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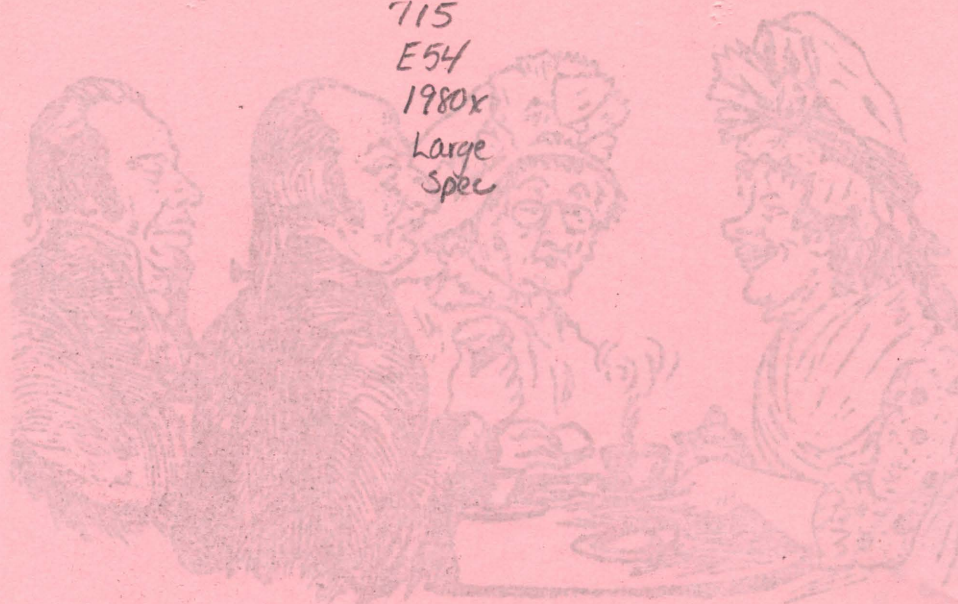
CENTURY

TABLES



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TABLES

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THE KING'S SOUP (onion Soup)

(Adapted from "The Lady's Companion, a cookbook published in 1753 and owned by Martha Washington.)

2 large Bermuda onions, 1 1/2 tsp. salt
thinly sliced 1 egg yolk
1 quart milk chopped parsley
1/2 tsp. mace blades croutons
1/2 cup butter

Place onions, milk, mace, butter and salt in a saucepan. Bring to a boil, then reduce heat and cook slowly for 30-40 minutes, or until onions are very tender. Pick out mace blades and discard. Beat egg yolk in a small bowl, then add a little of the hot soup, beating constantly. Pour egg mixture into soup and cook a minute or two to thicken slightly. Sprinkle each serving with finely chopped parsley, then add a few croutons. Serves 4.

HOT SPICED PUNCH

1 gallon apple cider 1 teasp. nutmeg
3 cinnamon sticks 1 teasp. whole cloves
1/2 cup lemon juice

Simmer cider, cinnamon sticks and lemon juice 15 minutes.

Tie nutmeg and cloves in small cheesecloth bag and put in to simmering cider long enough to give it the desired flavor.

Fish and shellfish were very plentiful in colonial Virginia, and were served very frequently.

BAKED STUFFED FISH

1 large fish (blue, flounder, rock, etc.)	3 tbsp. lemon juice
6 flounder fillets	1 cup fine bread crumbs
SEAFOOD DRESSING (below)	1/3 lb. butter (or margarine) melted
salt and pepper to taste	

Preheat oven to 375°. Grease shallow baking pan. Stuff fish with dressing. (For fillets, stuff each fillet with 4 to 6 tbsps. dressing. Roll and fasten with toothpick)

Place in prepared baking pan and season with salt, pepper and lemon juice. Sprinkle crumbs over fish. Melt butter and pour over fish. Bake fillets at 375° 25-30 minutes, or until flakes easily. Bake whole fish 40-45 minutes or to not more than 145° or less than 140° on meat thermometer.

SEAFOOD DRESSING

6 tbsp. butter (or margarine)	1/2 teasp. paprika
1/4 cup celery, finely chopped	1 teasp. Worcestershire sauce.
1/2 cup onion, finely chopped	1/2 teasp. seafood seasoning.
1/4 cup green pepper, finely chopped	salt to taste
1/2 lb shrimp, cooked & diced.	1/8 teasp. cayenne pepper
1 teasp. parsley, chopped	1/4 cup dry sherry
1 teasp. pimiento, finely chopped	
	1 1/2 cups bread crumbs.

Melt butter, add vegetables and saute until tender. Add all remaining ingredients except crumbs and cook over low heat for 10 mins. Add to crumbs and mix well.

TRAVIS HOUSE OYSTERS (cont'd)

Melt butter in a large skillet, medium heat. Remove from heat, add flour and stir smooth. Return to heat and cook, stirring constantly for 5 mins or until light brown. Add paprika, salt, pepper, cayenne, garlic, onion and pepper. Cook 3-5 mins, stirring constantly. Add oysters and their liquor, lemon juice and Worcestershire. Stir well. Pour into casserole. Sprinkle with cracker crumbs. Bake at 400° for 20 mins.

CORN PUDDING

(A recipe handed down in family of Gen. Daniel Morgan, a Revolutionary War hero.)

2 cups fresh corn (or 1 pkg frozen corn.)	1 teasp. salt
3 eggs.	1/2 teasp. white pepper
1/4 cup flour	2 tbsp. butter, melted
	2 cups light cream

Cut corn from cob or thaw if frozen. Beat eggs well, stir in corn and a mixture of flour, salt and pepper. Add butter and cream. Pour into buttered 1 1/2 qt. baking dish. place in a pan of hot water and bake in preheated 325° oven for 1 hour, or until knife in center comes out dry. Serves 6-8.

GREEN PEAS WITH MINT

(Jefferson's favorite vegetable from his garden)

Cook frozen peas or fresh ones until tender. Don't overcook. Dot with butter and sprinkle with chopped fresh mint.

SWEET POTATOES

(Christmas at Mt. Vernon)

3 lbs. sweet potatoes	1/2 teasp. cinnamon
3/4 cup light brown sugar	1/2 teasp. nutmeg
	1/4 teasp. salt
3 tablespoons butter	1 cup milk

Preheat oven to 400°. Grease 1½ quart casserole. Cook sweet potatoes in boiling salted water until done. Peel and mash. Stir in all of remaining ingredients except 2 tablespoons sugar. Turn mixture into prepared casserole and sprinkle with remaining sugar. Bake at 400° for 30 mins.

SALAD OF MIXED GARDEN STUFF WITH MONTICELLO DRESSING

1 head Bibb lettuce	1 small head chicory
1 bunch watercress	few tender spinach leaves
1 small head endive	1 tbsp. chopped chives or
1 small head iceberg lettuce	scallions

Wash salad greens in ice water, drain and pat dry. Tear apart and place in refrigerator to crisp. Toss with Monticello Dressing, made as follows:

Combine 1 small clove of garlic crushed, 1 tsp. salt, 1/2 tsp. white pepper, 1/3 cup olive oil, 1/3 cup sesame seed oil, 1/3 cup tarragon vinegar (or wine vinegar). Place in covered jar and shake well.

(Jefferson took great interest in developing benne (sesame) oil for dressings as a substitute for olive oil imported from Europe.)

PILAU WITH PIGNON NUTS

(Dinner at Monticello)

1 cup long grain rice	3 tbsp. butter
1/2 cup pignon nut (pine nuts) or toasted slivered almonds	2 tps. powdered mace
1/4 cup pistachio nuts	

Cook rice. Meanwhile, remove shells and skin from pistachios. Leave nuts whole. Melt butter in heavy saucepan, toss in both kinds of nuts and cook several minutes, stirring often. Add rice and mace and stir with fork until heated through. (About 6 servings)

CREAMED ONIONS WITH PEANUTS

(Thanksgiving during Revolution)

15 whole small white onions	1/4 cup whole salted peanuts
2 tbsp. butter	
2 tbsp. flour	1/2 cup buttered bread crumbs
1/4 tsp. salt	
2 cups milk	1/4 cup salted peanuts coarsely chopped

Preheat oven to 400°. Grease 1 quart casserole. Cook onions in boiling salted water until tender. Drain. Melt butter over medium heat, stir in flour and salt. Add milk and cook over medium heat stirring constantly until smooth and slightly thickened. Put onions in prepared casserole and pour sauce over them. Stir in 1/4 cup whole peanuts. Top with crumbs and chopped nuts. Bake at 400° for 15 mins. or until bubbly and lightly browned.

BAKED CELERY WITH SLIVERED ALMONDS

(Christmas at Mt. Vernon)

1 large bunch Pascal celery	1/2 cup celery
4 tbsp. butter	water
2 tbsp. flour	1/2 cup blanched,
1 cup milk	slivered almonds
	(pecans used in
2 tbsp. dry bread crumbs.	Williamsburg)

Wash celery and cut into 1/2 in. slices. (Save a handful of leaves.) Place celery in pan, cover halfway with boiling salted water and lay celery leaves on top. Cook 10-15 mins, or until tender. Discard leaves and drain, saving 1/2 cup cooking water. While celery cooks, melt 2 tbsp. butter in saucepan, stir in flour until smooth. Stir in milk and cook over low heat until smooth and bubbly. Stir in celery water and taste for salt. Place layer of celery in baking dish, spoon half the sauce over it, sprinkle with half the almonds. Add remaining celery, then the sauce. Sprinkle top with crumbs, dot with remaining butter and sprinkle remaining almonds over all. Bake in preheated 350° oven for 30 minutes. Serves 4-6.

SPINACH TIMBALES

(Dinner at Monticello)

4 eggs	Dash of nutmeg
1 1/2 cups warm milk or 1/2 cup heavy cream and 1 cup chicken stock.	1 teasp. lemon juice
1 teasp. salt - dash pepper	1 cup cooked spinach, well drained and chopped fine.

Beat together eggs, warm milk, salt, pepper nutmeg and lemon juice until frothy. Stir in spinach. Pour into 6-8 butter custard cups, or a shallow casserole. Set in a pan of hot water and bake in preheated 20-325° oven. Serve plain or with Hollandaise. 30 mins.

INDIAN PUDDING

5 cups milk, divided	3/4 teasp. cinnamon
2/3 cup dark molasses	3/4 teasp. nutmeg
1/3 cup sugar	1 teasp. salt
1/2 cup cornmeal (yellow)	1/4 cup butter

Preheat oven to 300°. Grease a 1½ quart baking dish. Heat 4 cups milk, stir in molasses, sugar, cornmeal, spices, salt and butter. Cook, stirring constantly until mixture thickens. Pour into baking dish. Pour remaining cup of cold milk carefully over top. Do not stir. Bake 3 hours without stirring. Serve warm with cream, ice cream, or hard sauce.

SWEET POTATO PUDDING

3 eggs separated	1/2 cup sugar
2 cups cooked, mashed sweet potatoes	1/2 cup butter, melted
1/4 teasp. nutmeg	2 tbsp. red wine
1/4 teasp. cloves	2 tbsp. brandy
1/2 teasp. cinnamon	1/2 cup milk sugar & cinnamon (optional)

Preheat oven to 350°. Grease a 2 qt. casserole. Beat egg yolks lightly. Stir in sweet potatoes to make a smooth mixture. Stir in spices, sugar, butter, wine, brandy and milk and beat thoroughly. Beat egg whites until stiff but not dry. Fold into sweet potato mixture. Heap into casserole. Sprinkle lightly with cinnamon and sugar, if desired. Bake about 1 hour or until lightly browned on top.

(Although we would use this as dessert, it was originally served with chicken, ham, or pork, for dinner.)

TYPSY SQUIRE

(American version of 19th century English tipsy cake)

1/2 cup shortening	3/4 cup milk
1 cup sugar	1 teasp. vanilla
2 eggs	SHERRY Custard (below)
2 1/4 cups sifted flour (all-purpose)	whipped cream
3 teasp. baking powder	toasted slivered almonds
1/2 teasp. salt	

Preheat oven to 350° F. Grease and flour 9x9x2 pan. Cream shortening and sugar. Add eggs and beat until lemon colored and fluffy. Add sifted dry ingredients alternately with milk, beating well after each addition. Add vanilla with last addition of milk. Pour into prepared pan. Bake at 350° for 35-40 mins, or until tests done. Cool on cake rack before cutting into portions. To serve, place portion of cake in a dessert bowl and pour Sherry Custard over it. Garnish with sweetened whipped cream and almonds.

SHERRY CUSTARD

1 quart milk	3 egg yolks
3/4 cup sugar	1 egg
3 tbsp. cornstarch	1 teasp. rum flavoring
1/8 tsp. salt	1/2 cup cream sherry

Cook milk, sugar, cornstarch, and salt over medium heat, stirring constantly until slightly thickened. Beat egg yolks and 1 whole egg. Add 1 cup hot milk mixture to beaten egg yolks, stir and return to hot milk. Continue cooking, stirring constantly, but do not boil, until of custard consistency. Add rum flavoring and sherry. Cool and serve over cake.
(if custard separates, remove from heat immediately and place in bowl of cracked ice. Beat rapidly until smooth. Will be thinner if this is necessary.)

SOUTHERN PEANUT PIE

2 eggs
1 cup dark corn syrup
1 cup sugar
1/4 teasp. salt
1 teasp. vanilla
1 cup dry roasted peanuts
1 9- inch pastry shell
2 tbsp. butter

Preheat oven to 350°. Beat eggs until foamy. Beat in syrup, sugar, salt and vanilla. Stir in peanuts. Pour into unbaked pie shell and dot top with butter. Bake 45-50 mins. or until filling is set. Cool

CHESS TARTS

(Christmas at Mt. Vernon)

Pastry for 2-crust pie
3 eggs
3/4 cup sugar
pinch salt
2 tablespoons melted butter
Grated rind and juice of one lemon

Line small fluted tart shells with pastry (12). Refrigerate while making filling. Beat eggs vigorously then add sugar and salt. Stir in butter, lemon rind and juice. Spoon into tart shells, filling almost to top, and bake in preheated 350° oven 30-35 mins. or until tops and pale gold color. Filling will sink slightly when tarts cool.

PLUMS IN WINE JELLY

(Christmas at Mt. Vernon) Greengage plums were used then.

1 can (1lb. 13 oz. size) plums
2 envelopes un-Red or white wine (white for green flavored gelatin plums.)

Drain plums, measure syrup and pour into a saucepan. Pit plums and place in bowl. Measure wine-wine plus syrup should equal 1 pint. Pour wine over plums. Sprinkle gelatin over 1/2 cup cold water to soften. Heat plum syrup and stir in gelatin until dissolved. Combine with plums and wine and pour into mold.

SPOON BREAD

5 tablespoon butter	2 cups boiling water
1 cup water-ground cornmeal	1 cup cold milk
1 tsp. salt	4 eggs

Heat oven to 425°. Put butter in medium sized eathernware or glass baking dish and place in the oven to melt while you make batter. Combine cornmeal and salt in a bowl and stir in boiling water until smooth. Let stand several minutes, then stir in milk. Add eggs, one at a time, beating hard after each addition. Stir in melted butter last of all. Pour batter into hot baking dish and bake 25 to 30 minutes. Serve hot, right from baking dish, with plenty of extra butter.

CREAM BISCUITS

2 cups sifted flour	3 teasp. baking powder
1/2 teasp. salt	1 cup heavy cream

Sift flour, salt and baking powder together in a bowl. In a second bowl, whip cream until stiff enough to hold a shape. Combine cream and flour mixture with a fork. Place on lightly floured board and knead for about one minute. Pat dough 1/2 inch thick and cut with a biscuit cutter. Bake in a 450° oven for about 12 minutes. Serve hot with plenty of butter. Makes about 12 medium.

CREAM BISCUITS

2 cups sifted flour
1/2 teaspoon salt
1 cup heavy cream
3 teaspoons baking powder

These recipes are derived from old cookbooks, handwritten manuscripts, historic menus and other sources. They have been adapted for use in today's kitchens to use modern ingredients.

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CHRISTMAS DINNER AT MOUNT VERNON

An Onion Soup Called the King's Soup

Oysters on the half shell Broiled salt roe herring

Boiled rockfish

Roast Beef & Yorkshire Pudding Mutton Chops

Roast Suckling Pig Roast Turkey - Chestnut Stuffing

Cold Boiled Beef with Horseradish Sauce Cold Baked Ham

Lima Beans Baked Acorn Squash Hominy Pudding

Baked Celery with Almonds Candied Sweet Potatoes

Cantaloupe Pickle Spiced Brandied Peaches

Spiced Cranberries

Mince Pie Apple Pie Cherry Pie Chess Tarts

Blancmange Plums in Wine Jelly Snowballs

Indian Pudding Great Cake Ice Cream Plum Pudding

Fruits Nuts Raisins

Port Madeira

DINING WITH JEFFERSON AT MONTICELLO

Deviled Crab

Consomme Julienne

Roast Saddle of Lamb with Brown Gravy Whole Currant Conserve

Pilau with Pignon Nuts

Green Peas with Mint

Spinach Timbales

Salad of Mixed Garden Stuff with Monticello Dressing

Beaten Biscuits with Assorted Cheese

Creme Brulee Coffee Fruit Nuts

THANKSGIVING DURING THE REVOLUTION

Haunch of Venison

Roast Chine of Pork

Roast Turkey Pigeon Pasties

Roast Goose

Onions in Cream Cauliflower

Squash Potatoes

Raw Celery

Mincemeat Pie Pumpkin Pie

Apple Pie

Indian Pudding

Plum Pudding

Cider

CHRISTMAS DINNER AT MOUNT VERNON

An Onion Soup Called the King's Soup
 Oysters on the half shell Broiled salt cod herring
 Boiled rockfish
 Roast Beef & Yorkshire Pudding
 Roast Turkey - Chestnut Stuffing
 Cold Boiled Beef with Horseradish Sauce Cold Baked Ham
 Baked Celery with Almonds
 Spiced Cranberry
 Spiced Apples
 Cherry Pie
 Plum in Wine Jelly
 Great Cake
 Trifle
 Raisins
 Mashed Potatoes



DINNER WITH WASHINGTON AT MOUNT VERNON

The Virginia Cooperative Extension Service by law and purpose is dedicated to serve all people on an equal and nondiscriminatory basis.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914 in cooperation with the U.S. Dept. of Agriculture. W. E. Skelton, Dean, Extension Division, Cooperative Extension Service, Virginia polytechnic Institute and State University, Blacksburg, Va.

THANKSGIVING DURING THE REVOLUTION

Roast Turkey
 Roast Goose
 Spiced Potatoes
 Apple Pie
 Plum Pudding
 Cranberry Sauce
 Raisins
 Mashed Potatoes
 Baked Celery
 Spiced Apples
 Cherry Pie
 Plum in Wine Jelly
 Great Cake
 Trifle
 Raisins
 Mashed Potatoes