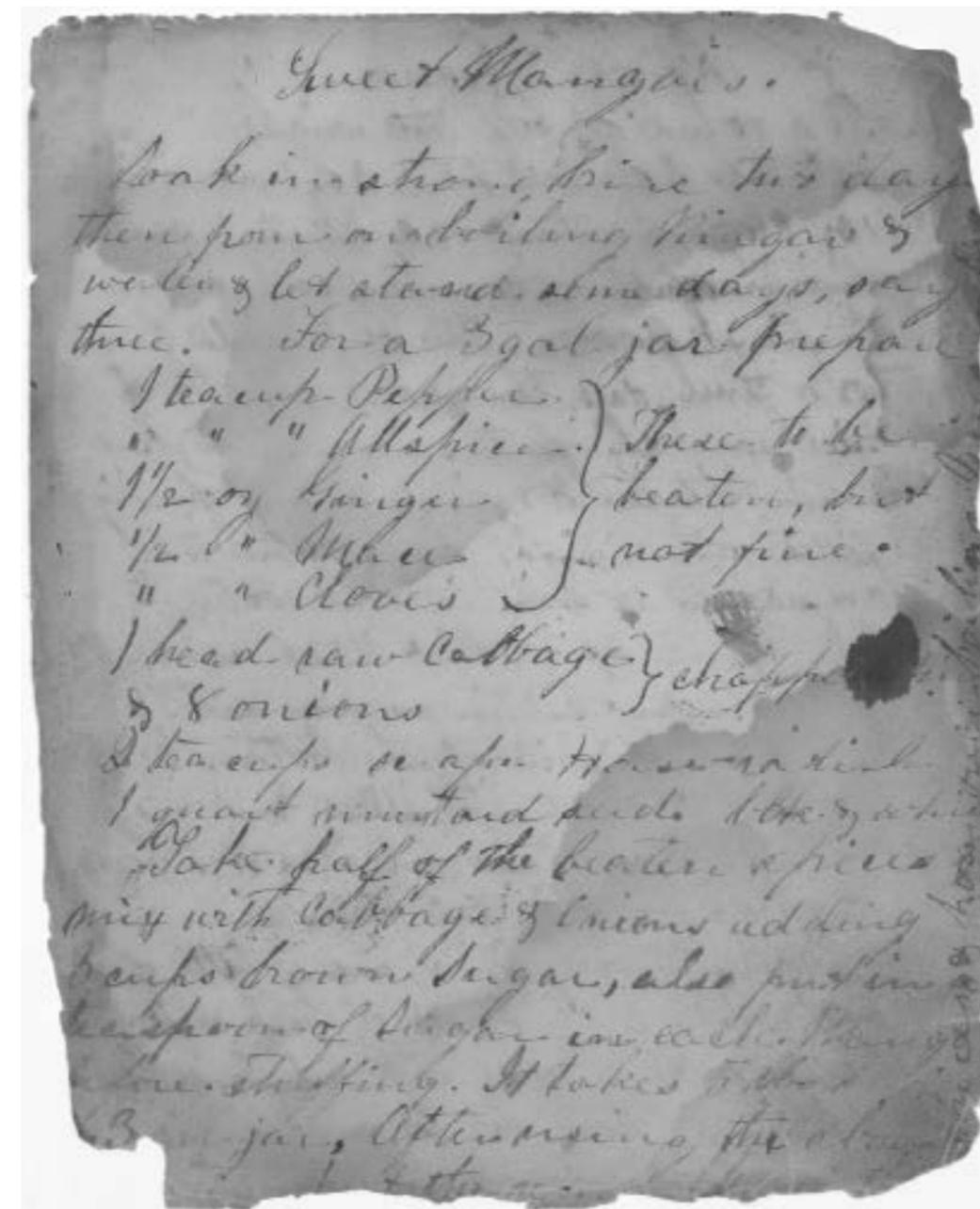
Mrs. Randolph

Mrs. Randolph

Mrs. _____

- 10. POTATO BREAD
1 qt. flour, 4 eggs, 4 good sized Irish potatoes, & 2 oz. butter & as much good [y]east as necessary to make it rise. To be made with water, not so stiff as common night bread dough.
from Mr. Heffelfinger's
- 11. QUIRE OF PAPER PANCAKES
Beat 16 eggs, add 1 qt. of milk, 1 nutmeg, 1/2 melted butter, 1 lb. of sugar & 2 gills of wine; take care that the flour be not in lumps; Butter the pan for the first pancake, run them as thin as possible, & when colored they are done, do not turn them, but lay them carefully in a dish, sprinkling powdered sugar between each layer. Serve them up hot.
- 12. RAISED WAFFLES
Stir into 1 qt. of flour, sufficient luke warm milk, to make a thick batter, stirred gradually to free from lumps. Put
- 13. RUSK
Rub 1/2 lb. of sugar into 3 lbs of flour sift it, pour on 1/2 pt. of good yeast. Beat 6 [eggs] add 1/2 pt. good milk mix all together & knead it well; if not soft enough add more [milk] it should be softer than bread; make at night in the morning if well risen work in 6 oz. butter, & bake in small rolls; when cold slice it, lay on thin sheets & dry it in the oven. Mrs. _____
- 14. SOUFLE BISCUITS
Rub 4 oz. of butter into a qt. of flour, make into a paste with milk, knead it well, roll as thin as paper, & bake to look white.

Nannie's Vegetable/Pickle Recipes



Sweet Mangoes

- 1. CABBAGE PUDDING
- 5. SWEET MANGOES
- 2. FRENCH SLAW
- 6. SWEET TOMATO PICKLES
- 3. POTATO RISSOLE
- 7. YELLOW PICKLE CABBAGE
- 4. SLICED CABBAGE PICKLE

Although Nannie copied 152 recipes, there is no evidence that she prepared all of them. Both the Godwin and Figgat families had servants in their Fincastle homes; Nannie and Charlie also employed a servant in their Lexington home according to census records for 1860. However, Nannie indicated she had the skills to preserve foods. For example, in the letter she wrote to Charlie on Sept. 20, 1864, she said, "We have been drying damsons this week, and I am going to put up some for you for next winter."

Nannie had recipes for pickling, vinegars, and sauces. In her Dec. 28, 1864, letter to Charlie she also indicated her preservation skills. When she described the contents of his Christmas box, she wrote that she was responsible for "the jars of peach pickle, which I made for you last summer."

The cookbook *Virginia Cookery – Past and Present* notes that there were many families during this period using a variety of pickles and homemade condiments as a substitute, in part, for vegetables and fruits not available during the winter months. Pickled foods included cucumbers, string beans, cabbage, asparagus, and artichokes. Karen Hess referred to mango as a "mock pickle." Foods were "mangoed" by removing a slice of fruit and any seeds and then stuffing the cavity with garlic, horseradish, and spices. The missing slice was replaced, the fruit was packed into jars, and hot-spiced vinegar was poured over it.

Nannie's Cabbage Pudding recipe, which calls for a "forcemeat" stuffing (see Glossary), was an entrée. Her recipe for Potato Rissole used leftover meat and could also have been a main dish. Throughout her recipes, the ingredients include many spices and seasonings, such as turmeric, ginger, nutmeg, allspice, mace, cloves, common mustard, French mustard, and mustard seed. Early settlers brought the knowledge of using herbs in cooking and for medicinal compounds. Both Crump and Hess also credit the influence of the black slaves for southern seasoning.

There are few vegetable recipes included in Nannie's recipe book, but period cookbooks list many available vegetables. These books show the variety available in the late 18th and early 19th centuries: artichokes, asparagus, cabbage, carrots, cauliflower, corn, okra, English peas, beans, white and sweet potatoes, turnips, onions, tomatoes. Various salad greens were used: spinach, endive, French sorrel, cress and sprouts. As stated earlier, recipes often excluded frequently prepared dishes.

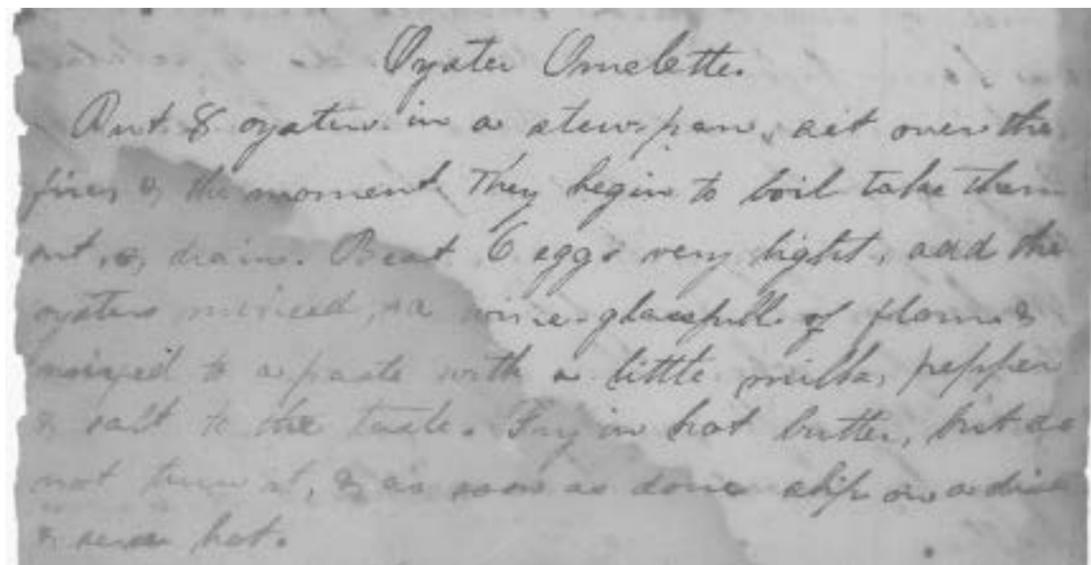
TRANSCRIBED RECIPES

1. **CABBAGE PUDDING**
Get a fine head of cabbage, not too large pour boiling water on & cover until you can turn the leaves back, w'h you must do carefully, take off some of those in the middle of the head, chop them fine & mix with a [rich] forcemeat; put this in & replace the leaves to confine the stuffing – tie in a cloth & boil it serve up whole, with a little melted butter in a dish
2. **FRENCH SLAW**
To 1 pt. of cut cabbage, have 3 eggs boiled hard (w'h takes 20 minutes) mash the yelks & add gradually 1 wineglass of oil, 1 do of Vinegar, 1 teaspoon of common mustard, or dessert spoon of French mustard do salt & pepper to taste
3. **POTATO RISSOLE**
Mashed potatoes, any kind of meat chopped finely, boiled onion & hard boiled egg, all chopped fine, mix up with a beaten egg, & if wanted very light
4. **SLICED CABBAGE PICKLE**
Cut your cabbage as you would for slaw, put it in a jar, with salt sufficient, let it stand for 24 hrs, then spread it on a table in the sun until it is well drained. Peel & slice about a quart of cucumbers, chop up about a pint of onions. Ingredients
1 qt. of sliced cucumbers
2 gallon's of sliced cabbage
1 one box of mustard well mixed

1 pt. of chopped onion
½ [pt.] of mustard seed
4 table spoons of tumerick
Cloves, mace, pepper, ginger, nutmeg, sufficient to season highly
2 lbs of brown sugar, mix all these

5. **SWEET MANGOES**
Soak in strong brine two days then pour on boiling Vinegar & water & let stand some days, say three. For a 3 gal jar prepare
These to be beaten, but not fine.
1 tea cup pepper
1 tea cup Allspice
1½ oz. Ginger
½ oz. Mace
½ oz. Cloves
1 head raw cabbage & 8 onions [both] chopped fine 2 tea cups scrape Horse-radish
1 quart mustard seed. 1 Bk & while Take half of the beaten spices mix with Cabbage & onions adding 3 cups brown sugar, also put in teaspoon of sugar in each. Mango before stuffing. It takes 5 lbs _____ 3 gal jar, After using the above ____ & hour over boiling _____
6. **SWEET TOMATO PICKLES**
Three full grown green tomatoes, & scald ___ in strong ginger. Then scale them in syrup made of a pt. of vinegar to a lb. of ____ & two lbs of tomatoes. Spice to the taste.
7. **YELLOW PICKLE CABBAGE**
Quarter the Cabbage (say 6 heads) & spreading the pieces on dishes, sprinkle lightly with salt, & let stand in the Sun 3 or 4 hrs. Then put in fresh water, & remain over night. In the morning squeeze in a towel to extract the water, put into a kettle with about a doz Onions, 2 oz. of mace & same of blk pepper. Cover the whole with very strong vinegar, & boil until cabbage is quite tender, w'h will require several hours. Just before taking from the fire, put in [tumeric], say 1½ oz. & brown sugar according to taste. This pickle is ready for use as soon as cold. Mrs. Kirkpatrick

Nannie's Meat Recipes



Oyster Omelette

- | | |
|-----------------------------------|-------------------------------|
| 1. BAKED BEEF & YORKSHIRE PUDDING | 9. A NICE LITTLE DISH OF BEEF |
| 2. BEEF-A-LA-MODE | 10. OYSTER OMELETTE |
| 3. BOLOGNA SAUSAGE | 11. PEPPER POT |
| 4. CROQUETS | 12. TO PICKLE 100 LBS BEEF |
| 5. EXCELLENT SANDWICH | 13. RISsoles |
| 6. FRENCH STEW | 14. RISsoles IN PASTE |
| 7. HAM CAKE | 15. SPICED ROUND |
| 8. HAM IN DISGUISE | 16. SPICED SHAD |
| | 17. VEAL CAKE |

Some of Nannie's entrée recipes would have gourmet status today, including Beef-a-la-Mode, Beef with Yorkshire Pudding, Rissoles in Paste, Oyster Omelette, and Spiced Shad. Beef-a-la-Mode recipes were available in a number of period cookbooks. Bone, gristle, or a tough piece of meat would have been carved out of the cut of beef. Seasoning such as suet or fat salt pork, vinegar and spices of cloves, nutmeg, or allspice and mace filled the cavity. The flavoring mixture was removed before serving.

Among Nannie's meat recipes are three recipes for preserving meat — To Pickle 100 lbs. Beef, Spiced Round, and Spiced Shad. Salting and pickling were popular methods for preserving meat. Curing describes the processing of meats, usually at home, in a smokehouse behind the main house. (See Rader smokehouse picture) Ingredients included salt with saltpeter, water, and flavoring such as brown sugar and molasses. The meat was covered with the liquid mixture and stored in a barrel. The contents were "racked off" (i.e., scum removed as it rose to the top) to keep a clear liquid over the meat. Often meat was packed or rubbed with salt or hung for a few days in the smokehouse and then scrubbed before cooking. Families often used curing methods passed down from another generation of their family.

Unusual ingredients mentioned in Nannie's recipe book include carbonate of ammonia in the Baked Beef recipe and "fill skin" for Bologna Sausage. When families slaughtered hogs, they used almost the entire animal. The intestines were cleaned in order to later hold the sausage. Ham Cake and A Nice Little Dish of Beef were recipes for leftover meat.

Note the equipment for these recipes: dripping pan, moulds, a salamander¹⁴⁴ or hot shovel, scallop shells, a vessel for 100 pounds of beef, and a deep pan. The homemaker probably had this equipment, or the means to acquire it, if she copied the recipe. The Estate Will of the Figgats included a board for brine to weigh down the ingredients. (See Table 3)



Salamander

TRANSCRIBED RECIPES

- BAKED BEEF/YORKSHIRE PUDDING**
Rub salt on a nice piece of beef, put it on bars, w'h should fit your dripping pan, set it in the oven, with a gill of water in the pan, & when ___ done, make the pudding in the following manner. ___ Beat 8 eggs very light; the yelks in a pan, white in a ___ dish. When the yelks are thick stir in of milk, & as much flour as will make a batter but not a thick one. Then stir in the whites, do not beat it after they are in, lastly stir in a teaspoonful of dissolved carbonate of ammonia. Take out the meat skim all the fat off the gravy, pour in the batter & replace the meat, put all into the oven again, cook until the pudding is done. When the meat is dished cut the pudding in squares & place round the dish, the brown side up.
- BEEF-A-LA-MODE**
A round of beef is best for this purpose, with a sharp knife, cut incisions in the beef [about] an inch apart & within an inch of the opposite side, season it with pepper & salt according to the size of the piece. Make a dressing of onion, butter & bread-crumbs, in the proper ___tion of a pt. of crumbs, one small onion finely chopped, & an oz. of butter with pepper & salt to the taste, fill the incisions with the dressing put the meat in a pot with _____ of water & cover it tightly. Let it simmer 6 or 8 hours. _____ stick in cloves or allspice. When the meat is done, dish up & thicken the gravy with a little flour. This is excellent cold.
- BOLOGNA SAUSAGE**
Take 1 lb. Bacon ___ fat & lean, 1 do ___ do pork, do suet. Chop all fine _____ highly, fill skins, prick & boil them ___ hours, & hang them to dry ___ grated bread or boiled rice may be added. clean the skins with salt & vinegar.
- CROQUETS**
Pound fowl or cold veal in a mortar season with white pepper & salt; make a batter of an egg, a little milk & flour, & mix the pounded meat with it, roll into balls the shape & size of an egg & fry them & serve with fried parsley. Grated ham or tongue is an addition
- EXCELLENT SANDWICH**
A thin tender beefsteak, boiled, & well seasoned with pepper & salt; put quite hot between two slices of bread & butter, & eaten cold
- FRENCH STEW**
Cut up 2 lbs of Beef, & add to it a pt. of sliced tomatoes. Put the meat in a stew pan, & season well with pepper & salt. Then add tomatoes & an oz. of butter rolled in flour. Cover closely & let

144. A metal utensil with a flat head that was heated and placed over a dish to brown the top.

it simmer until the beef is tender.

7. HAM CAKE

Take the remains of a Ham that is getting dry, pound very finely with all the fat; season with pepper & mixed spice, add clarified butter sufficient to make it moist, put into a mould & place in a oven for ½ hour. When wanted put the mould in warm water for a few minutes & turn it out. An improvement is to put in some cold beef pounded separately & placed in the mould in layers ___ lumps to look like marble. It will ___ well

8. HAM IN DISGUISE

Scrape ½ lb. of lean ham & ½ the quantity of fat, add a little pepper & mix well with the yolks of two eggs. Put it on toasted bread brush the top with white of an egg. Put a bit of butter on & brown with a salamander, or hot shovel.

9. A NICE LITTLE DISH OF BEEF

Mince cold roast Beef, fat & lean very fine. Add chopped onion, pepper, salt; & a little good gravy. Fill scallop shells 2 parts full & fill up with potatoes mashed smooth with cream, put a bit of butter on top & set it in oven to brown

10. OYSTER OMELETTE

Put 7 oysters in a stew-pan, sit over the fire, & the moment they begin to boil take them out, & drain. Beat 6 eggs very light, add the oysters minced, a wine-glassfull of flour & mixed to a paste with a little milk, pepper & salt to the taste. Fry in hot butter [in a pan like the one below], but do not turn it, & as soon as done slip on a dish & serve hot.



Long-handled Fry Pan

11. PEPPER POT

Cut in small pieces 4 lbs of Tripe & put on to boil in as much water as will cover it allowing a teaspoonful of salt to every qt. of water. Let it boil 3 hrs, then have ready 4 calves feet, w'h have been dressed with the skin on. Put into the pot with the tripe & add as much water as will cover them; also 4 onions sliced & a small bunch of sweet herbs chopped finely. Half an hour before it is done, add 4 potatoes cut in pieces; when these are tender add 2 oz. of butter rolled in flour & season the soup highly with cayenne peppers. Make some dumplings drop into the soup, when the vegetables are sufficiently soft serve it. The calves feet may be served with or without drawn butter

12. TO PICKLE 100 LBS BEEF

Take 6 galls of water, 9 lbs of salt, half course & half fine, 1 lb. of brown sugar 1 qt. molasses, 3 ozs saltpeter 1 oz. potash, put all the ingredients in a vessel and let it boil, being careful to take the scum off as it rises, take it off let it stand until it is cold having previously rubbed your meat with salt pack it and pour your liquor over it.

13. RISsoles

Take equal quantities of meat finely chopped & pounded & bread-crumbs, ___ all kinds of sweet herbs together with a boiled onion, season with pepper & salt & bind with an egg; put the mixture into a mould & boil five minutes, then take it out of the mould, & brown before the fire & serve with gravy. [Mrs. Mary Stuart Smith's book]

14. RISsoles IN PASTE

Pound any kind of cold meat, thicken a little good gravy with cream or butter season the meat & mix it with the sauce until well moistened; then roll out some paste in oval pieces, lay a large tablespoonful of the meat on one end double over & scallop them, brush over with yolk of egg, sprinkle with vermicelli or breadcrumbs & fry them

15. SPICED ROUND

To a round of beef that weighs 25 ___ take 3 oz's saltpetre, 3 oz's coarse sugar 1 oz. cloves, a nutmeg, ½ oz. allspice, and three handfuls of common salt, all in the first power. The beef should hang two or three days, then rub it with the spice every day for three weeks. The bone must be taken out first, and the opening filled with nice fat beef. When to be dressed, dip it in cold water, to take off the spice, bind it up tight with tape and put in an oven with a tea-cup full of water at the bottom, Cover the top of the meat with spiced suet and the oven with a crust, and bake it 5 or 6 hours when cold take off the paste & _____. The gravy is very fine, and a little of it adds greatly to the flavor of hash or soup Both the beef & gravy will keep for a ___ in case you don't eat too much of it

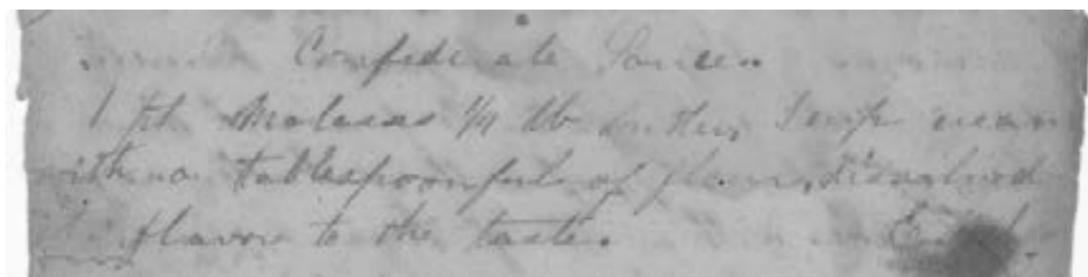
16. SPICED SHAD

1 large Shad, 2 table-spoonsful of salt, 3 teaspoons of cayenne pepper, 2 table-spoonsful Allspice as much as will cover it. Split the Shad open, rub over it two table-spoonsful of salt, & let it stand several hours. Have ready a pot of boiling water sufficient to cover the Shad allowing a teaspoon of salt to every qt. of water. Boil it 20 minutes. Take it out of the water, drain it, bruise the allspice just so as to crack the grains. Sprinkle over the Shad, & cover with cold Vinegar.

17. VEAL CAKE

Bone a breast of veal & cut in slices, also slice of ham or lean bacon, & boil six eggs hard; butter a deep pan & place the wh___ in layers one over the other cutting the eggs in slices & season with chopped herbs & cayenne pepper, wetting the herbs with some ___ly flavored sauce, cover the whole & let bake 4 hrs. & when taken from the oven lay a weight on to press it well together. When cold turn it out.

Nannie's Salad Dressing/Sauce Recipes



Confederate Sauce

- | | |
|---|-------------------------------|
| 1. CONFEDERATE SAUCE | 7. NICE SAUCE FOR LEE PUDDING |
| 2. CREAM SAUCE | 8. RICH WINE SAUCE |
| 3. DRESSING FOR COLD SLAW | 9. RIPE TOMATO CATSUP |
| 4. EGG SAUCE FOR BOILED CHICKEN OR FISH | 10. SALAD DRESSING |
| 5. FLAVORING FOR MEAT HASH | 11. TOMATO CATSUP |
| 6. GREEN TOMATO CATSUP | 12. TOMATO SAUCE |
| | 13. WINE SAUCE |

In the 1824 *Virginia House-Wife*, Mary Randolph referred to sauces as liaisons to improve the consistency and flavor of a dish. She enhanced the rich sauces by adding extra butter before serving and often she stirred in flour for thickening. Nannie's recipe for Egg Sauce for Boiled Chicken or Fish shows a similar technique. In several recipes, her instructions for thickening included "butter rolled in flour." Nannie's recipe for Flavoring for Meat Hash is a dry mixture used with chopped meat, called forcemeat (see Glossary) for a stuffing.

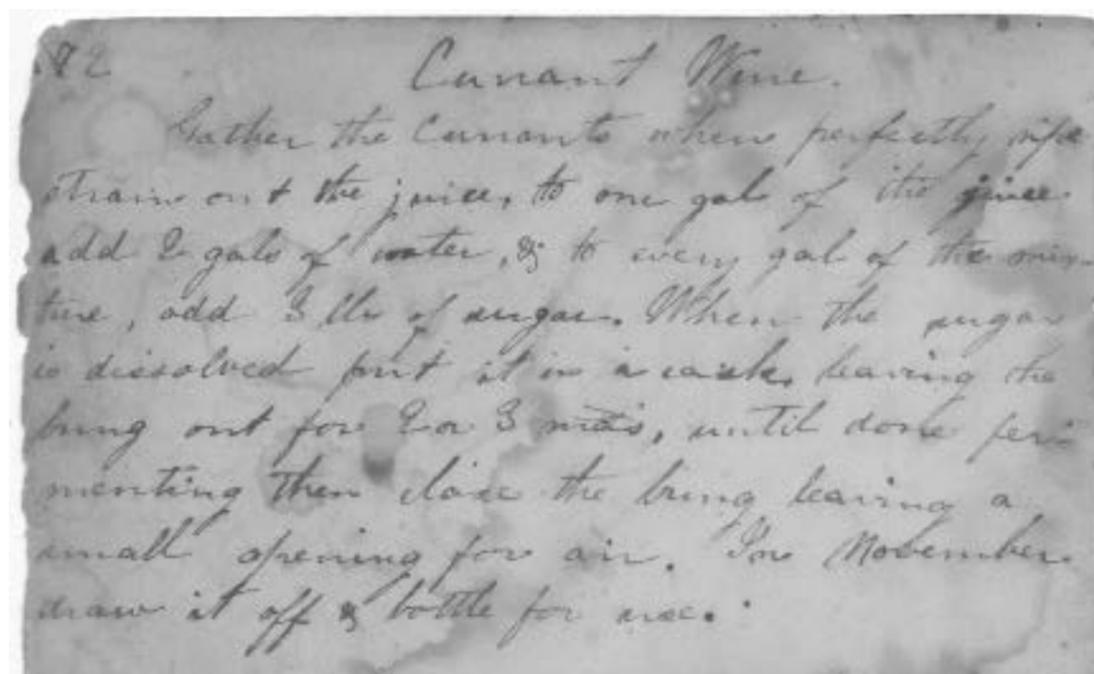
Nannie included only two catsup recipes, and both are tomato-based. Other popular catsups were mushroom, lemon, oyster, and walnut. One of these ingredients was combined with vinegar and seasonings such as cloves, nutmeg, cayenne pepper, ginger, shallots, and horseradish. Catsups were often used for basting meats or to flavor sauces.

TRANSCRIBED RECIPES

1. CONFEDERATE SAUCE
1 pt. molasses ¼ lb. butter, 1 cup cream with a tablespoonful of flour, dissolved ___ it flavor to the taste. E. Nelson
2. CREAM SAUCE
Boil a pt. of Cream, sweetened well with sugar, flavored with Lemon or Vanilla Strain after boiling.
3. DRESSING FOR COLD SLAW
1 egg well beaten, ½ gill of Vinegar, salt to taste, & teaspoonful of butter. Set on the fire, & when the egg is thick set away to cool, & pour over the cabbage.
4. EGG SAUCE FOR BOILED CHICKEN OR FISH
Boil ½ pt. of milk & stir into it as much flour mixed with water as will thicken it then take off the fire & beat in gradually 3 oz. of butter & a little salt. Boil 2 eggs very hard, chop finely & add to the milk & butter J Huff's Book

5. FLAVORING FOR MEAT HASH
1 tablespoonfull each of black Pepper & Cayenne; & Forcemeat. Two tablespoons each of cloves & Nutmeg. Keep this mixture dry & closed from the air. In using it, take one part of this to 4 parts of Salt. A tablespoonful of the spiced salt to each lb. of chopped meat.
6. GREEN TOMATO CATSUP
To 1 gal green tomatoes, peeled & cut up ___ 1 qt. of onions, cut up fine, 1 qt. of vinegar ___d of red pepper 2 tablespoonsfull of black ___ tablespoon of salt & teacupful of brown sugar. Stew away one half.
7. NICE SAUCE FOR LEE PUDDING
Lump of butter, as large or larger to a hen egg, three large spoons full of [incomplete]
8. RICH WINE SAUCE
½ pt. boiling Water 5 oz. sugar; 3 oz. butter, 2 gills Wine.
9. RIPE TOMATO CATSUP
1 gal skinned Tomatoes, 4 tablespoonsful ___ of pepper ___ of Allspice, 3 of mustard ___ of red pepper. Ingredients ground fine ___ through a sieve & bottled.
10. SALAD DRESSING
The yolks of 2 hard boiled eggs, & 1 raw one, mix thoroughly, Add tablespoon dry mustard 1 teaspoon ___, & a teaspoon of Sugar, mix & add a little bl'k Pepper, 4 tablespoons Olive Oil the juice of 1 Lemon, the 4 more spoons of Oil & 1 of Vinegar, & thoroughly mix.
11. TOMATO CATSUP
1½ gals ripe Tomatoes 1 lb. brown sugar 1 pt. vinegar 1 spoonful whole blk pepper handful salt, 4 onions chopped fine ___ pounded celery seed, 1 of whole cloves ___
12. TOMATO SAUCE
1 peck of tomatoes, 6 onions sliced, heads of celery, 1 doz shallots, 1 oz. cayenne pepper ___ oz. black pepper, 1 ___ mace in powder.
13. WINE SAUCE
2 gills of water. 2 tablespoonsful of brown sugar 2 small teaspoons of flour 1 oz. butter, 1 gill of wine. Stir the sugar into the water as soon as it boils add the flour, w'h sh'd be mixt smoothly with a little cold water. Let it boil one minute then take off the fire & add the butter & wine Season to your taste.

Nannie's Beverages and Miscellaneous Recipes



Currant Wine

- | | |
|-----------------------|-----------------------------|
| 1. BLACKBERRY WINE | 9. MINCEMEAT |
| 2. CURRENT WINE | 10. MOLASSES VINEGAR |
| 3. DUMPLINGS FOR SOUP | 11. NOODLES [for Dumplings] |
| 4. FRUIT ACID | 12. RASPBERRY VINEGAR |
| 5. GOOSEBERRY WINE | 13. SUGAR VINEGAR |
| 6. GRAPE WINE | 14. TO MAKE SODA WATER |
| 7. HARD YEAST | 15. YEAST |
| 8. LEMON SYRUP | |

Across early Virginia, alcohol and spirits played an important part in the life of Virginians. To counteract the possibility of unsafe water, homemade beer or cider was often served with meals. The mistress of the house would have had distilling spirits, oils, and flavored waters among her cadre of acquired skills. She also used spirits when preparing medicinal mixtures for home treatment during illnesses. Many people at that time believed that drinking spirits prevented malaria, which was a health issue.

However, Fincastle had a source of pure spring water; one source was a natural spring at Back and Water Streets near the Fincastle Presbyterian Church. Within a short distance the townspeople could walk for water, which contained ferro-magnesium. In the late 1800s, Fincastle was a destination and enjoyed a "boom" period with visitors coming specifically for the natural springs. Shipping Fincastle's spring water by the case from the Bonsack railroad depot was profitable at this time.

"Spirits" in Nannie's Recipes

German Pudding and Sauce	• 2 Glasses sherry or any white wine
Cocoanut Pudding	• ½ glass wine or brandy
Apple Pudding	• Brandy to taste
Pumpkin Pudding	• 2 teaspoons brandy
Rich Wine Suace	• 2 gills wine
Breakfast Cake	• ¼ pint brandy and 1 pint good ale
Mincemeat	• 1 pint wine or cider, 1 pint brandy
Molasses Vinegar	• 10 gallons rain water, 1 gallon vinegar, 1 gallon whiskey

Molasses Stew, as mentioned in Nannie's Oct. 17, 1860, letter to Charlie, was a warm milk concoction with medicinal qualities. Spencer described it as a "warm posset, the hot drink of sweetened, spiced milk curdled with wine or ale." She commented that this drink was to "coddle" the ailing person. Recipes varied from a simple treacle to cure a cold to an elaborate confection or an old-fashioned concoction.

"Molasses Posset"

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

Put into a sauce pan a pint of the best West India molasses: a teaspoonful of powdered white ginger; and a quarter of a pound of fresh butter. Set it on hot coals, and simmer slowly for half an hour, stirring frequently. Do not let it come to a boil. Then stir in the juice of two lemons, or two tablespoonfuls of vinegar; cover the pan and let it stand by the fire five minutes longer. This is good for a cold. Some of it may be taken warm at once, and the remainder kept at hand for occasional use.

Old Salem Moravians wrote of their posset recipe with ingredients of eggs, sugar, and sack (white wine). Posset was also a warm drink often served around Christmas.



Posset Pot

The two yeast recipes in this section contain hops. Nannie's bread recipes generally used yeast for leavening. In pudding recipes she used soda alone or with cream of tartar. She used various other leavenings for cakes such as baking powder or pearlash.

Nannie's recipes for Dumplings for Soup and Noodles for Dumplings are identical. The recipes for Fruit Acid, Lemon Syrup, Mincemeat, Soda Water, and the vinegars were "convenience foods." For example, lemonade was made with two tablespoons of lemon syrup in a glass of water. Nannie's recipe To Make

Soda Water was another convenience drink. Moss and Hoffman, authors of *The Backcountry Housewife*, recommend Raspberry Vinegar (see Nannie's recipe) as a delicious beverage when mixed with iced water.

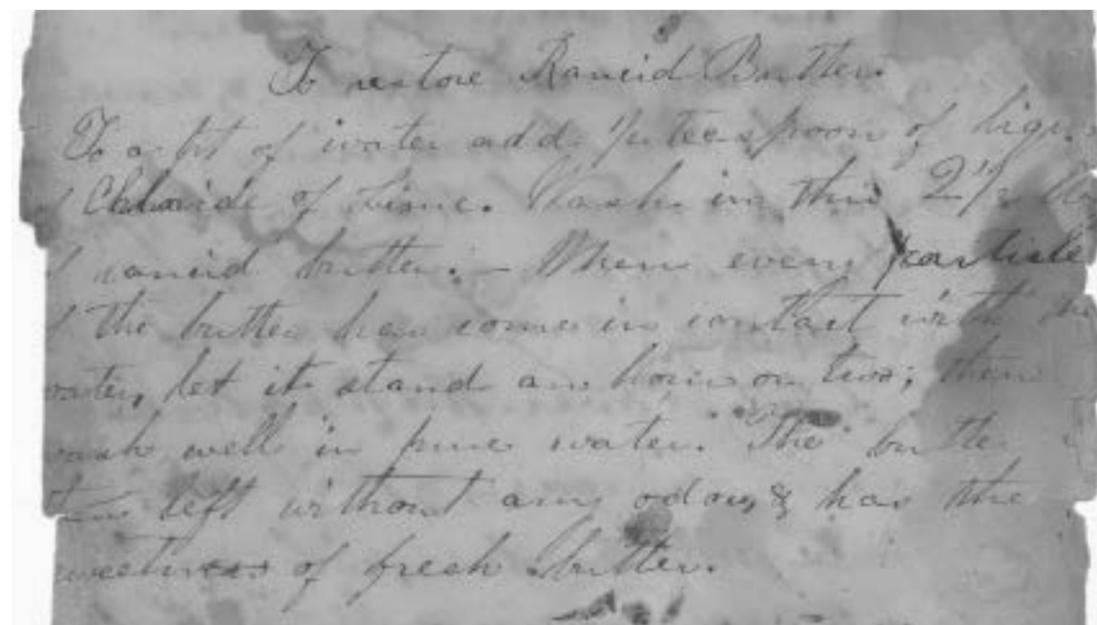
This group of recipes shows the many talents of the home cook. She had skills for brewing and making many foods, which are available today as convenience foods—yeast, noodles, syrups, mincemeat, soda water, vinegars, and wines. Many of Nannie's recipes showed the English influence of cooking with spirits, although she attributed many of her recipes to "Mrs. [Mary] Randolph."

TRANSCRIBED RECIPES

1. **BLACKBERRY WINE**
Take ripe black or dewberries, press out the juice, let stand 36 hrs to ferment it, & to every gal add 1 qt. of water & 3 lbs of sugar let it stand open for 24 hrs put into a cask & in 3 mo's rack off.
2. **CURRENT WINE**
Gather the Currants when perfectly ripe strain out the juice, to one gal of the juice add 2 gals of water, & to every gall of the mixture, add 3 lbs of sugar. When the sugar is dissolved put it in a cask, leaving the bung out for 2 or 3 mos, until done fermenting then close the bung leaving a small opening for air. In November draw it off & bottle for use.
3. **DUMPLINGS FOR SOUP**
Beat up an egg & to it add as much flour as will make a very stiff dough. Roll it out in a very thin sheet, flour it & roll up closely. Then with a sharp knife, cut in shavings, about like cabbage for slaw flour them well, to prevent their adhering to each other, & add to the soup wh___ boiling, & let them boil 10 minutes.
4. **FRUIT ACID**
Put 12 lbs of fruit in a pan & cover with two qts of water, previously acidulated with 5 oz. of Tartaric Acid. Let it remain 48 hrs, then strain taking care not to bruise the fruit. In each pt. of clear juice, add 1½ lbs of powdered loaf Sugar stir till dissolved; leave a few days then bottle placing the cork loosely If a slight fermentation takes place leave the cork out for a few days.
5. **GOOSEBERRY WINE**
To 6 lbs of mashed Goose-berries, add 1 gal cold water, let it stand 24 hrs then ___rain it off & add 3 lbs of sugar to each gal. Pour into jars & set it by to ferment In 10 days or 2 w'ks, it will be clear then put it up & cork tightly until November then rack off carefully.
6. **GRAPE WINE**
One bushel grapes; 3 gals water. Let them remain in a tub 24 hrs. then strain, & to every gallon of liquid, add 2 lbs of sugar.
7. **HARD YEAST**
Boil 3 ounces of hops in 6 qts of water till only ___ qts remain. Strain & stir while boiling hot, on wheat or rye meal till as thick as batter. When milk warm add 1/2 pt. good yeast & let it stand till very light, generally about 3 hours, then work in sifted Indian meal till it is a stiff dough. Roll out on a board, cut in ___ long cakes about 3 in by 2 wide, 1/2 ___ thick. Lay them on a smooth board, over _____ flour has been dusted, prick them with fork & place the board in a clean dry room where sun & air may be freely admitted. Turn every day. They will dry in a fortnight unless the weather be damp. When perfectly dry put ___ cotton bag & hang up in a ___ dry.
8. **LEMON SYRUP**
Take 4 lbs loaf sugar 1½ pint of water put in a kettle & let it come to a boil then pour in a pitcher, & add Citric acid & Essence of Lemon to the taste. Bottle & when _____ put 2 tablespoonsful in a glass of ___ water.

9. **MINCEMEAT**
1 lb. of meat, 1½ lbs apples, 2 [lbs] Raisens, 1 [lbs] Currants, or dried cherries, 1½ suet, ½ lb. Citron, 1 lb. sugar, 1 pt. Wine or Cider 1 pt. Brandy, Cinnamon, Mace & Lemon peel.
10. **MOLASSES VINEGAR**
10 gals rain-water, 1 gal molasses. 1 [gal.] whiskey, shaken well together
11. **NOODLES [for Dumplings]**
Beat up an egg & to it add as much flour as will make a very stiff dough. Roll it out in a very thin sheet, flour it & roll up closely. Then with a sharp knife, cut in shavings, about like cabbage for slaw flour them well, to prevent their adhering to each other, & add to the soup wh___ boiling, & let them boil 10 minutes.
12. **RASPBERRY VINEGAR**
Put 2 qts of Raspberries into a jar, & pour over a qt. of good vinegar, let them stand 24 hrs, strain, then pour the liquor on 2 qts of fresh raspberries, do this 3 times ___ to 1 pt. of juice add 1 lb. of loaf sugar put into a jar & set in a kettle of water & boil 1 hr. When cold bottle & cork closely
13. **SUGAR VINEGAR**
To 1 measure of sugar, put 7 measures of moderately warm water; dissolve completely.—put in a cask & stir in yeast, in the proportion of a pint to 8 gals. Stop it close, & keep in a warm place until sufficiently sour.
14. **TO MAKE SODA WATER**
¼ lb. Tartanic Acid, 3 lbs of White Sugar add 4 pts. Boiling water, & flavor with lemon or any extract you like. When cool it is fit for drinking, by taking 2 tablespoonsfull of the syrup in half tumbler of water; stir in a ½ teaspoonful of soda & drink immediately
15. **YEAST**
1 gal water, 12 potatoes, a good handful of hops, boiled together (the potatoes to be peeled & sliced thin ___ the hops in a bag.) then add a teacupful of sugar & 1 of salt. When lukewarm, add a teacup of yeast. 1 cup of this raises 6 qts of flour.
Mrs. Hutchison

Nannie's Household Hints



To restore Rancid Butter

1. TO PREVENT CALICOES FADING
2. TO RESTORE RANCID BUTTER

Nannie's recipe book included only two "household hints," which she copied during her first year of marriage while boarding in Lexington.

TRANSCRIBED RECIPES

1. TO PREVENT CALICOES FADING
Place in an infusion of 3 g of salt in 4 qt. boiling water while hot & left until cold. The color ___ rendered permanent & will not fade by subsequent washing.
2. TO RESTORE RANCID BUTTER
To a qt. of water add 1/2 teaspoon of liquid of Chloride of Lime. Wash in this 2 1/2 lb. of rancid butter. When every particle of the butter has come in contact with the water, let it stand an hour or two; then wash well in pure water. The butter ___ then left without any odor, & has the sweetness of fresh butter.



Inside the back cover of Nannie's recipe book she wrote, "Mrs. Widdifield's Cook Book T B Peterson." She was referencing the 1856 publication by Hannah Widdifield, *Widdifield's New Cook Book: Or, Practical Receipts for the House-wife. Comprising All the Popular and Approved Methods for Cooking and Preparing All Kinds of Poultry, Omelets, Jellies...* It was published in Philadelphia by T. B. Peterson.



Martha Mary Godwin's 1800s Recipe Book



Introduction to the Manuscript Recipes of Martha Mary Godwin

We have transcribed the 82 recipes from Martha Mary's small leather-bound volume (7½" x 6¼" x ½"). The same size and style as her daughter's, it includes recipes written in many different hands, pasted-in newspaper clippings, and loose sheets of stationery. Some pages show evidence that an adjoining page was cut out and removed. Others show torn edges. The ink is faded and stains and tears affected our transcriptions and interpretations of some of the pages. We attribute her recipe book to the 1800s because it is annotated with only two dates, 1867 and 1869.

Martha Mary's recipe book does not show the variety of recipes copied by her married daughter, Nannie Figgat. Because Martha Mary had over 20 years experience managing her home, she knew the basic recipes very well and she did not need any memory aids. She was comfortable with recipes that were mainly a list of ingredients without instructions for preparation, and she was very familiar with the various cooking techniques. This was common practice during this period when women had been trained by their mothers to manage kitchen skills rather than relying on documented instructions. Cooking without instructions is known as "vernacular cooking."

Like her daughter's recipe collection, just over half of Martha Mary's recipes are for desserts — 42 of 82. Both recipe books demonstrate the array of sweets that were typical in Virginia households of financial means. They included many of the same recipes, for example: Cream Cake, Rusks, Black Cake, Molasses Pudding, and Yeast. Martha Mary labeled one of her eldest daughter's recipes "Sister Ann's Cabbage Pickle," referring to her daughter's given name.

Food preparation was not the only time-consuming and labor-intensive responsibility of the mistress of the home. Martha Mary's "Household Hints" was a necessary reference for true homemakers. Twenty percent (17) of her recipes address household problems and she also clipped recipes from newspapers and pasted them into her book. One that she included admonished "every poor tired woman to try it." The headline that caught her eye was "A Recipe Worth One Thousand Dollars."

I think with a patent wash-tub, to do the little rubbing, the washer-woman might take the last novel and compose herself on the lounge, and let the washing do itself.

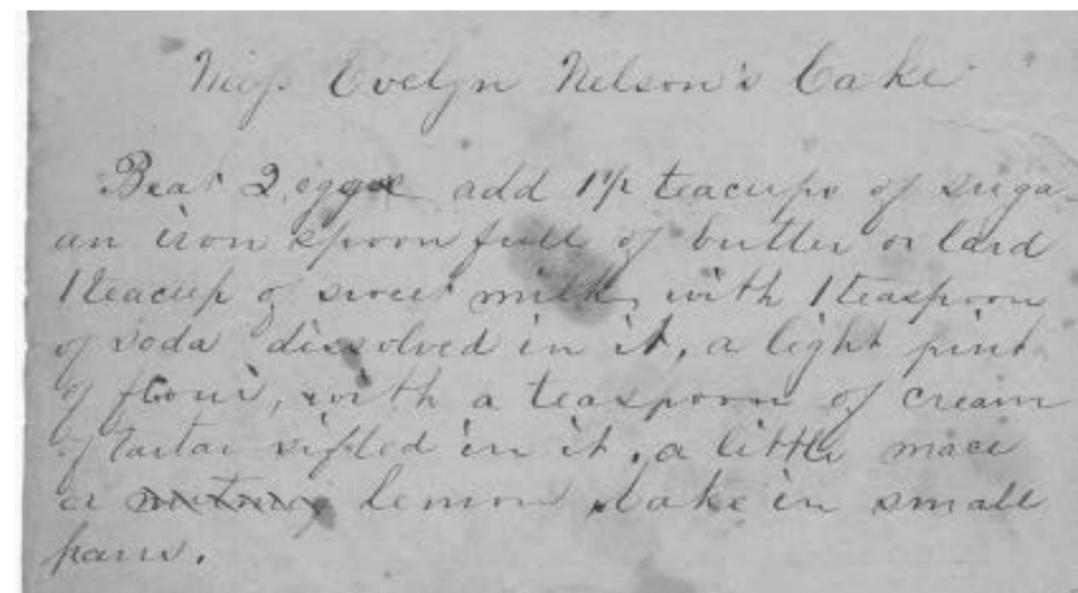
Martha Mary's recipe book also included treatments for illnesses and infections. Her daughter's letters and diary recorded doctor visits to their home. However, Martha Mary had home remedies for taking care of a felon (infection), emetic to produce vomiting, and ointment for hands. Having a home drug store was an adjunct to the housewife's cooking stores.

When he wrote, "What does cooking mean?" John Ruskin was describing homemakers like Martha Mary.

It means the knowledge of Medea, and of Circe, and of Calypso, and of Helen, and of Rebekah, and of the Queen of Sheba. It means the knowledge of all herbs, and fruits, and balms, and spices; and of all that is healing and sweet in fields and groves, and savory in meats; it means carefulness, and inventiveness, and watchfulness, and willingness, and readiness of appliance; it means the economy of your great-grandmother, and the science of modern chemists; it means much tasting, and no wasting; it means English thoroughness, and French art, and Arabian hospitality.

The Monticello Cook Book, 1950

Martha Mary's Cake Recipes



Miss Evelyn Nelson's Cake

- | | |
|-------------------------------|------------------|
| 1. BLACK CAKE | 11. PERKINS CAKE |
| 2. CREAM CAKE | 12. PLUM CAKE |
| 3. CREAM CAKE | 13. SODA CAKE |
| 4. COMPANY CAKE | 14. SPICE CAKE |
| 5. CUP CAKE | 15. SUGAR CAKE |
| 6. DELICATE CAKE | 16. SUGAR CAKES |
| 7. GINGER CAKE | 17. SUGAR CAKE |
| 8. GINGER CAKES | 18. YANKEE CAKE |
| 9. JELLY CAKE | 19. WHITE CAKE |
| 10. MISS EVELYN NELSON'S CAKE | |

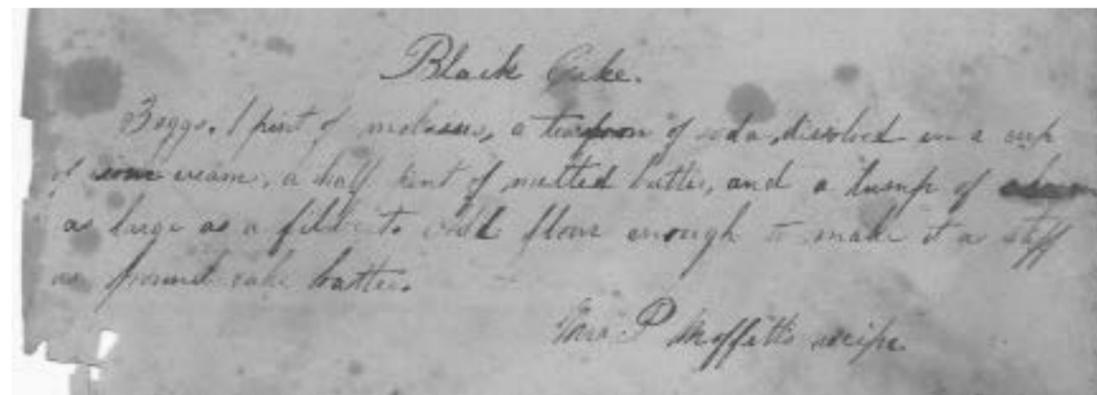
Both Martha Mary and Nannie copied cakes, puddings, and other desserts for the majority of their recipes. These recipes were also among the most popular ones in Virginia during the 1800s, including Black Cake, Cream Cake, Jelly Cake, Sugar Cake, and Ginger Cake.

Authors Mary Randolph, Karen Hess, and Katharine Harbury stressed in their writing the importance of using the finest wheat flour and ingredients for baking cakes, pastry, breads, rusks, biscuits, cookies, and rolls. In addition to having expensive ingredients, baking a cake was difficult and time-consuming.

The Plum Cake and Spice Cake recipes call for extraordinary quantities of ingredients. The Plum Cake lists four pounds each of flour, sugar, and butter; 40 eggs; and 12 pounds of raisins with 14 pounds of currants. This would either make a large and heavy cake or several cakes that could be stored.

TRANSCRIBED RECIPES

1. **BLACK CAKE**
3 eggs, 1 pint of molasses, a teaspoon of soda, dissolved in a cup of sour cream, a half pint of melted butter, and a lump of alum as large as a filbert. Add flour enough to make it as stiff as pound cake batter. Mrs. P Moffett's recipe



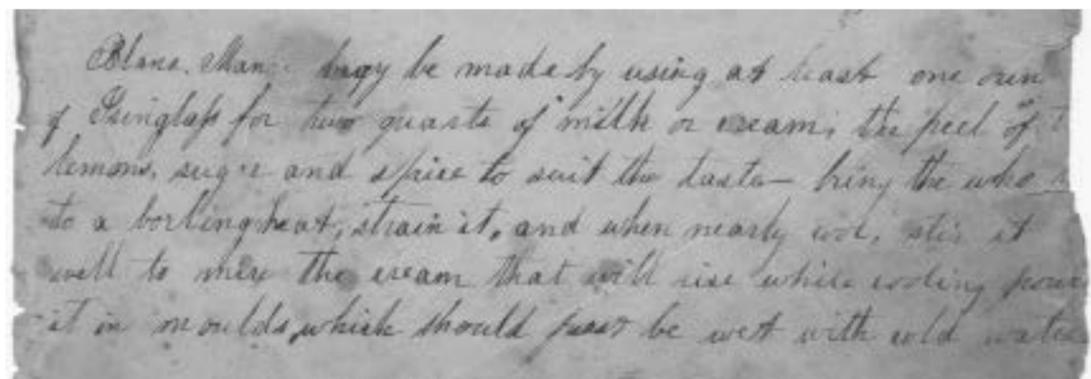
2. **CREAM CAKE**
5 cups of flour, 2 cups of butter, 3 cups of sugar, 3 cups of sweet cream 1 teaspoon of soda, 2 teaspoon of cream of tartar, the whites of 12 eggs
3. **CREAM CAKE**

7½ flour	4½ cream
3 butter	cream tartar
4½ sugar	whites of 18 eggs
1½ soda	

Take two cups of sugar, one of butter one of cream, four eggs, a little soda, and flour sufficient to make it stiffer than pound cake.
4. **COMPANY CAKE**
One pound of flour, half pound of sugar, half pound of butter, and three eggs, beat it well, put some soda in and make in small pans.
5. **CUP CAKE**
5 cups of flour, 5 eggs, 3 cups molasses, 1 cup of butter, 1 cup of cream, and a teaspoonful of soda.
6. **DELICATE CAKE**
The white of 8 eggs, two cups of powdered white sugar, one cup or less of butter, three & a half cups of flour, one teaspoonful of soda and two of cream of tartar. Beat the butter and sugar together, then add the whites and part of the flour. Dissolve the soda in half a teacup of sweet cream, and the cream of tartar in an other half cup of cream, add them separately stirring the flour in at the last. Season with any thing you like.
7. **GINGER CAKE**
1 pt. of molasses 2 oz. of soda dissolved in nearly a pt. of boiling water, ½ lb. of lard or butter. 1 oz. of ginger, flour enough to make a soft dough, let the water stand til it is milk warm

8. **GINGER CAKES**
To one pint of molasses, one ounce of soda, dissolved, in a half pint of warm water, half ounce of ginger, a quarter of pound of butter, and three pints of flour
9. **JELLY CAKE**
Take three eggs, beat them thoroughly; add one cup of sugar, one of flour stir them well together [tear] add one teaspoonful of cream of tartar and ___ teaspoon of soda the latter to be dissolved in a little warm water. Bake in two pie tins as evenly and as quickly as possible, taking care it does not bake too hard at the edges. A sheet of writing paper laid over the top to keep them from browning too much. Have ready a clean towel, and when the cake is done slip it out bottom side up, spread the upper side quite thick with currant jelly, commence at the end and roll it up, when it will be a round compact roll, when used slices are cut from the end.
10. **MISS EVELYN NELSON'S CAKE**
Beat 2 eggs add 1½ teacup of sugar an iron spoon full of butter or lard 1 teacup of sour milk with 1 teaspoon of soda dissolved in it, a light pinch of flour, with a teaspoon of cream of tartar sifted in it, a little mace or lemon bake in small pans.
11. **PERKINS CAKE**
1 pt. of flour, 1 cup of sugar, 1 egg, 1 cup of milk 1 teaspoonful of cream tartar ½ teaspoonful of soda a piece of butter as large as a walnut. Very good, makes 18 or 20 cakes.
12. **PLUM CAKE** [separate stationary]
4 lbs of flour 4 of sugar 4 butter 40 eggs 12 of raisins 14 of currants
13. **SODA CAKE**
1 pound of sugar. 2 pounds of flour ½ pound of butter. 1 teaspoonfull of soda 1 cup of butter-milk, enough sweet milk to make a dough.
14. **SPICE CAKE**
Three pounds of four, 1 pound of sugar 1 pound of butter, 1 pint of molasses ½ ounce of soda dissolved in a gill of warm water 1 ounces of cinnamon 2 ounces of allspice roll out in thin cakes bake in a slow oven
15. **SUGAR CAKE**
5 eggs, 3 cups of sugar, 2 cups of butter, 1 cup of cream, and two teaspoonsfull of soda
16. **SUGAR CAKES**
1 pt. sugar, 1 qt. flour, 1 cup butter, 3 eggs, ½ cup sour cream, & teaspoon of soda.
Sallie Pendleton's
17. **SUGAR CAKE**
A pound of loaf sugar, seven eggs, three quarter of a pound of butter, a teaspoonful of soda, and a cup of sweet cream. Cream the butter, and beat eggs separately.
18. **YANKEE CAKE**
Take four eggs, beat them well, add a saucer of brown sugar, a cup of cream, and teaspoonful, of soda, dissolved in the cream, half a pound of butter or lard, and add molasses, until it becomes the consistency of fritter batter, and season it with ginger or red pepper. Now add all together, beat it well, and bake in pattie pans
19. **WHITE CAKE**
Five coffee cups of flour, 3 cups of sugar, cup of Butter 1 cup of sweet cream. Whites of ten eggs, 1 teaspoon of soda, 2 of cream tartar. Beat butter & sugar together, and add the cream, with the soda and cream tartar in it.

Martha Mary's Pudding Recipes



Blanc Mange

- | | |
|-----------------------------|-----------------------------|
| 1. BLANC MANGE | 9. RICE PUDDING NO. 1 |
| 2. A CHEAP PUDDING | 10. RICE PUDDING NO. 2 |
| 3. COCOA NUT PUDDING | 11. BOILED RICE PUDDING |
| 4. IRISH POTATOE PUDDING | 12. RICE PUDDING WITH FRUIT |
| 5. MRS LOGAN'S PLUM PUDDING | 13. SODA PUDDING |
| 6. MOLASSES PUDDING | 14. SODA PUDDING |
| 7. MOLASSES PUDDING | 15. TRANSPARENT PUDDING |
| 8. PLAIN PUDDING | 16. TRANSPARENT PUDDING |

In addition to Martha Mary's 19 cake recipes, this pudding grouping includes nearly as many sweets. Nannie and Martha Mary had some of the same recipes, including Cocoa Nut Pudding and Molasses Pudding. Often Nannie and Martha Mary wrote the name of a neighbor as the source of a recipe. For example, their neighbor, Mrs. Brugh, was the source of their Soda Pudding recipe. In this way they demonstrated the links between friends as well as communication within their community.

Boiled puddings were more common than baked puddings. As previously noted, a heavy muslin or linen bag was dipped in boiling water, squeezed dry and heavily floured on the inside. Then the pudding mixture was added, the top tied, and the bag placed into a kettle of boiling water. The moment the bag was removed from the pot, it was dipped quickly into cold water before the pudding was turned out and served.

Martha Mary had four recipes for Rice Pudding—two boiled and two baked, and they all included methods for preparation. Her Blanc Mange recipe was made with isinglass (see Glossary). Martha Mary's Blanc Mange has similar instructions to Mary Randolph's recipe; both have noted how to use isinglass, which required overnight soaking. Blancmange originated in England in the Middle Ages.¹⁴⁵ Mrs. Randolph recommended serving it with Raspberry Cream (see Adapted Recipes). The Cocoa Nut Pudding and Irish Potatoe Pudding recipes show that Martha Mary also cooked with spirits.

TRANSCRIBED RECIPES

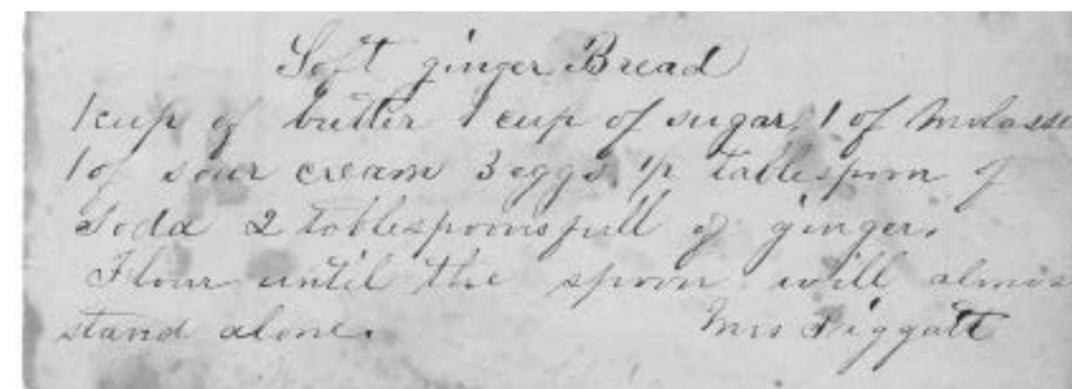
1. BLANC MANGE
Blanc Mange may be made by using at least one ounce of Isinglass for two quarts of milk or cream; the peel of t[ear] lemons, sugar and spice to suit the taste — bring the whole to a boiling heat, strain it, and when nearly cool, stir it well to mix the cream that will rise while cooling pour it in moulds, which should just be wet with cold water
2. A CHEAP PUDDING
One grated cocoonut, two eggs, one full cup of sugar, nearly two cups of sweet milk, two table-spoonsful of butter, bake with one crust. AB
3. COCOA NUT PUDDING
A quarter of a pound of Sugar a quarter of a pound of Cocoa nut. 3 ozs Butter the whites of 6 Eggs half a glass of Wine or Brandy mixed one Table spoon ful of cool water. Beat the sugar & butter smooth, whip the eggs and add to it then stir in the grated nut and Liquor cover your pie plates with rich Crust fill them with the mixture and bake in a moderate oven
4. IRISH POTATOE PUDDING
Boil a pound of fine potatoes, peel them, mash them, and rub them through a cullender. Stir together, to a cream, three quarters of a pound of sugar, and the same quantity of butter. Add to them gradually, a wineglass of rose-water, a glass of wine, and a glass of brandy; a teaspoonful of powdered mace and cinnamon, a grated nutmeg, and the juice and grated peel of a large lemmon. Then beat six eggs very light, and add them by degrees to the mixture, alternately with the potatoe. Bake it three quarters of an hour in a buttered dish.
5. MRS LOGAN'S PLUM PUDDING
3 pints of flour, the yelks of 12 & the whites of 8 eggs, 12 oz. Butter, and 14 oz. of sugar. 2 lbs of raisins before they are stoned. A pint of chopped suet, a pint of milk and a race ginger.
6. MOLASSES PUDDING
1 pint of molasses, 5 eggs, 1 qt. of flour, 1 cup of cream, a teaspoon of soda, and a small teacup of butter.
7. MOLASSES PUDDING
1 pt. of molasses 3 eggs ½ cup of lard & butter melted together stir in flour to the consistency of chess cake, bake in pastry
8. PLAIN PUDDING
8 eggs, 5 tins of milk, 1 tin of flour, a lump of butter and a little salt.
9. RICE PUDDING NO. 1 (clipping)
Half a teacup of rice, two ounces of butter, three pints of milk, five eggs, sugar to the taste. Put the rice and milk together, and simmer it gently till the rice is soft, then take it out and add the butter while the rice is hot. Set it away to cool. Beat the eggs, stir them in when the rice is cool, and add the sugar. Put the mixture in a pudding dish, place it in a moderate oven, and as soon as it forms a custard take it out. Grate nutmeg over the top.
10. RICE PUDDING NO. 2 (clipping)
One quart of milk, rice flour enough to thicken the milk, six eggs, two ounces of butter, sugar to the taste. Boil the milk, and thicken it with rice flour, mixed with cold milk. It should be about as thick as Pap. Add the butter while the milk is hot. When cool, add the beaten eggs, and sugar to the taste. Put it in a deep dish, and bake it till the fine custard is formed. Dried currants may be added before it is baked, also a little lemon or rose water.

145. *Farmhouse Cookery*, p. 227.

11. **BOILED RICE PUDDING** (clipping)
Pick and wash your rice, tie it in a pudding bag, allowing it room to swell. Boil it till the rice is soft, and serve it with sugar and cream, or molasses and butter.
12. **RICE PUDDING WITH FRUIT** (clipping)
Put your rice in a stew-pan with very little milk; that is, to one cup of rice, one gill of milk. Stand it where it will be hot, but not boil; when the rice has absorbed all the milk, add to it a quarter of a pound of dried currants, and one egg, well beaten. Boil it in a bag till the rice is tender, and serve it with sugar and cream. More fruit may be added to the rice, if it should be preferred.
13. **SODA PUDDING**
Eight eggs, 8 cups of flour, 2 cups of sugar, 2 of butter, 2 of sour cream, 1 teaspoon of soda.
14. **SODA PUDDING**
To 5 eggs well beaten, add 2 teacups of sugar, 1 cup butter 3 cups cream, 5 cups of flour, and one teaspoon of soda dissolved in spirits or cream
15. **TRANSPARENT PUDDING**
8 eggs, half a pound of butter, half a pound of sugar, with any seasoning you prefer melt the butter, beat the eggs and sugar together, and stir them into the butter until cooked then put in a paste and bake
16. **TRANSPARENT PUDDING** [separate stationary]
8 eggs 8 oz. sugar 8 of butter nutmeg beat up the eggs put them in a [stew pan] with the sugar and butter nutmeg to taste set it on the fire stiring it well until it thickens Pour it in a basen to cool set paste your plate and bake in moderate oven



Pudding Bag

Martha Mary's Other Dessert Recipes

Soft Ginger Bread

- | | |
|------------------------|------------------------|
| 1. CRAWLERS [Crullers] | 8. MACRONY |
| 2. CREAM PUFFS | 9. MACAROONS |
| 3. DOUGH NUTS | 10. SALLY LUNN |
| 4. DROP CASES | 11. SNAPS |
| 5. GINGER BREAD | 12. SOFT GINGER BREAD |
| 6. GINGER NUTS | 13. TANGLED PANTALOONS |
| 7. LEMON PIE | |

The mistress of the house prepared specialty desserts herself in order to maintain control of her food budget. Like the cake and pudding recipes, this group required large amounts of expensive sugar, which was usually stored under lock and key. Some of these recipes required large quantities of other ingredients. For example, the Ginger Nut recipe included 16 lbs. of flour and a gallon of molasses.

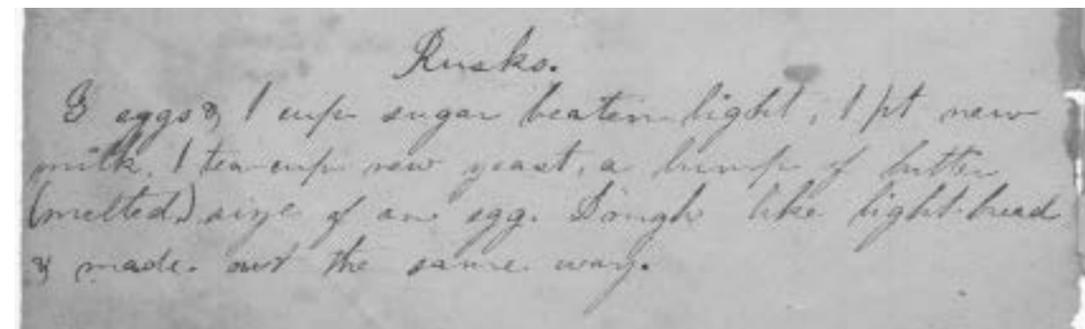
In many of her recipes, Martha Mary used saleratus (potassium bicarbonate), which was a leavening agent along with eggs, ale-yeast, and pearlash, a form of potash. By the 1800s, bicarbonate of soda, imported from England, was sold in apothecary shops. When baking soda became popular, saleratus was no longer advertised. Extra light baking resulted from the combination of soda and cream of tartar. Many cooks preferred the use of well-beaten eggs instead of chemical leavening because they thought chemical leavening changed the taste of the food. In her contemporary diary Letitia Burwell complimented her Aunt Jenny's table for not having any chemical leavening agents.

Among the most popular of these recipes were the Crawlers, Gingerbread, Macaroons, and Tangled Pantaloons. Martha Mary identified "Mrs. Figgatt," Charlie's mother, as the source of her recipe for Soft Ginger Bread. In a letter to Nannie dated Dec. 27, 1859, her mother wrote "Friday, I made half a bushel of tangle britches [i.e., pantaloons] for the children."

TRANSCRIBED RECIPES

1. CRAWLERS [Crullers] [separate stationary]
3 lbs of flour 4 oz. butter 1 pint of milk 1 pound of sugar 4 eggs a penny weight of Salaratus boiled in lard
2. CREAM PUFFS [separate stationary]
8 ounces of butter 4 of sugar 2 pints of milk 1 pound of Flour 15 eggs When the milk & Butter comes to a boil put in the flour Boil it until it gets thick. Then beat the eggs in well
3. DOUGH NUTS [separate stationary]
3 lbs of flour 2 of sugar 10 oz. butter 6 eggs ½ oz. Salaratus 6 gill of Ferment
4. DROP CASES
One and a half tea-cup sour milk, half a tea-cup cream, salt, one teaspoon Salaratus; stir quick with flour, and drop in a butter dripping pan.
5. GINGER BREAD [separate stationary]
1 quart of molasses ½ Pint of water ½ of butter 3 oz. ginger 1 oz. of Salaratus
6. GINGER NUTS [separate stationary]
16 lbs of flour 1 gallon molasses 2 lbs of sugar 4 of butter or lard ½ lbs of ginger 10 oz. of Salaratus
7. LEMON PIE
To 2 lemons take 1 lb. of sifted white sugar, grate well the rind from the lemons, 3 eggs, beat the yolks and sugar together very lightly, and add the juice of the lemons, add to this 1 pint of cold water, reserving sufficient to wet the flour smoothly, 1 good sized table spoonful and ½ of flour add the whites of the eggs beaten to a stiff froth, and the grated lemon peel. Bake between two crusts, the lower one thicker than the top which must be as thin as possible, be eaten half cold.
8. MACARONY [separate stationary]
2 lbs of sugar 1 flour 5 eggs ¾ of Almonds
9. MACAROONS [separate stationary]
3 lbs of sugar 1 of Almond whites of 16 eggs
10. SALLY LUNN
1 qt. of milk 1 pt. of yeast. ½ pound of butter 6 cups of sugar 1 oz. of salt. 12 eggs made into a stiff batter & let rise 4 hours & then baked in a hot fire.
11. SNAPS
6 lbs flour ½ gallon molasses 2 oz. butter 5 oz. ginger
12. SOFT GINGER BREAD
1 cup of butter 1 cup of sugar, 1 of molasses 1 of sour cream 3 eggs, ½ tablespoon of soda 2 tablespoons full of ginger. Flour until the spoon will almost stand alone. Mrs. Figgatt
13. TANGLED PANTALOONS [aka Tangled Britches]
12 eggs, 6 cups of brown sugar, 2 cups of melted butter or lard 4 [cups of] buttermilk or sour cream 3 tea spoons full of soda, 1 teaspoon full salt, 1 glass of wine or brandy made into a soft dough, cut into strips and fried in lard

Martha Mary's Bread Recipes



Rusks

1. EGG BREAD
2. BUNS
3. PRITCHARDS LIGHT BREAD
4. RUSKS
5. SODA CRAKERS

Martha Mary's recipe book has only five bread recipes. She had baked for her family for many, many years and did not need a recipe for the everyday baking she and her servants did. Martha Mary's recipe for Soda Crackers is for a large quantity infrequently prepared because they could be stored for a long time. The quantities were surprising—gallons of water and yeast, pounds of butter, leavening, and flour. The homemaker or servant had a difficult task mixing this bulk by hand.

Nannie's contemporary and neighbor, Letitia Burwell wrote, "the first specialty being a good loaf bread, there was always a hot loaf for breakfast, hot corn bread for dinner, and hot loaf for supper." She also wrote that "there were incomparable rice waffles, beat biscuit, and muffins, and laplands, and marguerite and flannel cakes, and French rolls, and velvet rolls and lady's fingers, constantly brought by relays of small servants, during breakfast, hot and hotter from the kitchen."¹⁴⁶

TRANSCRIBED RECIPES

1. EGG BREAD
1 Qts of Flour. 4 Eggs. 4 good sized Irish Potatoes. 1 Ounces of Butter. As much good yeast as is necessary to make it rise. To be made with water, not so stiff as ligh [sic] bread dough. The Potatoes are boiled mashed & strained through a cullender & then the ingredients are mixed together, baked (& to those who like it) & eaten, and if made right no one can help liking it.
2. BUNS
1 pt. yeast, pt. of milk, 2 oz. of butter 4 oz. of sugar 5 eggs ½ oz. salt, 3 pounds of flour. Let rise 4 hrs & bake in a hot fire
3. PRITCHARDS LIGHT BREAD
Part I. The evening before you want to bake, take one quart of potatoes, wash them clean, and boil them with the skins on in a quart of water, so that when done there will be left a half pint of water in the potatoes; you will then take a clean vessel, put a half pint of flour in it, then pour in

146. Burwell, *A Girl's Life*, p. 39-41.

the potatoes and skins and the half pint of boiling that the potatoes were boiled in boiling hot and mash and mix well then add one quart of cold water putting in a little at a time, stirring all the time, and when well mixed, add a pint of hop yeast and let it stand until morning. This is called the firment.

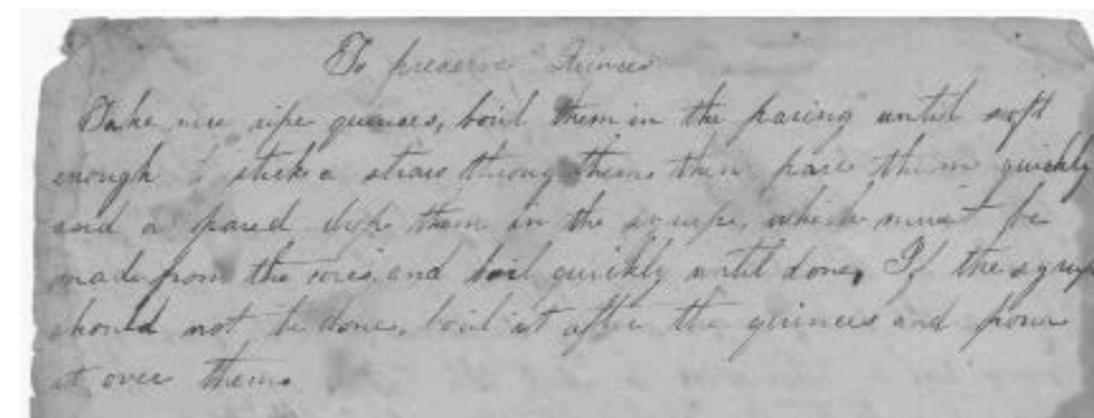
Part II. In the morning you will have your flour ready in the vessel, in which you make your bread leaving a ____ in one end to set your sponge; ____ th flour light to keep the foment from

4. RUSKS

3 eggs & 1 cup sugar beaten light, 1 pt. new milk. 1 tea cup new yeast, a lump of butter (melted) size of an egg. Dough like light-bread & made out the same way.

5. SODA CRACKERS [separate stationary]

3½ gallons water 1½ yest 10 lbs of butter 10 oz. Salastus 8 oz. of salt 100 lbs of Flour

Martha Mary's Fruit/Preserves Recipes

To Preserve Quinces

1. MUSK MELON PRESERVES
2. TO PRESERVE QUINCES
3. STRAWBERRY SYRUP

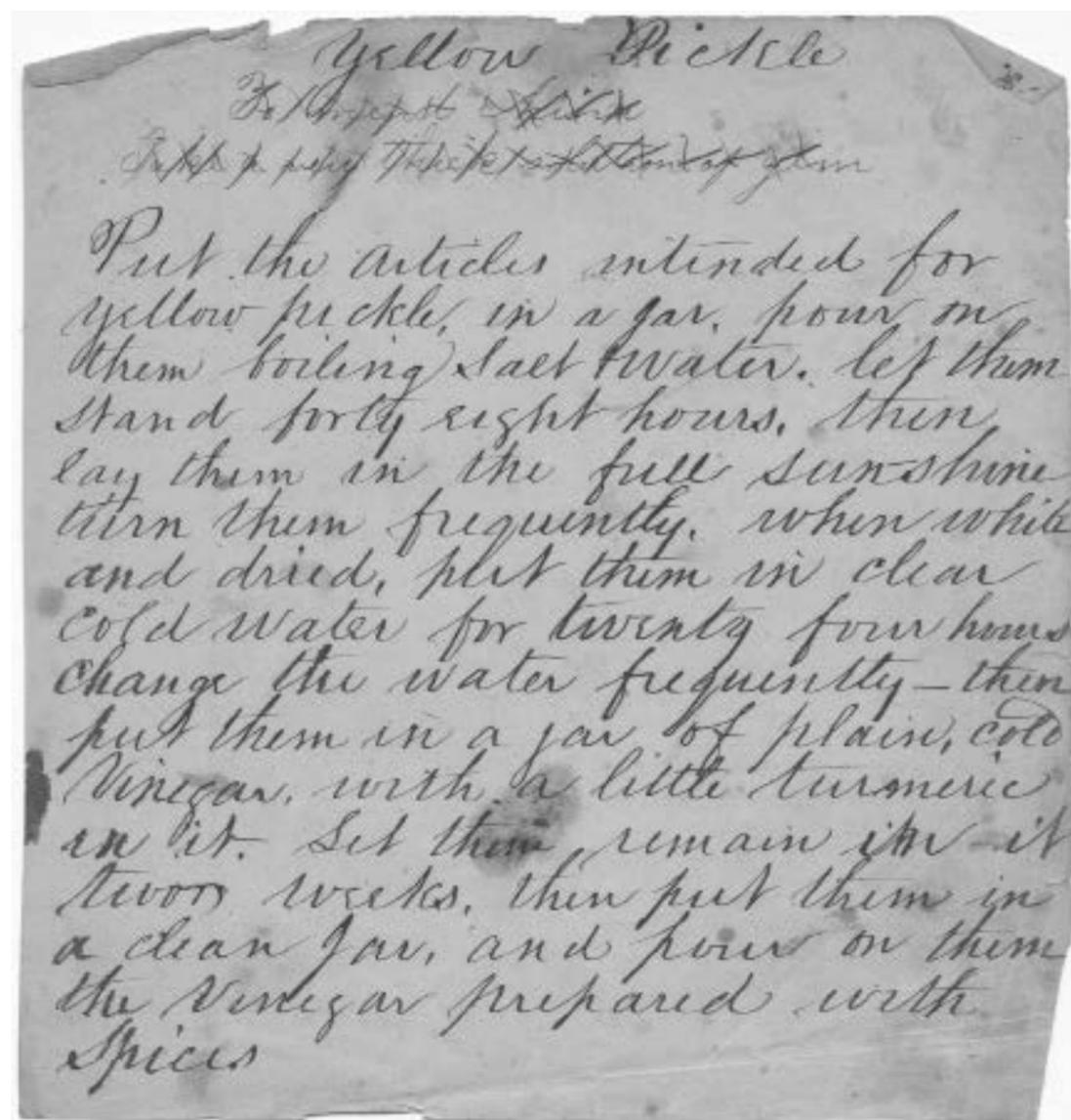
Martha Mary had access to a great variety of fruits and vegetables in Fincastle. Making preserves and jellies and canning fruits required large amounts of expensive sugar. But the preserved fruit made it possible for her family, including her soldier sons, to have fruit in the off seasons and during the war. These three recipes are noteworthy not only for their ingredients but for their instructions.

TRANSCRIBED RECIPES

1. **MUSK MELON PRESERVES**
Take ripe Musk melon, cut in square blocks, put them in weak brine, & let them remain four days. Then soak them in clear water one hour, alum water one hour, and again clear water one hour. Make rich syrup, to one pound of fruit, add a pound and a half of sugar and boil two hours in the syrup.
2. **TO PRESERVE QUINCES**
Take nice ripe quinces, boil them in the paring until soft enough to stick a straw through them, then pare them quickly and as pared drop them in the syrup, which must be made from the cores, and boil quickly until done. If the syrup should not be done, boil it after the quinces and pour it over them
3. **STRAWBERRY SYRUP**
A layer of Strawberries, and one of Sugar, and let them stand 24 hours. Pour off the juice and press the berries until all the juice is out. Then to 9 quarts of juice take 28 lbs of powdered sugar. Put in a kettle and set on the fire until all the sugar is dissolved. Then put in bottles to every quart of Syrup put 1 tablespoon of Brandy. Cork and seal it and it is ready for use.

Martha Mary's Vegetable/Pickling Recipes

TRANSCRIBED RECIPES



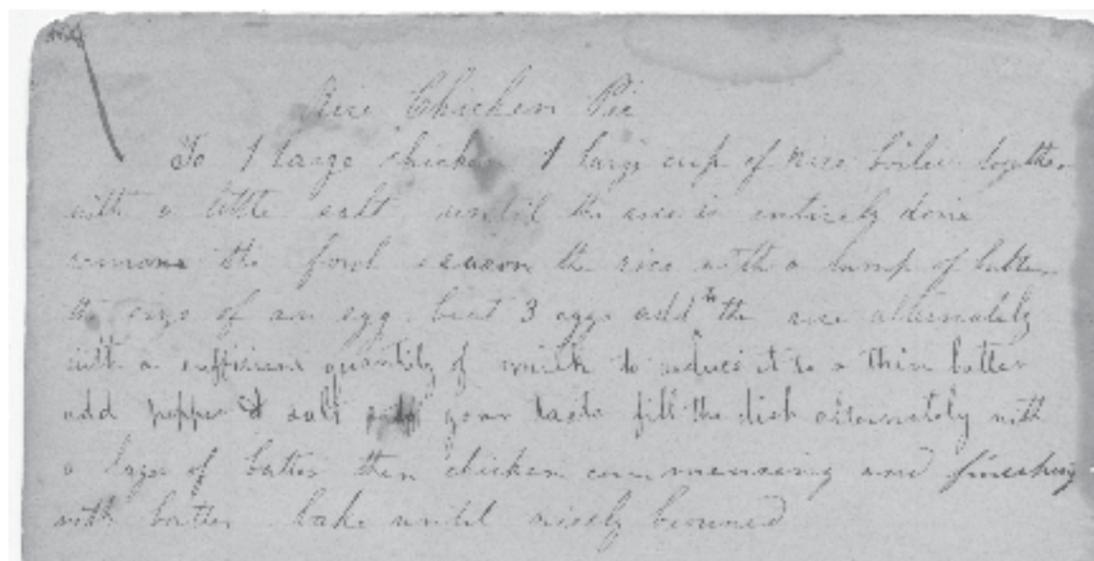
Yellow Pickle

1. PICKLED EGGS
2. SLICED CABBAGE PICKLE
3. SISTER ANN'S CABBAGE PICKLE
4. YELLOW PICKLE

There is a misconception that vegetables were over-cooked during early days in the South. Mrs. Randolph gave the exact cooking time for many vegetables and instructions for using herbs. Martha Mary's recipes used many herbs and spices, which were imported and expensive. See Table 2 for a complete list of ingredients in Martha Mary's recipes.

1. **PICKLED EGGS**
Boil the eggs until very hard; when cold, shell them, and cut them in halves lengthways. Lay them carefully in large-mouthed jars, and pour over them scalding vinegar, well seasoned with whole pepper, allspice, a few pieces of ginger, and a few cloves of garlic. When cold, tie up closely, and let them stand a month. They are then fit for use. With cold meat, they are a most delicious and delicate pickle.
2. **SLICED CABBAGE PICKLE**
Cut your cabbage as you would for slaw, put it in a jar, with salt sufficient, let it stand for 24 hrs, then spread it on a table in the sun until it is well drained. Peel & slice about a quart of cucumbers, chop up about a pint of onions. Ingredients
1 qt. of sliced cucumbers
2 gallon's of sliced cabbage
1 one box of mustard well mixed
1 pt. of chopped onion
½ [pt.] of mustard seed
4 table spoons of tumerick
Cloves, mace, pepper, ginger, nutmeg, sufficient to season highly
2 lbs of brown sugar, mix all these
3. **SISTER ANN'S CABBAGE PICKLE**
Cut the cabbage in the evening as small as you wish it. Put it in a jar a layer of salt & one of cabbage. Pour boiling water over it, tie it up tightly. The next morning, use a pint of salt & twelve small onions to a gallon of vinegar. Next morning drain the cabbage through a colander, lay it in the sun on a cloth to dry, ½ hour. Then have some good vinegar, turmeric & seasoning in your kettle, when it comes to a boil, scald your cabbage in it, not too much at a time, as it scalds lay it on a dish til all is done, then have three pods of red peppers black pepper, ginger, spice, cloves; mace horse radish, scraped & sliced, black & white mustard seed some celery stems cut in small pieces. 1 teacup of sugar, mix all together, then put a layer of cabbage & one of spices, four bags of tumeric, to put in through the jar then pour cold vinegar over it.
4. **YELLOW PICKLE**
Put the articles intended for yellow pickle in a jar, pour on them boiling Salt & water. Let them stand forty eight hours, then lay them in the full sun-shine turn them frequently, when white and dried, put them in clear cold water for twenty four hours change the water frequently — then put them in a jar of plain, cold vinegar, with a little turmeric in it. Let them remain in it two weeks, then put them in a clean jar, and pour on them the vinegar prepared with spices.

Martha Mary's Meat Recipes



Rice Chicken Pie

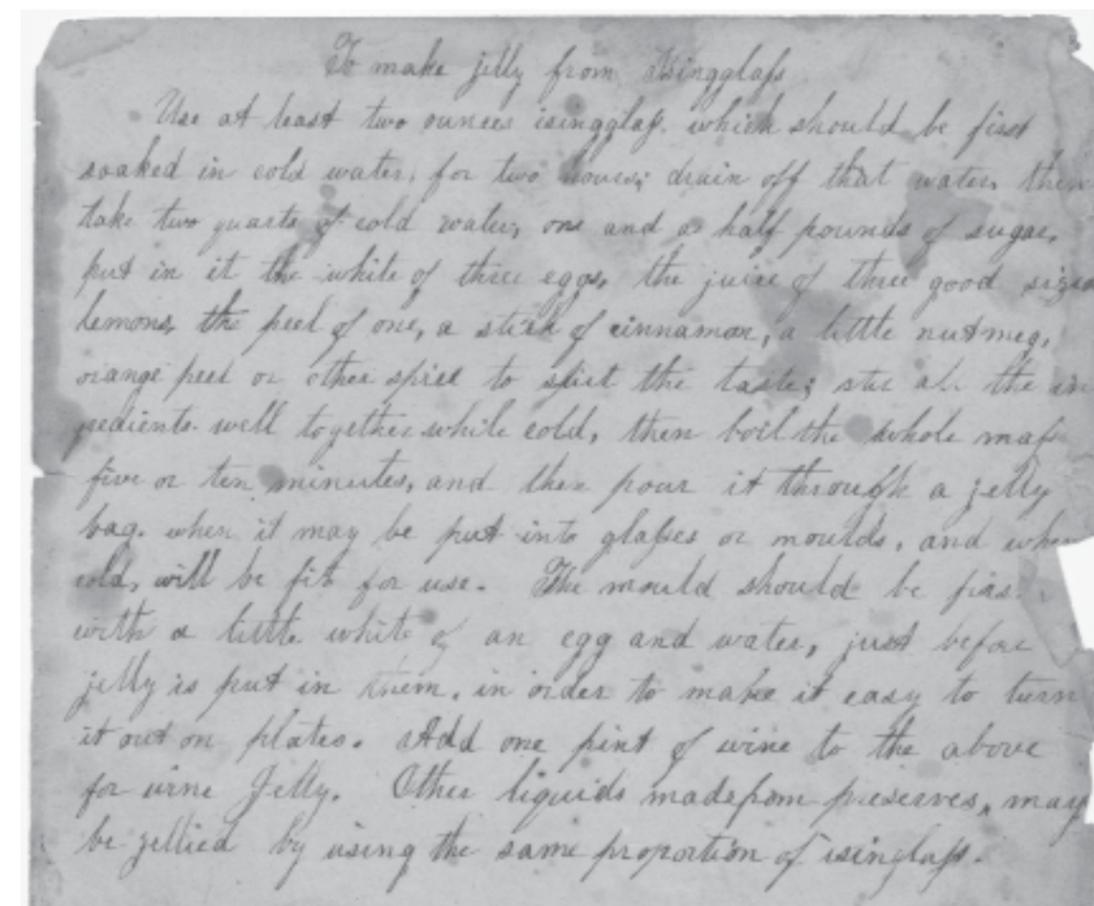
1. BEEF SALTED OR CORNED BEEF
2. RICE CHICKEN PIE

The Rice Chicken Pie recipe could have been a family favorite. The Salted Beef or Corned Beef Recipe is for preserving 100 lbs. of beef. In addition to these, Martha Mary undoubtedly knew many meat recipes by memory so she did not need to have written recipes to prepare them. Routine cooking of breads, vegetables, or simple meats were not included among her recorded recipes.

TRANSCRIBED RECIPES

1. BEEF SALTED OR CORNED BEEF
For each hundred weight take 1 galn coarse salt ¼ lb. saltpeter, same of saleratus 1 qr't malassus or 2 lb. brown sugar, mace cloves and allspice may be added for spice Beef Strew some of the salt in the bottom of a tub then beef and salt alternately until used. Let it remain one night dissolve the other ingredients in a little warm water, put it over the meat and water enough to cover the meat. Lay a board on it to keep it under the brine
2. RICE CHICKEN PIE
To 1 large chicken 1 large cup of rice boiled together with a little salt until the rice is entirely done remove the fowl season the rice with a lump of butter the size of an egg, beat 3 eggs add to the rice alternately with a sufficient quantity of milk to reduce it to a thin batter add pepper & salt to your taste fill the dish alternately with a layer of batter then chicken commencing and finishing with batter bake until nicely browned

Martha Mary's Beverage and Miscellaneous Recipes



To make jelly from Isinglass

- | | |
|-----------------------|----------------------------------|
| 1. BLACKBERRY CORDIAL | 5. TO MAKE JELLY FROM ISINGGLASS |
| 2. BLACKBERRY WINE | 6. MINCE MEAT |
| 3. BLACKBERRY WINE | 7. PHILADELPHIA YEAST |
| 4. HOP YEAST | 8. YEAST |

Although Martha Mary included three recipes for yeast, her recipes often listed saleratus for leavening. She also included a recipe for making jelly with Isinglass, which produced a gelatin-type product (see Glossary).

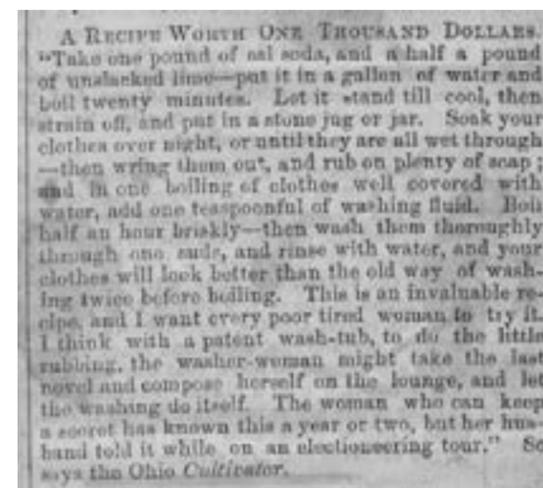
Martha Mary's mincemeat recipe requires expensive ingredients. Such a recipe would have only been prepared for special events and holidays.

Like most housewives, Martha Mary included brewing wine among her activities. Her book has three recipes for making spirits from blackberries, which were locally available.

TRANSCRIBED RECIPES

1. **BLACKBERRY CORDIAL** [separate stationary]
 Recipe – To half a bushel of blackberries, well mashed, add a quarter of a pound of allspice, two oz. cinnamon, two oz. cloves. Pulverize well, mix, and boil slowly until properly done; then strain or squeeze the juice through flannel, and add to each pint of the juice one pound of loaf sugar. Boil again for some time, take it off, and, while cooling add half a gallon of best cognac brandy. Done, for an adult, half a gill to a gill, for a child, a teaspoonful or more, according to age.
2. **BLACKBERRY WINE**
 Take ripe blackberries, or dewberries, and after pressing out the juice let it stand for 36 hours to ferment. Then skim off the risings. To every gallon of juice, add one quart of water, and 3 pounds of common brown sugar. Let it stand for 24 hours open, then put it in a keg or barrel, and in 3 months rack it off, and bottle for use, corking the bottles tightly
3. **BLACKBERRY WINE**
 Take either ripe blackberries or dewberries and press out the juice let it stand thirty four hours to ferment then skim off the risings. To every gallon of the juice add one quart of water and three pounds of brown sugar. Let stand open for twenty four hours longer. Then barrel. Rack off in three months.
4. **HOP YEAST**
 Into 3 quarts of boiling water put 1 pint of hops tied up in a muslin bag. Add one table spoonful of salt & boil ½ an hour. Then in another vessel, stir a pint of Flour into a smooth paste with cold water. Take out the bag of hops & stir the paste into the hop water, which is still over the fire. Let it come to a boil, stirring all the while. When nearly cold, add a pint of old yeast. After 24 hours it is ready for use. A ½ teacup full of yeast, is enough for a loaf of bread Jane E Duffree
5. **TO MAKE JELLY FROM ISINGGLASS** (see Glossary)
 Dissolve 2 ounces isinglass in 2 quarts of boiling water. When cold, add juice of 3 lemons and skin of 2, whites of 3 eggs, well-beaten, 1½ lbs sugar, 1 point cider, flour pieces of cinnamon, 8 blades of mace. Let it boil well. Be careful not to stir after the ingredients are thoroughly mixed. Let it stand 10 minutes after removing from the fire, and just before straining pour in a pint of wine. [From *Housekeeping in Old Virginia*, Marion Cabell Tyree, 1879]
6. **MINCE MEAT**
 Four pounds of suet, four pounds currants, two pounds raisins, three pounds sugar, eight lemons, one-fourth of a pound of candied peel and a few apples.
7. **PHILADELPHIA YEAST**
 Grate 2 large potatoes & boil in three pts of water. Boil a handful of hops in two pts of water & strain them ash the hops with one pt. of water. Then mix the boiled potatoes and hop water together & stir in one good sized teacup full of salt and of brown sugar, and let them cool. Then take of strong mixture one pint, and add one pt. of yeast to air and let it rise. Then pour all together and keep moderately warm to rise. Keep it in a cool place for use
8. **YEAST**
 Boil a pint bowl full of hops in two gallons of water, strain and add to tea-cup full of flour, one of brown sugar, and a teaspoon full of salt, no yeast is required to raise it. Let it stand three days in a warm place and it will then begin to foam. Then boil three pounds of potatoes, mash fine add them to the yeast & stir the whole well together, then put it into a _____ & cork tight & set in a cool place. It should be made at least two weeks before using & it will keep good any length of time & grow better all the while. A small teacup ful is sufficient for six loaves of bread.

Martha Mary's Household Hints



A Recipe Worth One Thousand Dollars

- | | |
|--|---|
| 1. BURNS AND SCALDS | 11. [COLORINGS] |
| 2. CAMPHOR OINTMENT | 12. RECIPE FOR PREPARING THE CEMENT |
| 3. [HEALTH — EMETIC] | 13. A RECIPE WORTH ONE THOUSAND DOLLARS |
| 4. SURE REMEDY FOR FELON | 14. SELF-SEALING FRUIT CANS |
| 5. HOW TO COLOR BLUE | 15. HOW TO DO UP SHIRT BOSOMS |
| 6. BLUE ON WOOLEN, YARN OR GOODS | 16. SILVER DOOR PLATES |
| 7. TO COLOR COTTON BROWN | 17. SOFT SOAP |
| 8. TO COLOR RED | |
| 9. THE 1 st RECIPE REDUCED TO 1/6 | |
| 10. ANOTHER RECIPE FOR COLOURING RED | |

In addition to her large collection of recipes for cakes, puddings, and other desserts, Martha Mary also collected many household hints. She had been managing a large household for many years; her needs were different from those of a newly married woman like Nannie when she copied her recipes. Recipes useful to her household included medicinal recipes, tips for coloring fabric, sealing jars for food preservation, making soap, and cleaning silver door plates.

Throughout the letters and diary, there is a variety of tasks mentioned for which the homemaker was responsible. Martha Mary cared for her family during illnesses and helped when friends and neighbors were ill. She was the manager of all household duties, while she was busy with young children at home.

There are seven recipes for coloring fabric and clothes. Among the Figgat/Godwin correspondence there were several references to making clothing and household items. Martha Mary and her daughters colored or dyed the clothes and household items they sewed. She also had clipped an article for a process to gloss linens and shirt fronts, "How to Do Up Shirt Bosoms."

Martha Mary's recipes in this grouping have many ingredients that stand out and would be very unusual in household use today. For example, the recipe "To Color Cotton Brown" calls for "ooze of Sumak stalks, copperas, Cabeehue, Bromabe of Potash." Another recipe "To Color Red" lists muriatic acid, sulphuric acid, block tin, and laek. These ingredients were available from druggists in the 1800s. Today com-

mercial dyes are available for coloring fabric and ease the task. See the Glossary to identify compounds in Martha Mary's household recipes.

The two recipes for canning food have no resemblance to today's equipment for preserving food. Jars were sealed with homemade cement, which Martha Mary included as a recipe. The hot fruit was poured into a jar; then the lid was put on with cement. To open the jar, the cement was softened with a hot flat iron. Although this was a time consuming process, it was an important one for extending the supply of fruit and vegetables.

The medical mixtures among her recipes are for burns and scalds, camphor ointment, emetic, and felons. Not only did she prepare a remedy but she also administered it. To thoroughly analyze Martha Mary's Household Hints recipes, a pharmacology background or reference would be helpful. Two of our best pharmacology references were Susan Brock, a registered pharmacist, and Karen Hess's transcription of Martha Washington's *Book of Cookery* and *Book of Sweetmeats*. Hess provides a well-researched section on medicinal recipes, flavored waters, and herbs. She has also written about the health and diet beliefs in the context of that period of history, using the Oxford English Dictionary and John Gerard's 1597 *The Herball*. Hess warns, "The medicinal recipes are strictly for the pleasure of learning about our past."

TRANSCRIBED RECIPES

1. BURNS AND SCALDS (clipping)

Among the most numerous cases brought into the surgical wards of charity hospitals, everywhere, may be reckoned the injuries received by burns and scalds, which, when extensive, are too often fatal. In the treatment of these injuries we have had great experience and uniform success, when the patients were brought in soon after the injury. No fatal case of recent but or scald has occurred in the hospital

2. CAMPHOR OINTMENT (clipping)

Scrape into an earthen vessel 1-1/2 ounces of sperma ____ and half an ounce of white wax, and six drachmas of powdered camphor and four tablespoons of the best olive oil. Let it stand near the fire until it desolves, stirring it well when liquid. Before retiring put the ointment on the hands, also before washing them, use soap as usual

3. [HEALTH – EMETIC]

____ 1/2 lb. each

Seneka root bruised

Scilla [root bruised]

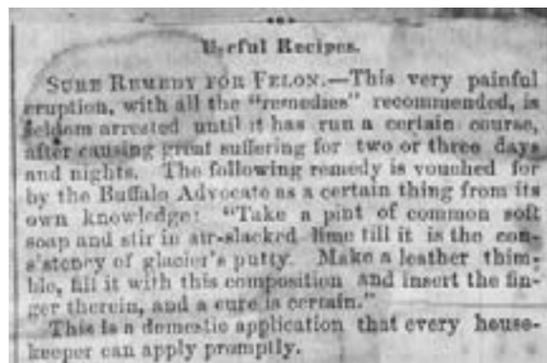
Aqua or Water

Boil over slow fire till the water is half consumed— strain [tear] the liquor then add— Straines [tear] ney 4 lb. boil down to 6 lb. then [tear] to any lb. of the syrup ____ [tear] ____ of tart. Emetic

4. SURE REMEDY FOR FELON (clipping, pictured)

This very painful eruption, with all the "remedies" recommended, is seldom arrested until it has run a certain course, after causing great suffering for two or three days and nights.

The following remedy is vouched for by Buffalo Advocate as a certain thing from its own knowledge: "Take a pint of common soft soap and stir in air-slacked lime till it is the consistency of glacier's putty. Make a leather thimble, fill it with this composition and insert



the finger therein, and a cure is certain." This is a domestic application that every housekeeper can apply promptly.

5. HOW TO COLOR BLUE

Take one ounce of pulverized Indigo, into 3 oz. Oil of Vitriol The bottle should not be more than one third full, as it sometimes ferments. Let it stand, at least two weeks the older the better. Shake it well, once a day for a week or more: if too thick, add water. This mixture with water, and alum, will color any shade of blue in five minutes.

6. BLUE ON WOOLEN, YARN OR GOODS

For 7 lb. of yarn or goods it will require the following drugs, 1/4 lb. best Bengal Indigo 2 oz. of Madder 1/2 Potash 1 quart Wheat Bran. Use the same proportions for any number of pounds. Prepare your Copper with 7 gals of water and boil for two hours 2 oz. madder and one quart wheat bran, then draw your fire and dissolve 1/2 lb. of potash in your copper. When completely dissolved let stand 'til your liquor comes below a scalding heat then pour it copper 1/4 lb. of Indigo ground a fine as oil. Rake up your dye well and cover close and let stand for 12 hours keeping up the heat all the time so you can just bear the hand in it. Mind to rake up the dye once every 2 hours and keep your vat covered close all the time so that no air will get to your dye. In twelve or fifteen hours your dye will be fit to work.

7. TO COLOR COTTON BROWN

To color 5 lbs of cotton, first make a strong ooze of Sumak stalks, boil the yarn one hour, take out wring & shake well, then with 1/2 lbs of Blue Stone or copperas, water hot, put the cotton in for five minutes, Take it out wring & shake well, have ready two tubs with 10 gals of rain water in each dissolve one pound of Cabeehue in one tub; 1/2 lbs of Bromabe of Potash in the other, dip the cotton first in the Cabeehue tub then in the Bromabe of Potash until you have the cotton as deep as you wish it.

8. TO COLOR RED

For twenty pounds of yarn have 3 lbs of Muriatic acid, 2 oz. of Sulphuric, 10 oz. of block tin, and two lbs of Laek. Have in a brass kettle rain water enough to wet very well any quantity of yarn you wish to colour. While it is heating let a bag containing wheat bran hang in the water until it becomes soft and somewhat starchy. After you take it out, throw in half the Laek, and one-third of the acid. Before you put in the yarn, it must be entirely free from grease, soap, and thoroughly wash either in warm or cold water. Use a wooden stick for stirring. If the color should be too deep, weaken it with rain water if not deep enough, add more of the Laek, if not bright enough add more acid. Make your scarlet first, then the shades of rose and pink. Then hang a bag of ground black oak or hickory bark for yellow or orange and boil a few minutes. If there should be too much of the red in the dye of a clear yellow throw out a part and add more rain-water. As soon as you get the shades you like, wash in cold water until you do not taste the acid on the yarn at all, and dry without exposing to too hot sun. These articles are all got at Druggists. Be careful not to let the acid touch your clothes.

9. THE 1st RECIPE REDUCED TO 1/6

1/2 Muriatic Acid 1/4 Sulphuric Acid 1 oz. and 40 Grs of Block Tin 1/4 oz. Laek. I E Gum Shellack

10. ANOTHER RECIPE FOR COLOURING RED

One teaspoonful of Cochineal, the same of Alum, the same of Soda, the same of Cream of tartar and three tablespoonsfull of boiling water

11. [NO TITLE: COLORINGS]

Take Red, white & Black Oak Bark, Pine Bark & Black Walnut Bark. Boil the cotton & dip in weak Copper as water, then put it in the dye and boil 6 hours. Take the cotton out and let it cool.

Put into the dye a small quantity of Copperas, & boil the cotton again in the dye one hour. Take it out and dry it and dip it in Lye & wash it

12. RECIPE FOR PREPARING THE CEMENT

To every ounce of Shel-lac, (or Seed-lack being cheaper is commonly used,) add one and a half ounces of rosin, which can be procured at any tinner's shop, reduce all to a fine powder. Melt over a moderate fire and apply as wanted.

If two ounces of rosin is added and a little beeswax melted with the cement it is an improvement.

13. A RECIPE WORTH ONE THOUSAND DOLLARS (clipping)

Take one pound of sal soda, and a half a pound of unslaked lime—put it in a gallon of water and boil twenty minutes. Let it stand till cool, then strain off, and put in a some jug or jar. Soak your clothes over night, or until they are all wet through—then wring them out, and rub on plenty of soap; and in one boiling of clothes well covered with water, add one teaspoonful of washing fluid. Boil half an hour briskly—then wash them thoroughly through one suds, and rinse with water, and your clothes will look better than the old way of washing twice before boiling. This is an invaluable recipe, and I want every poor tired woman to try it. I think with a patent wash-tub, to do the little rubbing, the washer-woman might take the last novel and compose herself on the lounge, and let the washing do itself. The woman who can keep a secret has known this a year or two, but her husband told it while on an electioneering tour." So says the Ohio Cultivator.

14. SELF-SEALING FRUIT CANS (clipping)

Take a common fruit jar with a tin cover made like a shoe black box, the jar and the cover will probably cost twelve cents, and hold a quart. Any of the cements that are used for sealing cans or jars will do this. Heat your fruit either in the jars, (or in a preserving kettle would be preferable,) and pour in the jars, previously warming them. Now pour enough of cement in the cover to give the bottom and side a thin coat. When the cement becomes slightly stiff, apply the cover over the jar, the jar having been well filled, and turn the jar upside down and here is the invention. As fruit jars have a lip, you have a little trough to fill with cement and the work is done. Let your jars get cold, standing on the covers, and put them away in the same position.

15. HOW TO DO UP SHIRT BOSOMS (clipping)

We have often heard ladies expressing a desire to know by what process the fine gloss observable on new linens, Shirt Bosoms, &c, is produced; we here give a recipe for making Gum Arable Starch.

Take 2 ounces of fine white gum arabic powder, put into a vessel and pour on it a pint of boiling water, according to the thickness you desire, and then cover it, let it stand all night. In the morning pour it carefully from the dregs into a clean bottle, cork it, and keep it for use. A tablespoonful of this gum water, stirred into a pint of starch that has been made in the usual manner, will give to (lawns [i.e., fine linen or cotton fabric] either white or printed,) a look of newness when nothing else can restore them after washing.

16. SILVER DOOR PLATES (clipping)

We notice the following item in an exchange, and we would make a suggestion not continued in the paragraph, namely, that the ammonia would be very weak—about two teaspoonsful of ammonia to a teacup of water.

Housekeepers will, without doubt, thank us for informing them that the black sulphide of silver, which forms on plated and silver wares, door plates and knobs, may at once be removed by wiping the surface with a rag wet with aqua ammonia, and without the trouble of rubbing and scouring with polish powders.

It may be well also to inform them, that this black film, which forms on silver exposed to sulphide of hydrogen, is no evidence that the silver is impure, for it forms as quickly on fine silver as on

that which is alloyed with copper. We have known instances of good silver plate having been returned to the manufacturer, because it had been wrapped up in flannel, and we had occasion to explain that the sulphur came from the flannel and would act with equal readiness on the finest silver.

After rain, much sulphide of hydrogen is disengaged from the soil of our streets, and it then blackens silver door plates very quickly. This black film, as before observed, is most readily removed by means of aqua ammonia. The same agent will be found very useful in cleaning gold chains and jewelry.

17. SOFT SOAP [separate stationary]

Dissolve fifteen pounds of common cheap hard soap in fifteen gallons of hot water, and let it cool. Then dissolve fifteen pounds of Sal-Soda in fifteen gallons of hot water, add Six pounds of unslaked lime, and boil twenty minutes. Let it cool and settle, and then pour off the clear liquor very carefully and mix it with the Soap Solution. It improves it very much to add one quart of alcohol after mixing the two Solutions. Smaller quantities can be made in the same proportions. If too strong, add water to suite.

Springfield, Monroe Co., W. Va. June 7th 1867

“Autographs”

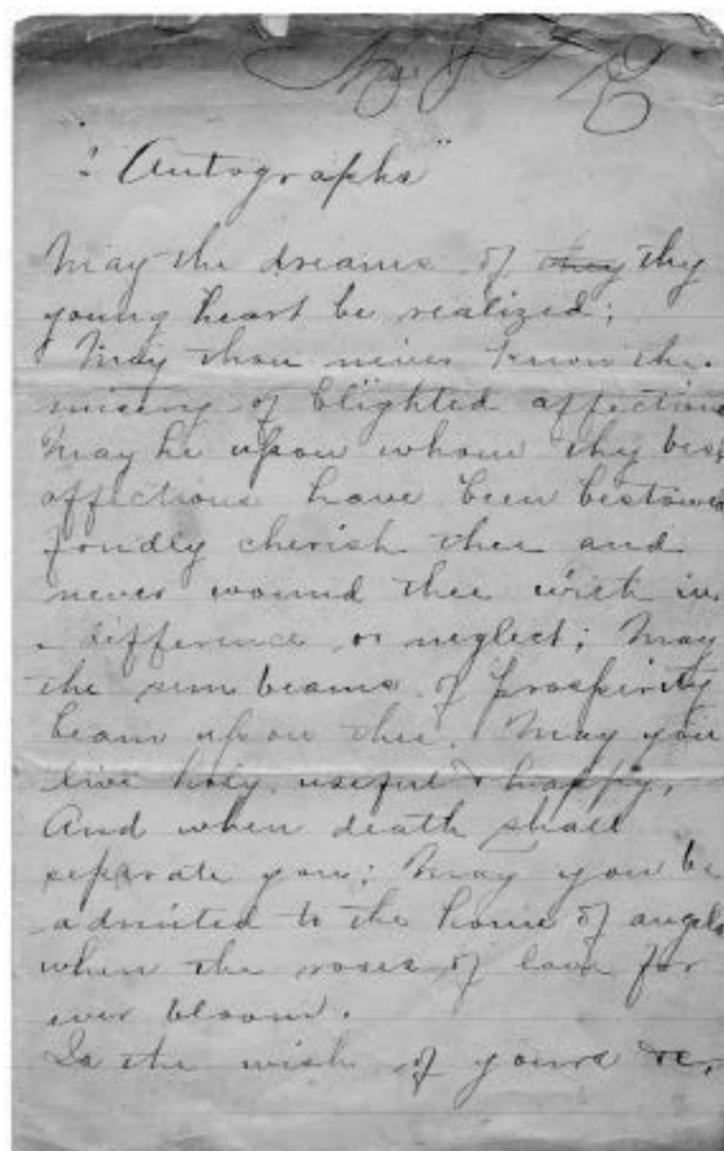
Tucked into the back of Martha Mary Godwin’s recipe book are two sheets of notepaper labeled “Autographs.” In large letters at the head of the first page is “Ms J S R”. There are ten sentimental messages, pieces of verses, and moral lessons. At least some of the autographs were copied from contemporary published sources, such as school readers, almanacs, and books of sentimental verses.¹⁴⁷ These autographs were not written in the same hand as Martha Mary’s correspondence.

May the dreams of thy young heart be realized;
 May thou never know the misery of blighted affection
 May he upon whom thy best affections have been bestowed fondly cherish thee and never wound thee with indifference or neglect; May the sun beams of prosperity beam upon thee. May you live holy, useful & happy,
 And when death shall separate you;
 May you be admitted [sic] to the house of angels when the roses of love for ever bloom.
 Is the wish of yours &c.

All but the last line of this autograph may have been copied from “The Bride at the Alter” by Miss A. Crofut published in 1850 in *The Ladies’ Repository*, p. 283.

A favorite thou wilt always be
 Forget thee, I can never,
 Friendship here I pledge to thee
 And will think of thee forever.

May all your youthful days be spent in peace, prosperity and happiness. May not one single load of sorrow arise to mar your pleasures in this life. And when the evening of life draws near May all who know you be able to say of you “None knew her but to love her, none named her but to praise” And when reflecting in after years over your many pleasant pastimes will you not think one moment of one who loves you sincerely Your true & loving friend,



And

May no cloud ever dim the horizon of your happy youth and may the sunshine of happiness & prosperity light your declining pathway with electric brilliancy.
 May thy darkest hour in life be well lighted with the sunshine of contentment.

Drake, Janet. *Wedding Bells Out of Tune*, p. 17.

In the golden chain of your memory, may one link bear the name of your friend.

Whatever life may be or bring,
 In May-time, or December,
 The sweetest burden of its song
 Will always be “Remembered”

A popular verse published in at least two other autograph books.

- Josephine Deddens, 1894, Louisville, Kentucky
<http://mimismotherlytips.wordpress.com/2011/05/03/school-day-memories-from-1894-part-1/>
- Ida A. Clifford, 1880, Iowa
<http://freepages.genealogy.rootsweb.ancestry.com/~myfamilyofangels/scanneditems/page36.jpg>

In memory’s leaves,
 I fondly squeeze,
 Three little words,
 Forget me not
 Forget me not

In memory’s wreath may one bud be entwined for “me.”

Ogilvie, J. S. (John Stuart), comp. *The Album Writer’s Friend*. New York: Ogilvie & Co., 1881. p.22. <http://www.ebooksread.com/authors-eng/j-s-john-stuart-ogilvie.shtml>

Live for those who love you,
 For those whose hearts are true
 For the Heaven that smiles above you
 And the good that you may do.

This verse was sited in “Autograph Albums in the Ozarks,” p. 187.

May thou be blessed with all that Heaven can send
 Long health, long life, long pleasure & a (very long) friend

147. *Journal of American Folklore*, vol. 61, no. 240, p. 182.

Summary of the Food and Hospitality of the 19th Century Figgat/Godwin Families

Based on documentary records from Virginia Tech's Southwest Virginia Counties Collection and corroborating primary and secondary resources, we have interpreted the cuisine of the Godwin and Figgat families and provided a glimpse into the food culture of 19th century in southwest Virginia.

The manuscript recipe books of Nannie Figgat and Martha Mary Godwin provided us with the ingredients, equipment, and food practices available to them. The Estate Wills of Nannie's mother-in-law, Susan W. Figgat (1884), as well as Nannie's mother's (1892), list the kitchen and dining room equipment and furniture owned by the two families. These indicate that gentry families owned a variety of equipment for preparation of a medley of recipes. Nannie's diary mentions foods, activities such as dining at home, socials for soldiers on leave, and invitations to dine with friends. Dining is mentioned in correspondence as being between 3 and 4 pm, which was typical for many homes and plantations in the 1800s.

Many of Nannie's recipes were difficult to prepare and required expensive ingredients. Her handwritten recipe book has a greater variety of recipes than does her mother's recipe book. Damon Fowler, editor of *Dining at Monticello*, stated that 19th century southerners ate a veritable smorgasbord and that rural southern cooks were more cosmopolitan in their culinary knowledge than has been previously thought. Nannie's recipes indicate her use of Mary Randolph's 1824 cookbook, *The Virginia Housewife*.

From their choices of recipes, Nannie and Martha Mary appear to have had an interest in recipes of English and French origins. The two had the same recipe for Molasses Pudding, which was called treacle pudding in England. Treacle became generally available in the 17th century.¹⁴⁸ Certain seasonings may also have been learned from their enslaved servants. Both the Figgats and Godwins had black servants according to the U.S. census records, and they shared housekeeping tasks.

The Botetourt County area continued to have a good supply of food and cooking ingredients throughout the Civil War. The families continued to have guests, some for extended visits. In addition to Nannie's diary, the diaries of two other young women living in Botetourt and Bedford counties, Lucy Breckinridge and Letitia Burwell, helped to document the variety of food available in the area. (See Table 6) However, while Nannie mentioned salt being distributed in March 1863, *The Daily Dispatch* for April 13, 1863, reported a salt shortage for cattle, sheep, and hogs, causing a loss to farmers in near-by Craig County.

The geographic location of Fincastle protected the families of the area from the battlefields of the war. However, they were confronted with serious diseases of the period, and worried about family members and friends serving in the Confederate Army. The food supply of families in Fincastle, Botetourt County and neighboring Bedford County did not appear to be negatively impacted during the war. Documentation from 1860s Botetourt County shows that the Godwins and the Figgats were of the gentry class and able to afford the selection of foods in their recipe books.

Nannie copied a number of beverage recipes, which demonstrates her interest and skill in brewing. Alcoholic beverages were a household staple in early Virginia and they were useful as a beverage, for medicinal purposes, and as ingredients in other recipes. Both Nannie and Martha Mary included recipes for food preservation, providing evidence of their knowledge of this skill.

The following section illustrates 1800's outbuildings where food was prepared and stored, photographs of Nannie and Martha Mary's recipes prepared in 2013, and full size reproductions of some pages from the recipe books, diary, and letters.

Color Illustrations

Retrospect and Prophecy

Fanny Johnston, *The Fincastle Herald*, 1885

All golden is her past;
Rich relics rare of dear and distant days
Their shadows cast
Upon her now, and fill our lips with praise.

In ante-bellum years she reached her prime--
Her brilliant fame spread far--
You should have known her in the good old time,
"Before the War"

Sweet fragrance of the old regime fills
Our town with Southern grace;
And makes our home, among Virginia's hills,
A charming place.

And yet, we must confess
The railroad came just near enough to slay
Our trade with Troutville six miles away,
We face distress.

The County Court
Meets here, and here forever let it meet;
Fincastle shall remain the County-seat
of dear old Botetourt.

Our name is widely known;
Far, far away, and from a warmer zone
Fair tourists come with spirits high and gay
And come to stay!

This is our lasting wealth;
The mineral water, and the bracing air,
The long romantic drives, with tonic rare,
Imparting health.

Fincastle sleeps upon her seven hills,
With fast closed eyes!
But she shall feel again life's magic thrills
She shall awake and rise!

Yes, yes, 'twill not be long
The iron horse shall neigh upon her streets;
While golden past with golden future meets
In one grand song.

No, reader, 'tis no joke!
The trolley cars shall run along these roads
Full cars, and all alive with living loads
From Roanoke.

The treasured past is gone;
With memories priceless, sacred, and sublime!
But we proclaim another glorious time;
Soon, soon to dawn!

148. *Farmhouse Cookery*, p. 237.

Richmond Aug 20. 1835

My Dear Martha

I have this moment arrived here & hasten to inform you that I landed in safety accompanied by my friends of Boston. Mr White of Salem & others who joined us on the way. The heat & dust made the trip a little unpleasant, but otherwise it was quite agreeable. I shall remain here to-morrow & leave next day for Philadelphia from which place you may expect to hear from me again.

I hope you & my dear little Ann are well - do keep the little creature again & again for me. The farther the old stage carries me from you the more I want to see you. I shall lose no time in doing my business & returning to the fond embraces of my dear Mother.

I write in great haste you will therefore excuse the brevity of this my first epistle. I am well & believe me to be affectionately
 your friend
 Charlie

Thomas G. Godwin's letter to Martha Mary Godwin, Aug. 20, 1835.



The Great Battle of the Antietam Valley.

Pinecastle Nov 27th 1863

My ever dear Husband:-

I had hoped to be cheered to-day by a letter from you, but I had something, must I say better than that? you would not be jealous would you? I charmed, when I say that you are from us too after the mail came in I did not think of not having received a letter from him who is dearer than a brother; when instead I welcomed a dear tho' from a 4 man's imprisonment!

Nannie's letter to Charlie on Union stationery, Nov. 27, 1863.

Sincastle Nov 18th 85

My dear children

I have wanted to write to you ever since I came home but I have many hinderences beside the difaculty I have in writing, must be my excuse

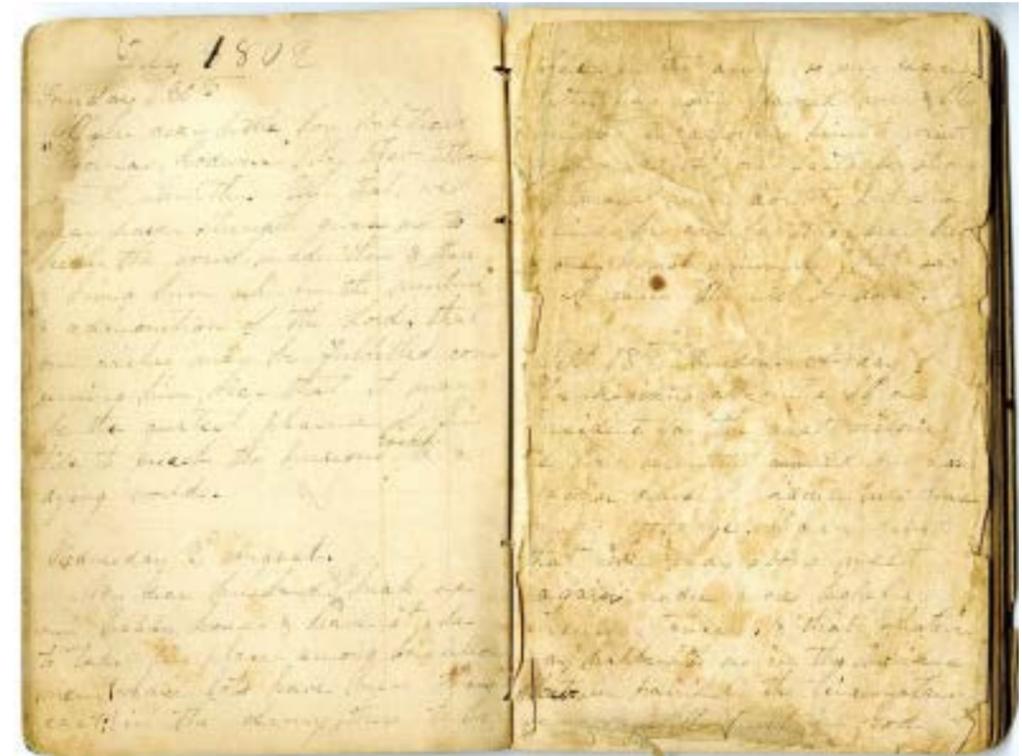
Mary, I am sorry that you and Mrs D are so unwell, but hope you both will soon be better.

I will send the patches the first chance.

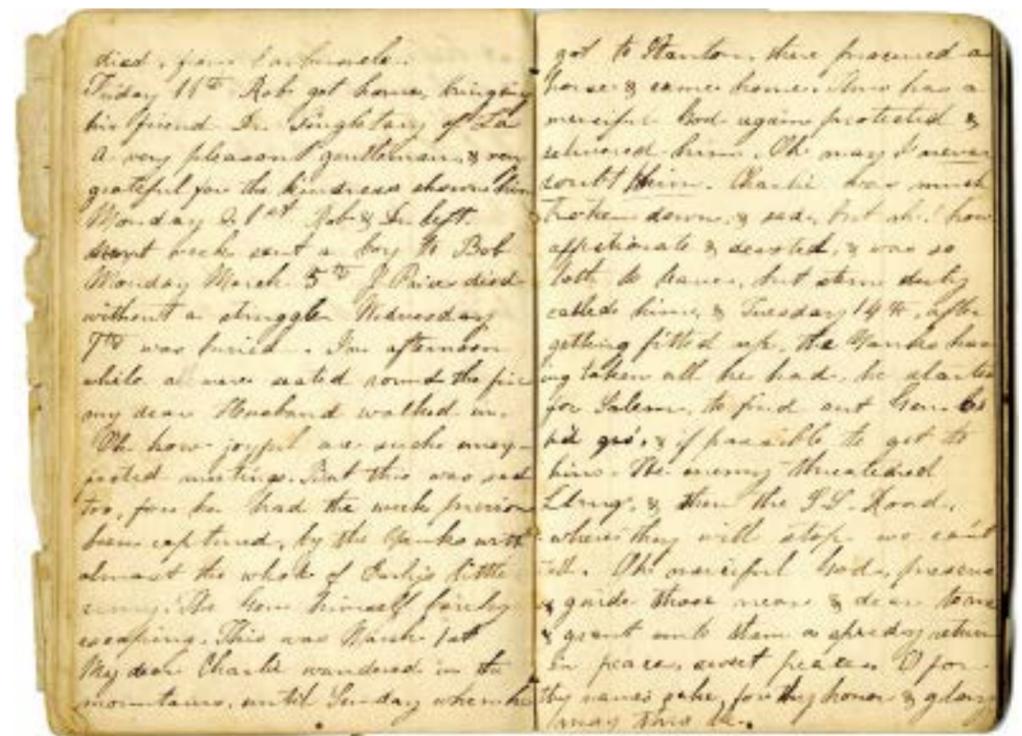
Ann, I thank you for your advice about the curtains, but I am afraid May will make the room too dark for winter.

I will send th measure for the windows in dining room and a dark blew one for the back window up stairs

Martha Mary Godwin's letter to her children, Nov. 18, 1885.



Nannie's Diary. First pages above. Last pages below.





1800s Outbuildings in Botetourt County at the Rader Farm.
Springhouse (above) and Root Cellar (below).



Nannie's adult children honored the memory of their mother and youngest brother with this stained glass window in the St. John's Episcopal Church in Roanoke.





1800s Outbuildings in Botetourt County at the Rader Farm.
Smokehouse, exterior and interior.



Nannie's French Stew and Drop Biscuits.



Martha Mary's Rice Chicken Pie and Nannie's French Rolls.



Nannie's Baked Beef and Yorkshire Pudding with Potato Rissole.

Baked Beef & Yorkshire Pudding
 Rub salt on a nice piece of beef, put it
 on a board, with should fit your dripping pan
 set it in the oven, with a gill of water in the
 pan, & when its done, make the puddin
 in the following manner. Beat 8 eggs very
 light, the yolks in a pan, white in another
 dish. When the yolks are done, stir in the



Nannie's Egg Sauce for Boiled Chicken or Fish.



Nannie's French Slaw.



Martha Mary's Molasses Pudding.



Nannie's Sponge Cake.

Sundries.

Perpetual Paste. -----	1/2
To make China -----	1/2
Kisses. — Overton Toffies	1/2
Currant Wine.	1
Gooseberry " Blackberry do	1
Raspberry Vinegar	7 1/2
Fruit Acid	"
To make Soda Water	7 1/2
Sumac Syrup. Grape Wine	1
Molasses Vinegar. Sugar do	7 1/2
Preserving Rec. 19 To make long handles	20
To prevent Calico fading	2 1/2
To restore Rapid Writing	"

Vegetables.

Spinach

Cabbage

Preserving for a day or two

two Rissoles & others.

Nannie's Sundries, that is, her index of miscellaneous recipes.

Beef Salted or Corned red

For each hundred weight take 1 galn coarse salt 1/4 lb saltpetre, same of saleratus 1 qt malasses or 2 lbs brown sugar. Mace cloves and allspice may be added for spice Beef

Strew some of the salt in the bottom of a tub then beef and salt alternately until used. let it remain one night dissolve the other ingredients in a little warm water, put it over the meat add water enough to cover the meat, lay a board on it to keep it under the brine

Martha Mary's recipe for Beef Salted or Corned Red, written by her hand.

Table of Contents

Nannie Figgat and Martha Mary Godwin's Recipes with Contemporary Adaptations

Pages from their recipe books, transcriptions and adaptations

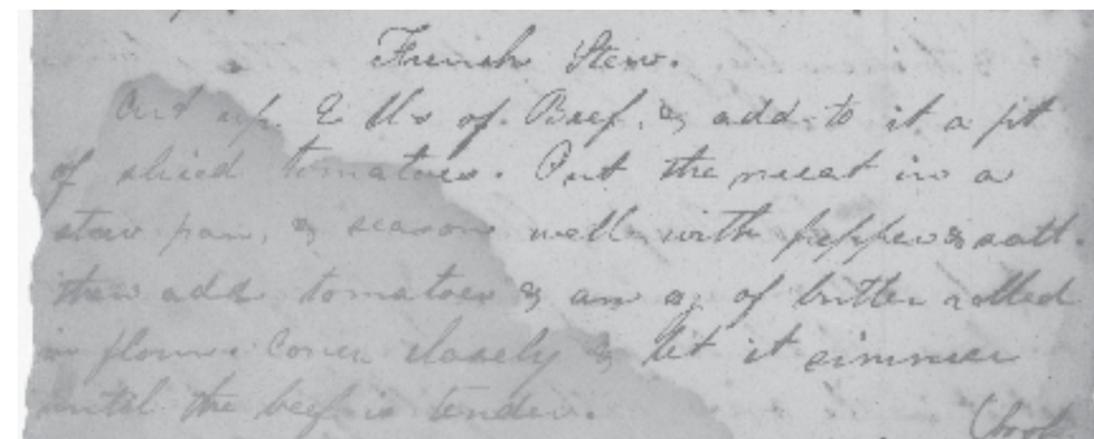
Other Adapted Recipes Popular in the 1800s

French Stew223
 Drop Biscuit224
 Rice Chicken Pie225
 French Rolls226
 Baked Beef and Yorkshire Pudding227
 Potato Rissole.....228
 Egg Sauce for Boiled Chicken or Fish.....229
 French Slaw230
 Molasses Pudding231
 Sponge Cake232
 Nannie's Chocolate Pie233
 Other Adapted Recipes Popular in the 1800s235
 Sponge Cake with Wine Sauce235
 Blancmange.....236
 Raspberry Cream236
 Jumbles237
 Crullers.....237
 Mary Randolph's Peas with Mint237
 To Dress Salad238
 French Dressing238
 Cut Cabbage Pickle238

FRENCH STEW

Nannie Figgat

Cut up 2 lbs of Beef, & add to it a pt. of sliced tomatoes. Put the meat in a stew pan, & season well with pepper & salt. Then add tomatoes & an oz. of butter rolled in flour. Cover closely & let it simmer until the beef is tender.



FRENCH STEW

Adapted and Prepared by former Hotel Roanoke Executive Chef Billie Raper

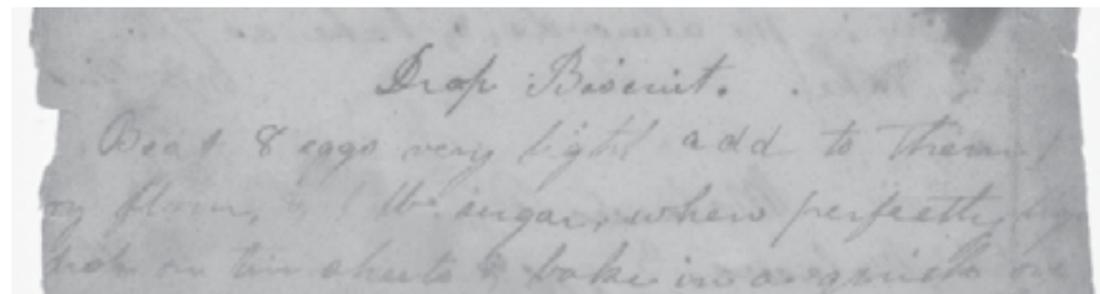
- 2 lbs. Diced Beef Stew meat
- ¼ cup all purpose flour
- 2 tablespoons. Canola oil
- 3 cups Beef Broth (unsalted or low salt)
- 1 Onion, medium dice
- 2 Tomatoes, large dice or sliced (a firm, just ripened tomato works well here)
- 3 tablespoons. Fresh Thyme
- 2 tablespoons. Fresh Rosemary
- 4 Cloves Garlic
- 1 tablespoon. Salt
- 1 tablespoon. Pepper

In a bowl, coat the beef cubes with the flour and shake off any excess. In a heavy braising pan, heat the oil and lightly brown the beef cubes over medium high heat. Add the onions and sauté for about 2 minutes. Add the remaining ingredients and stir well. Bring to a boil and then reduce to a simmer. Cover the pan with a tight lid and cook for 1½ hours on low heat. You can also place the pan in the oven and cook at 300-325 degrees for the same amount of time. Check the liquid levels occasionally and add more if needed. The meat should be fork tender when done.

DROP BISCUIT

Nannie Figgat

Beat 8 eggs very light add to them 12 oz. flour, & 1 lb. sugar, when perfectly light drop on tin sheets & bake in a quick oven



N.B. Nannie used Mary Randolph's recipe from *Virginia Housewife*. Cookies were sometimes referred to as "biscuits." This recipe resembled a crisp wafer.

DROP BISCUITS

Adapted and Prepared by former Hotel Roanoke Executive Chef Billie Raper

- 8 Eggs
- 12 oz. All Purpose Flour
- 1 lb. Sugar

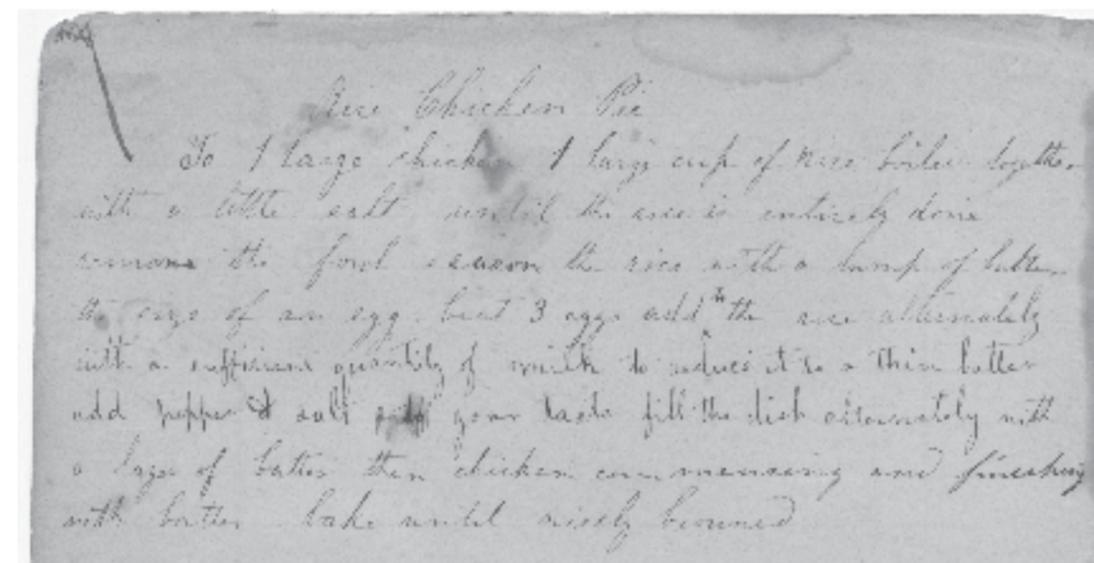
In a bowl, beat the eggs lightly and add them to the flour. Fold the ingredients together and add the sugar. Do not over mix. Drop scant teaspoons of batter onto a lightly greased baking pan. Bake in a 375-400 degree oven until golden brown around the edges.

RICE CHICKEN PIE

Martha Mary Godwin

To 1 large chicken 1 large cup of rice boiled together with a little salt until the rice is entirely done remove the fowl season the rice with a lump of butter the size of an egg, beat 3 eggs add to the rice alternately with a sufficient quantity of milk to reduce it to a thin batter add pepper & salt to your taste fill the dish alternately with a layer of batter then chicken commencing and finishing with batter bake until nicely browned

RICE CHICKEN PIE



Adapted and Prepared by former Hotel Roanoke Executive Chef Billie Raper

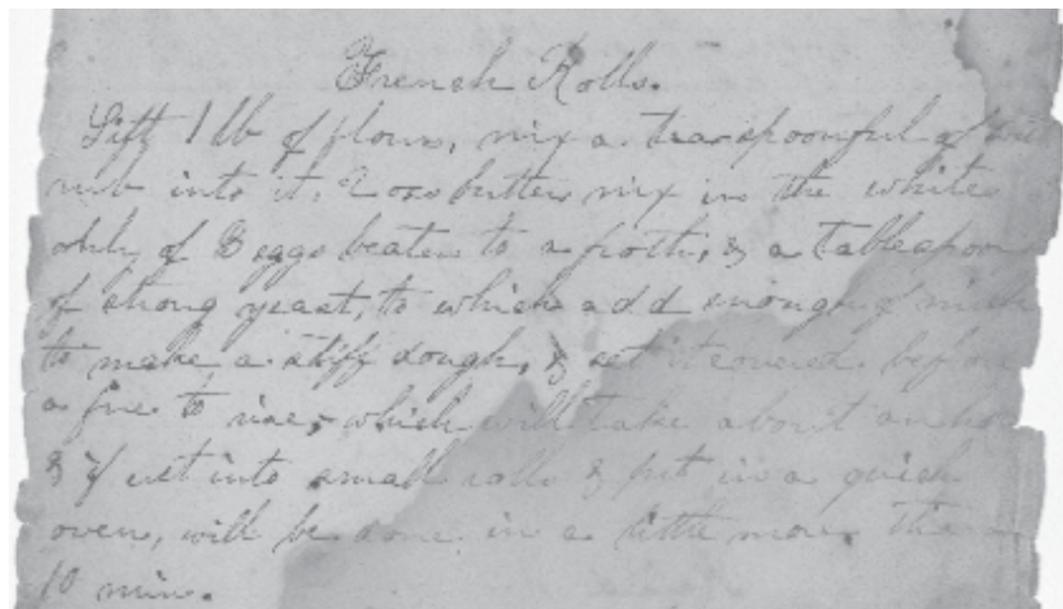
- | | |
|-----------------------------------|--------------------------------------|
| 1 Tablespoon Canola oil | ½ teaspoon Fresh Thyme chopped |
| 3 ea. 5 oz. chicken breast | 2 oz. Unsalted Butter |
| 4 ea. Chicken thighs | 3 eggs |
| 1 cup White Rice | ½ cup Whole Milk |
| 2 cups Low Sodium Chicken Stock | 1 teaspoon Course Grind Black Pepper |
| ½ teaspoon Fresh Rosemary chopped | |

In a large sauce pan, sear the breast and thigh meat over medium high heat. Once the meat is seared and slightly brown on all sides, add the rice and stir for 2 minutes. Add the chicken stock and fresh herbs. Bring to a boil and then reduce to a simmer. Cover the pan and cook until the rice is done, about 20 minutes. Once the rice is fully cooked, remove the chicken from the pan and reserve. While the rice is still hot, add the butter. Break the eggs in a bowl and whisk them lightly. Mix the eggs into the rice a little at a time making sure to incorporate them completely before adding more. Add milk into the rice mixture until it resembles a batter. Mix in black pepper. Shred the reserved chicken and layer it in a casserole dish with the rice mixture. Place a thin layer of rice on the bottom of the dish and top with shredded chicken. Continue alternating with the top layer being a rice layer. Bake in a 350 degree oven until internal temperature reaches 165 degrees or until nicely browned.

FRENCH ROLLS

Nannie Figgat, adapted from Mary Randolph's *The Virginia Housewife*

Sift 1 lb. of flour, mix a teaspoonful of salt rub into it, 2 oz. butter, mix in the whites only of 3 eggs beaten to a froth, & a tablespoonful of strong yeast, to which add enough of milk to make a stiff dough, & set it covered before a fire to rise, which will take about an hour & if cut into small rolls & put in a quick oven, will be done in a little more than 10 min.

**FRENCH ROLLS**

Adapted from Mary Randolph's *The Virginia Housewife*.

Prepared by former Hotel Roanoke Executive Chef Billie Raper

¼ cup lukewarm milk	4 cups sifted all-purpose flour
1 teaspoon active dry yeast	1 teaspoon salt
¾ cup whole milk	2 large eggs, well beaten
2 tablespoons unsalted butter softened	

Sprinkle the yeast over the milk and stir. Set aside until mixture bubbles. Warm the milk and butter over low heat. Set aside. In a large bowl, sift the dry ingredients. Slowly blend in the warm milk mixture, the beaten eggs, and the yeast mixture. Mix thoroughly.

On a lightly floured board, knead the dough 10 minutes. Shape into a ball and place in a buttered bowl, rolling the ball in the bowl to coat with butter. Cover and set in a warm place to rise until doubled in bulk. Punch down and cover. Refrigerate over night.

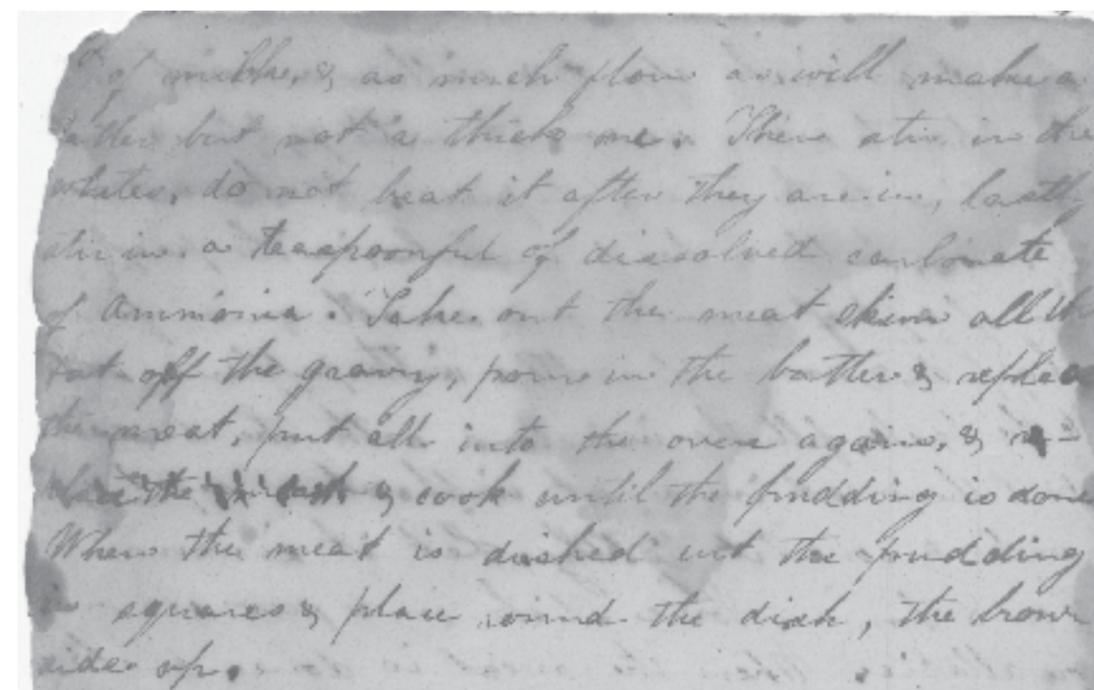
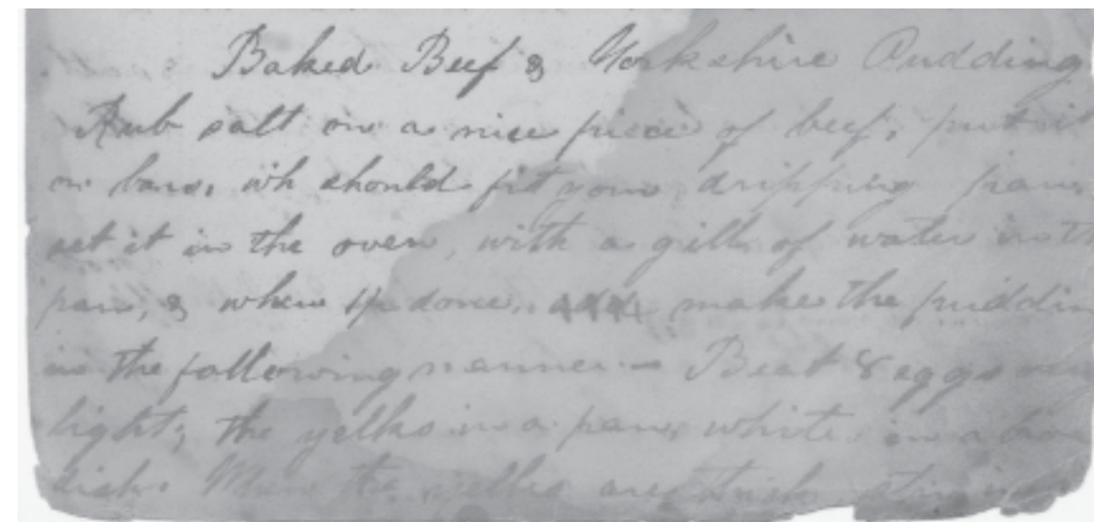
To prepare for baking, break off pieces of dough and shape into balls. Arrange in a prepared pan. Cover and set aside to rise until doubled. Bake at 400° F about 20 minutes, until golden brown. Brush the rolls with melted butter and serve warm. Makes 20 rolls.

N.B. Karen Hess wrote that these French Rolls represent an English adaptation of the recipe, used at least from the 13th Century. She recommended that the top crust not be hard.

BAKED BEEF & YORKSHIRE PUDDING

Nannie Figgat

Rub salt on a nice piece of beef, put it on bars, w'h should fit your dripping pan, set it in the oven, with a gill of water in the pan, & when ___ done, make the pudding in the following manner. ___ Beat 8 eggs very light; the yelks in a pan, white in a ___ dish. When the yelks are thick stir in 2 of milk, & as much flour as will make a batter but not a thick one. Then stir in the whites, do not beat it after they are in, lastly stir in a teaspoonful of dissolved carbonate of ammonia. Take out the meat skim all the fat off the gravy, pour in the batter & replace the meat, put all into the oven again, & cook until the pudding is done. When the meat is dished out the pudding in squares & place round the dish, the brown side up.



BAKED BEEF & YORKSHIRE PUDDINGBetter Homes and Gardens' *Heritage Cookbook*

Prepared by former Hotel Roanoke Executive Chef Billie Raper

1 8-pound Beef Standing Rib Roast 2 cups milk
4 eggs 1 teaspoon salt

2 cups all-purpose flour.

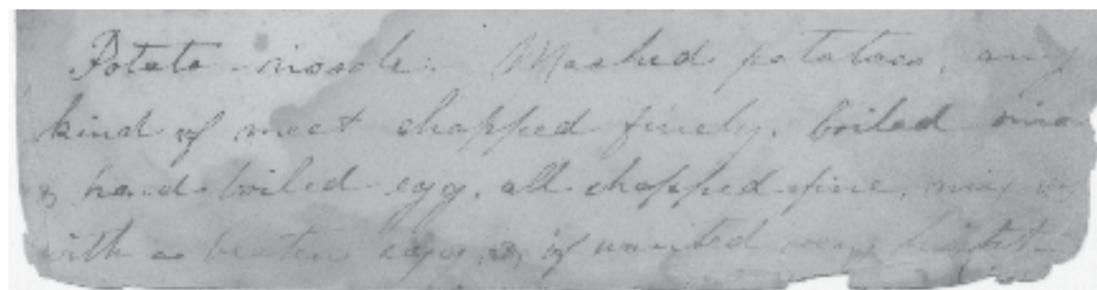
Place roast, fat side up, in a shallow roasting pan. Season with salt and pepper. Insert meat thermometer avoiding bone. Roast, uncovered, at 325 degrees till meat thermometer registers 140 degrees for rare, 160 degrees for medium, and 170 degrees for well-done. (Allow about 3-1/4 hours for rare, 4 hours for medium, and 4 3/4 hours for well-done.) Remove meat from pan. Cover, keep warm. Reserve 1/4 cup meat drippings. Increase oven temperature to 400 degrees. Combine eggs, flour, milk, and salt. Beat 1 1/2 minutes with an electric mixer. Pour half the reserved drippings into each of two 9 x 9 x 2 inch baking pans. Pour half the batter into each pan. Bake at 400 degrees for 30 minutes. Serve with roast. Serves 12.

N.B. Nannie listed "a nice piece of beef" in her recipe book. Yorkshire Pudding was sometimes called popovers and was often used for breakfast as well as an accompaniment to roast beef. This recipe calls for baking pans, but greased porcelain custard cups or prepared muffin tins may also be used.

POTATO RISSOLE

Nannie Figgat

Mashed potatoes, any kind of meat chopped finely, boiled onion & hard boiled egg, all chopped fine, mix up with a beaten egg, & if wanted very light

POTATO RISSOLE (without meat)*Favorite Meals from Williamsburg*

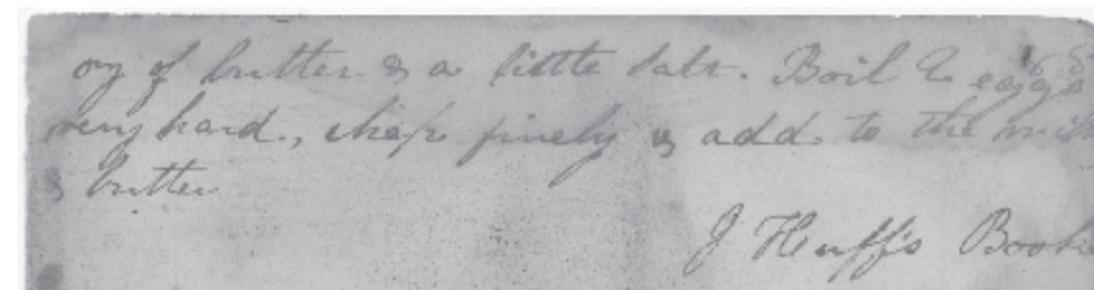
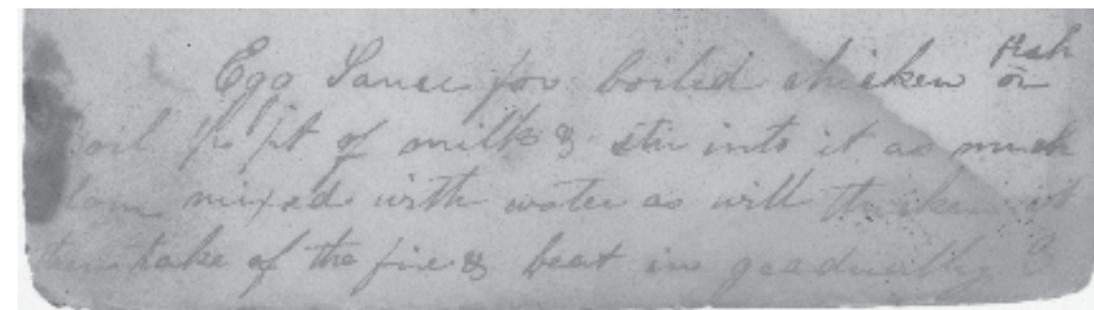
6 cups potato balls 2 Tablespoons oil
2 Tablespoons butter Sal and white pepper

Cut balls from large potatoes with a melon ball cutter, placing them in a pan of cold salted water. Bring to a boil, reduce heat, and simmer, uncovered, for 5 minutes. Drain. Dry the balls on paper towels. Heat the butter and oil in a large skillet. Add potato balls and sauté over medium heat for 15 minutes, tossing frequently so that they brown evenly. Add salt and white pepper to taste. Serves 8.

EGG SAUCE FOR BOILED CHICKEN OR FISH

Nannie Figgat ("J Huff's Book")

Boil 1/2 pt. of milk & stir into it as much flour mixed with water as will thicken it then take off the fire & beat in gradually 3 oz. of butter & a little salt. Boil 2 eggs very hard, chop finely & add to the milk & butter

**EGG SAUCE FOR BOILED CHICKEN OR FISH**

Adapted and Prepared by former Hotel Roanoke Executive Chef Billie Raper

2 cups Whole milk 3 oz.. Unsalted Butter
2 tablespoons. All Purpose Flour 2 Hard-Boiled Eggs
1 tablespoon. Water Salt and Pepper to Taste

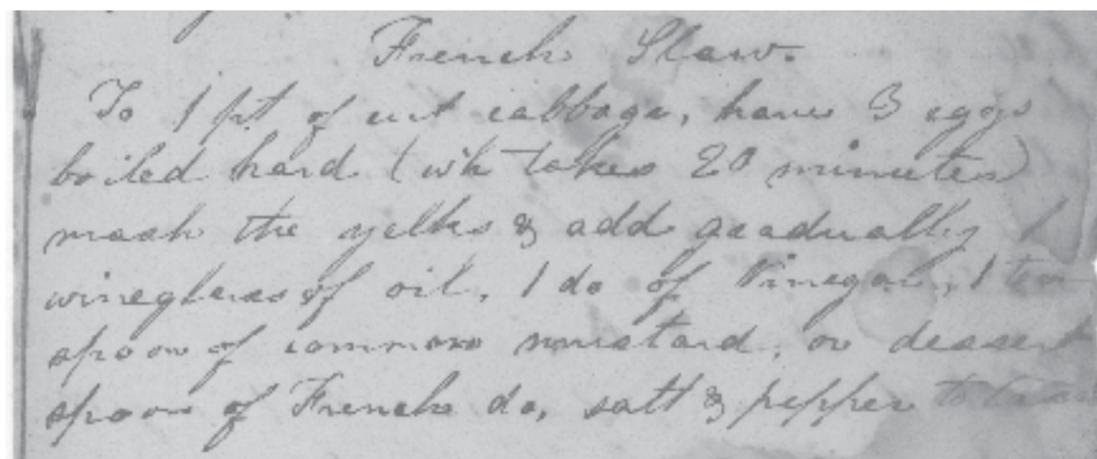
In a small bowl, mix flour and water together to make a fluid paste. In a medium sauce pan, bring 2 cups of milk to a boil. Slowly mix the flour mixture into the milk while it is simmering to thicken the milk. Remove from heat and gradually add in the butter and a little salt. Finely chop the eggs and add to the sauce. Adjust seasoning with salt and pepper. If the sauce is too thick, thin with a little milk to desired consistency.

Note: Adding chopped herbs of your choice can enhance the sauce--fresh herbs such as chives, parsley, dill or tarragon.

FRENCH SLAW

Nannie Figgat

To 1 pt. of cut cabbage, have 3 eggs boiled hard (w'h takes 20 minutes) mash the yelks & add gradually 1 wineglass of oil, 1 do [i.e., ditto, wineglass] of Vinegar, 1 teaspoon of common mustard, or dessert spoon of French mustard do salt & pepper to taste

**FRENCH SLAW**

Adapted and Prepared by former Hotel Roanoke Executive Chef Billie Raper

2 Cups Chopped Cabbage
 3 Hard-boiled eggs, yolks separated from the whites
 ½ cup Canola oil
 1/8 cup of Vinegar (Apple Cider or White Balsamic work well)
 1 teaspoon Dijon Mustard
 Salt and Pepper to taste

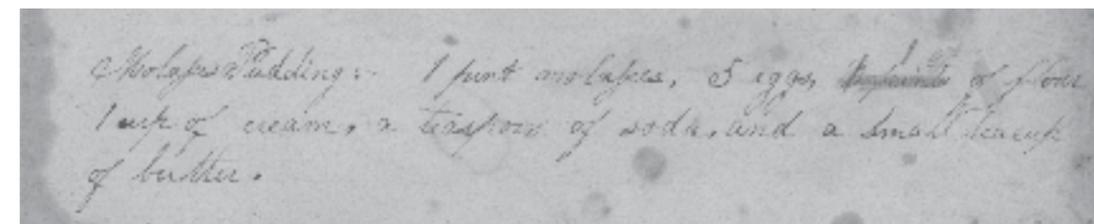
Place cabbage in a bowl and set to the side. Place the egg yolks in a separate bowl and mash with a fork until creamy. With a whisk, slowly add the oil to the mashed yolks. This will create a mayonnaise like paste. Add the vinegar and the Dijon mustard and blend well. Mix the egg yolk mixture into the cabbage and fold until it is mixed well. Add salt and pepper to taste, refrigerate for about 1 hour before serving. Garnish with cooked egg slices.

N.B. Mary Randolph's recipe was similar except that she added 1 teaspoon sugar and used tarragon vinegar. She suggested that greens should be fresh, picked, washed, and laid in cold water. Just before dinner, drain the water.

MOLASSES PUDDING

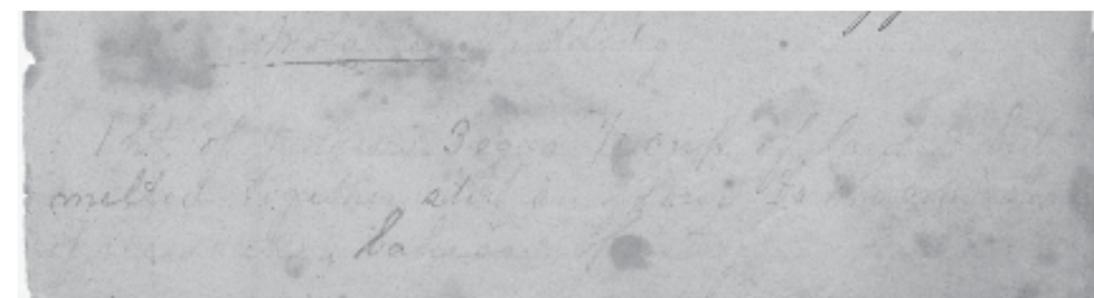
Martha Mary Godwin

1 pint of molasses, 5 eggs, 1 qt. of flour, 1 cup of cream, a teaspoon of soda, and a small teacup of butter.

**MOLASSES PUDDING**

Martha Mary Godwin

1 pt. of molasses 3 eggs ½ cup of lard & butter melted together stir in flour to the consistency of ches cake, bake in pastry

**MOLASSES PUDDING**

Adapted and Prepared by former Hotel Roanoke Executive Chef Billie Raper

2 cups Molasses
 5 eggs, beaten
 4 cups All Purpose Flour
 1 cup of Heavy Cream
 1 teaspoon Baking Soda
 8 oz. Unsalted butter

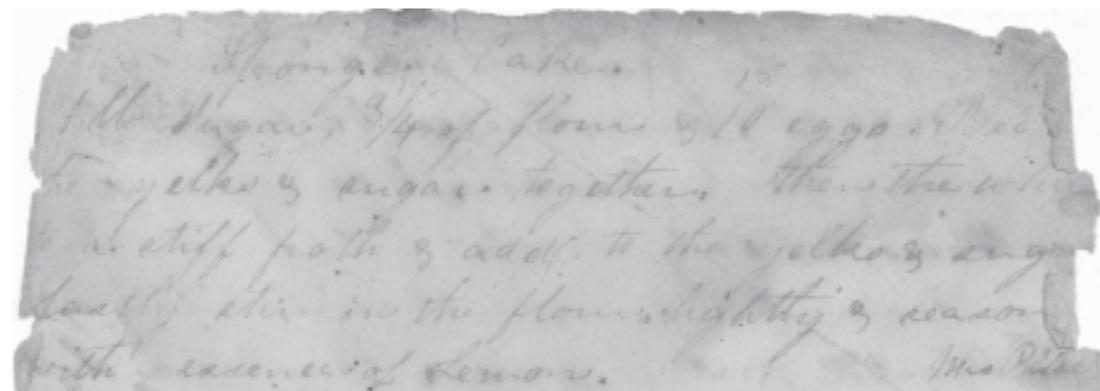
Mix together the molasses, eggs and cream. Sift the flour and baking soda together into a bowl. Combine the two together to make a stiff batter. Soften the butter and combine with the batter. Bake in a 350-degree oven until a pick come out clean. Cooking time will depend on the baking vessel. This recipe works well in a bundt pan or large brioche mold.

SPONGE CAKE

Nannie Figgat

1 lb. sugar, $\frac{3}{4}$ of flour & 10 eggs. Beat the yolks & sugar together, then the whites to a stiff froth & add to the yolks & sugar. Lastly stir in the flour, lightly & season with essence of Lemon.

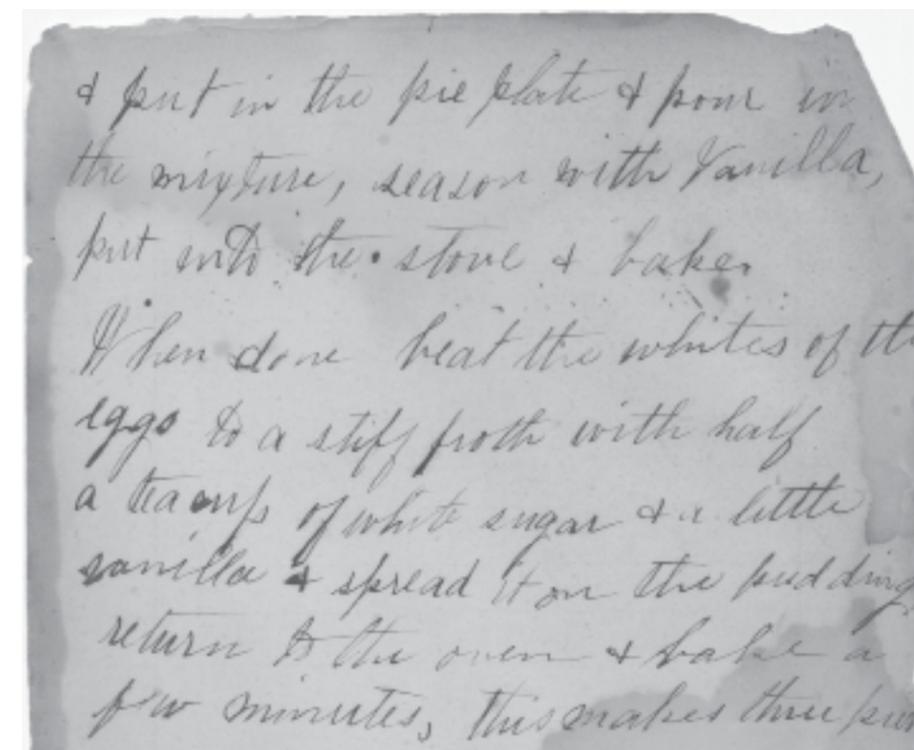
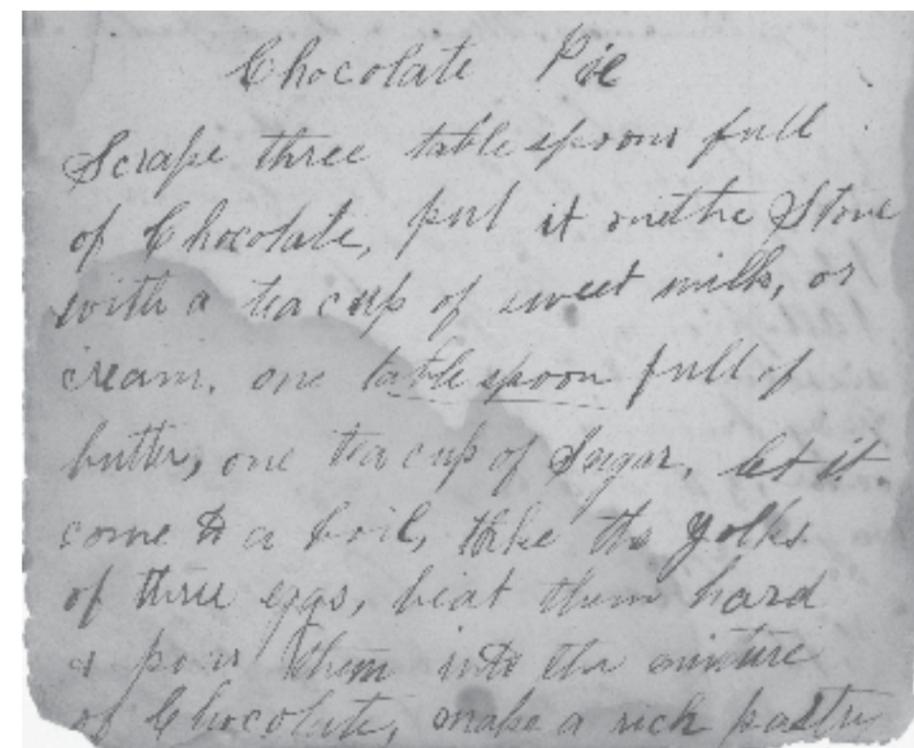
Mrs. Price

**SPONGE CAKE (VANILLA OR CHOCOLATE)**

Adapted and Prepared by former Hotel Roanoke Pastry Chef Lauren Steffon

6 eggs	1 c (4 $\frac{1}{4}$) oz. all-purpose flour
1 c (7 oz.) sugar	4 tablespoons (2oz) oil
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ teaspoon vanilla

Whip the eggs on high speed until light with a stand mixer. Gradually add the sugar and salt, and whip until very light and hold a ribbon, at least 10 minutes. Sift the flour over the egg mixture. Pour the oil and vanilla over the egg mixture. Using the whisk attachment, gently fold until it is completely incorporated. You may need to switch to a spatula toward the end. Pour onto greased and papered 8- or 9-inch round pan and bake immediately at 350°F for 15-25 minutes, or until it sounds crackly and springs back when touched. For chocolate variation: reduce flour by 2 Tbsp, add 2 Tbsp cocoa powder. Melt 1 oz. unsweetened chocolate with the oil.

NANNIE'S CHOCOLATE PIE

CHOCOLATE PIE

Nannie Figgat

Scrape three tablespoons full of Chocolate, put it on the Stove with a teacup of sweet milk, or cream, one tablespoon full of butter, one teacup of Sugar, let it come to a boil, take the yolks of three eggs, beat them hard & pour them into the mixture of Chocolate, make a rich pastry & put in the pie plate & pour in the mixture, season with Vanilla, put into the stove & bake. When done beat the whites of the eggs to a stiff froth with half a teacup of white sugar & a little vanilla & spread it on the pudding, return to the oven & bake a few minutes, this makes three pies.

CHOCOLATE PIE

Adapted by Cathy Ray

1 baked pastry shell

Filling

1 cup sugar
3 tablespoons flour
2 ½ tablespoons cocoa
2 cups milk
3 egg yolks, beaten
1 teaspoon vanilla extract

Meringue

3 egg whites
6 tablespoons sugar

Filling

In a double boiler, mix sugar, flour, cocoa. Slowly add milk, about ½ cup at a time. Stir in 3 beaten egg yolks. Allow mixture to thicken, then add vanilla extract. Pour filling into the pastry shell.

Meringue

Beat egg whites and slowly add sugar. Beat until meringue forms a peak. Spread the meringue over the filling.

Place pie in 350-degree oven for 10-12 minutes. Serves 6-8.

Other Adapted Recipes Popular in the 1800s

SPONGE CAKE WITH WINE SAUCE

Favorite Meals from Williamsburg

3 eggs separated	Pinch cream of tartar
½ cup sugar	2/3 cup cake flour, measured after sifting
1 teaspoon vanilla extract	¼ cup butter, melted

Preheat oven to 350° F. Grease well and lightly flour the bottom and sides of a 10-inch round cake pan. Beat the egg yolks with an electric mixer and gradually add the sugar and continue beating for about 4 minutes. Add vanilla extract. Beat the egg whites until foamy and add a pinch of cream of tartar and beat until stiff peaks form.

Lightly fold ¼ of the egg whites into the yolk mixture. Then fold in 1/3 of the flour, ¼ of the whites, 1/3 of the flour, ¼ of the whites, 1/3 of the flour and the remaining ¼ of whites. Add the butter, folding just enough to mix well. Pour into the prepared pan. Bake at 350° for 20 minutes. Cool in the pan for 10 minutes before turning out. Serve with Wine Sauce.

WINE SAUCE

Virginia Cookery: Past and Present

½ cup butter	½ nutmeg
1 cup sugar	2 blades mace
1 cup wine or ¼ cup brandy	1 egg yolk

Boil together butter, sugar, wine and spices. Pour over beaten egg yolk.

BLANCMANGE*Favorite Meals from Williamsburg*

¼ cup milk
 1 envelope unflavored gelatin
 2 cups hot water
 ½ cup sugar
 1 tablespoon rum
 ¼ tsp almond extract
 1 cup whipping cream

In saucepan mix unflavored gelatin, hot water, and sugar. Cook and stir over low heat until gelatin dissolved. Chill until partially set; add almond extract and rum. Whip cream and fold into mixture. Turn into oiled mold. Chill until firm, about 3 hours. Serves 6-8.

Serve with Raspberry Cream

RASPBERRY CREAM*Better Homes and Gardens' Heritage Cookbook*

½ cup raspberry preserves
 2 cups heavy cream

Stir the preserves to loosen in a medium bowl. Gradually stir in the cream, a little at a time at first, until the cream is smooth and evenly colored a rich pink.

Strain the cream to remove the seeds. Cover and place in the refrigerator to chill. To serve as a dessert spoon on top of each serving of Blanc mange.

N.B. Martha Mary Godwin's recipe for Blanc Mange. Mary Randolph recommended that Raspberry Cream should be served with blancmange.

JUMBLES*Better Homes and Gardens' Heritage Cookbook*

1 cup butter
 1 cup sugar
 1 egg
 2 tablespoons brandy or milk
 ½ teaspoon vanilla
 2 cups all-purpose flour
 1 teaspoon ground cinnamon
 Raisins or walnut halves, optional

Cream butter and sugar. Add egg, brandy or milk, and vanilla; beat well. Stir flour and cinnamon together; add to creamed mixture. Mix well. Drop by teaspoonfuls onto ungreased cookie sheet. Place a raisin or nut in center of each. Bake at 375° F about 10 minutes. Cool on rack. Makes 48.

CRULLERS*Better Homes and Gardens' Heritage Cookbook*

1/3 cup granulated sugar
 ¼ cup butter
 2 eggs
 2 tablespoons milk
 1 ¾ cups all-purpose flour
 ½ teaspoon salt
 ½ teaspoon ground nutmeg
 ¼ teaspoon ground mace
 Fat for frying
 Powdered sugar

Cream together granulated sugar and butter till light and fluffy. Add eggs, one at a time; beat well after each addition. Add milk (batter may appear slightly curdled). Stir into the creamed mixture. Chill at least 1 hour. On lightly floured surface roll *half* the dough (*rolling in one direction only*) to a 16 x 8 inch rectangle. Cut into 2-inch squares (*do not roll*). (Use pastry wheel for pretty edges.) Repeat with remaining dough. Fry in deep hot fat 375° F until golden on both sides, about 1 ½ minutes total. Dust with powdered sugar. Makes 64.

MARY RANDOLPH'S PEAS WITH MINT*Hearthside Cooking* by Nancy Carter Crump

4-5 pounds young unshelled peas
 Salt to taste
 1-2 teaspoons sugar
 2 teaspoons finely chopped fresh mint
 2-3 tablespoons butter, softened

Shell peas just before they are to be cooked. Fill an iron pot with water, add salt and sugar, and put pot on heating unit. Bring water to a boil and add peas. Keep them at a steady simmer until they are tender, 20-30 minutes. During the last 5 minutes, add mint. Drain peas thoroughly. Put peas in a serving dish and stir in butter. Cover peas and keep warm until ready to serve.

TO DRESS SALAD

Dining at Monticello

2 Tablespoon wine vinegar or tarragon wine vinegar
Salt
Whole black pepper in a pepper mill
6-8 Tablespoons extra virgin olive oil
6 cups mixed salad greens, such as seasonal lettuce, spinach, endive, and cress, fresh herbs,
6 small scallions, trimmed

Put vinegar, salt, and several grindings of pepper in a salad bowl and beat with a fork until salt is dissolved. Gradually beat in about 6 tablespoons of olive oil, a little at a time, beating constantly until well mixed. Add greens and herbs to the dressing and toss lightly. Garnish with the scallions. Serves 6.

FRENCH DRESSING

Better Homes and Gardens' Heritage Cookbook

4 hard-cooked eggs	1 teaspoon sugar
2 tablespoons cold water	8 cups torn mixed greens (lettuce, watercress, endive, and chicory)
¼ cup olive or salad oil	¼ cup sliced green onion with tops
¼ cup tarragon vinegar	
2 teaspoons prepared mustard	

Separate egg yolks and whites; slice whites and set aside. Mash yolks with water. Stir in oil. Pour into screw top jar. Add vinegar, mustard, sugar, and 1 teaspoon salt. Cover and shake vigorously. In salad bowl combine egg whites, greens, and onions. Pour dressing over; toss to coat. Serves 8

CUT CABBAGE PICKLE

Housekeeping in Old Virginia Tech

Fill a jar with cut cabbage. To every gallon of cabbage, put one handful of horseradish.

3 tablespoons black pepper	2 tablespoons allspice
½ tablespoon red pepper	1 dozen whole cloves
3 tablespoons coriander seed	4 tablespoons mustard seed
3 tablespoons celery seed	1 lb. (2 cups) sugar
2 tablespoons mace	4 or 5 sliced onions

Salt cabbage as for slaw; let it stand 2-3 hours. Put in a kettle and cover with vinegar; put in 1 Tbsp of turmeric. Boil until tender; then drain off vinegar. Cover with vinegar and spices, adding 3 Tbsp of turmeric. Boil for 15 minutes. Allow to be cold for serving.