

# Kurt Saxon's Classic Cookery Entrance

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This weekly course will give you nostalgia, novel dishes to impress your friends, a knowledge of how our ancestors prepared their foods and perhaps treasures you can present in a 19th Century restaurant.

You won't be able to understand a lot of these recipes, since they weren't written like modern recipes. Your grandmother, five times removed, would have understood them. She would have shrugged off your ignorance with "it goes without saying". And it would, for her, since in her day women were taught to cook from the time they were little girls. They didn't need most of the details included in modern recipes.

Of course, some of the recipes simply can't be followed today since they require so much labor and many of the ingredients are no longer available. You might imagine some young housewife, as suggested in "THE QUEEN", crying because her oafish husband didn't appreciate the meal she had prepared, slaving all day over a hot servant.

So to start out, we give you the measurements used in 19th Century cooking, taken from "Grandmother In The Kitchen", 1965, with 2500 19th Century recipes and processes. The complete book is in our CD-ROM "The Compleat Housewife".

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# Nineteenth Century Weights & Measures

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**WEIGHTS AND MEASURES (1800s-1900s):** Always use the graduated 8 ounce measuring cup whenever the word "cup" is used, except where the small teacup (4 ounce) and small coffee cup (6 ounce) are specified. The mark \*\*\* means the item is no longer commonly used as a measure.

1 pennyweight***=	1/20 ounce	16 tablespoons=	1 cup
1 drachm ***=	1/8 ounce	1 cup=	1/2, pint
1 small pinch =	1/16 teaspoon	1 small coffee cup***=	3/4 cup
1 large pinch =	1/8 teaspoon	1 large teacup***=	1 cup
1 saltspoon***=	1/4 teaspoon	1 small teacup***=	1/2 Cup
4 saltspoons***=	1 teaspoon	1 wineglass***=	14 cup
3 teaspoons=	1 tablespoon	1 tumbler* **=	1 cup
1 dessertspoon ***=	2 teaspoons	1 pint=	1/2 quart
4'tablespoons=	14 cup	4 (quarts)=	1 gallon
		1 gill***=	1/2 cup

**SEASONINGS AND FLAVORINGS:** The standard measurement of these changed from ounces to tablespoons in the late 1800s.

**NEVER SPARE THE PARSLEY (mid-1800s)**—Of all seasonings that lend flavor to dishes that stretch from soup to sauce to salad, parsley leads the procession. It not only gives zest and flavor to foods, but it is also good for the nerves, helps sufferers from rheumatism and sits well on the stomach. Use it in as many dishes as you can and as often as possible. Our forefathers held it in high regard.\*

**EGG AND BUTTER EQUIVALENTS (mid-1800s)** can be found in the next table below.

**EQUIVALENTS FOR STAPLE ITEMS**

ounce allspice, powdered =	4 1/2 tablespoons
ounce almond extract =	2 tablespoons
ounce cinnamon, powdered =	4 1/2 tablespoons
ounce cloves, powdered =	4 tablespoons (14 cup)
ounce curry, powdered =	4 1/2 tablespoons
ounce ginger, powdered =	5 tablespoons
ounce lemon juice =	2 tablespoons
2 to 3 lemons, juice of =	8 tablespoons (1/2 cup)
1 lemon, rind of, prated =	4 tablespoons (1/4 cup)
1 ounce mustard, powdered =	4 1/2 tablespoons
1 ounce mustard, prepared =	4 tablespoons (1/4 cup)
1 ounce nutmeg, powdered =	3 1/2 tablespoons
1 ounce orange juice =	2 tablespoons
3 oranges, average, juice of =	16 tablespoons (1 cup)
1 orange, rind of, grated =	4 tablespoons (14 cup)
1 ounce paprika, powdered =	4 1/4 tablespoons
3 ounces parsley, minced or chopped =	16 tablespoons (1 cup)
1 ounce pepper, ground =	3 1/2 tablespoons

(late 1800s) can be found in the table below that.

1 ounce sage, powdered=	3 tablespoons
1 ounce salt (table), powdered=	2 tablespoons
1 ounce vanilla extract=	2 tablespoons

### Mid 1800's Egg & Butter Equivalents

1 egg, raw=	3 tablespoons
10 eggs, raw=	14-16 ounces or 1 pint
18 egg whites, raw=	14-16 ounces or 1 pint
24 egg yolks, raw=	14-16 ounces or 1 pint
10 eggs, hard-cooked, chopped=	1-1/3 pints (2-2/3 cups)
1 teaspoon butter=	1/6 ounce
1 tablespoon butter=	1/2 ounce
1/2 pound butter=	1/2 pint (1 cup)
Butter the size of a filbert=	1 teaspoon, rounded
Butter the size of a hazelnut=	1 teaspoon, rounded
Butter the size of a butternut=	1 dessertspoon, rounded
Butter the size of a walnut (English)=	1 tablespoon, rounded
Butter the size of a pullet's egg=	1 1/2 ounces
Butter the size of a hen's egg=	2 ounces

### Mid 1800's Staple Equivalents

ounce baking powder=	2 1/2 tablespoons
pound beans, uncooked=	2 1/2 cups
pound beans, cooked=	11^ quarts
4 pound bread crumbs, white, fresh=	2 cups
pound cabbage, shredded or chopped=	4 cups
pound carrots, cooked and diced=	3 cups
1/2 pound celery, raw and diced=	2 cups
1/2 pound cheese, grated=	2 cups
2 pounds chicken, cooked, cubed or minced=	34 quart (3 cups)
ounce chocolate, grated=	14 cup
quart clams, average to small =	50 to 100
quart clams, large=	25 to 50
pound coconut, fresh, shredded=	134 quarts (7 cups)
pound coffee, coarse-ground=	4 3/4 cups

pound coffee, fine-ground=	4 1/2 cups
pound cornmeal=	3 cups
ounce cornstarch =	3 tablespoons
pound cranberries, raw or cooked=	4 cups
ounce cream of tartar=	3 tablespoons
pound flour (wheat)=	1 quart (4 cups)
1 ounce horse-radish, shredded=	2 tablespoons
1 pound meat, cooked, chopped=	2 cups
1/2 pound mush rooms, raw, sliced=	3 1/2 cups
1/2 pound onions, raw, sliced=	1 1/2 cups
1 quart oysters, small=	50 to 100
1 quart oysters, large=	25 to 50
1/2 pound peas, split, cooked=	2 3/4 cups
1 pound potatoes, raw, diced=	2 1/2 cups
1 pound potatoes, cooked, mashed=	2 cups
1/4 pound rice, cooked=	2 cups
1 pound sugar, white, granulated=	2 1/4 cups
1 pound sugar, white, powdered=	2-1/3 cups
1 pound sugar, brown=	2 1/4 cups
1 pound tomatoes, raw, chopped=	2 cups

**TESTING OVEN HEATS BY HAND** (early and mid-1800s)—Stick one of your hands into the center of a going oven and count the seconds in time with the ticks of your kitchen clock. If the hand feels uncomfortably hot in 12 seconds, the oven is *hot* (450°F.); if the heat is felt at 18, the oven is *quick* (400°F.); if at the count of 24, the oven is *moderate* (350°F.); if at 30 it is *slow* (300°F.); if at 30 or over, it is *low* or merely *warm*.

**TESTING OVEN HEATS WITH FLOUR OR PAPER** (mid- and late 1800s) —Spread flour over a small pie-plate and place it on the middle rack of the oven; watch the following table of time: If in 3 minutes the flour turns black, the oven is hot (450°F.); if it turns dark brown, the oven is quick (400°F.); if brown as a filbert, the oven is moderate (350°F.); if light brown, the oven is slow (300°F.); if it merely tans, the oven is very slow (250-75 °F.). This test can be conducted with a sheet of unglazed white paper also, but do not use a newspaper.

**HEATING FAT FOR DEEP FRYING** (late 1800s)—Gauge the heat of the fat by dropping a 1-inch cube of stale bread into it. If the cube browns in 35 to 45 seconds, the fat is hot (380°F.), as required for crullers, doughnuts, asparagus, cauliflower and some potatoes; when the cube browns in 55 to 60 seconds, the fat is about 375°F. and right for fin fish, fritters and croquettes; when the cube shows color in 65 to 70 seconds, the fat is ready for shellfish, oysters, breaded meats, French toast, onions.

**HOW TO SAVE DEEP-FRYING FAT** (late 1800s)—All but fat used for fish can be used again if you treat it by the following method: Put a layer of muslin in a strainer and sieve the fat while it is still hot; pour strained [at back into cleaned kettle and reheat it until a bread cube browns in 70 seconds (350°F)]; put a large, raw, peeled and sliced potato in the fat; remove it when a light brown. This clarifies the fat and removes all traces of taste.

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# GODEY'S Ladys Book & Magazine - 1861

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## PHILADELPHIA, MAY, 1861.

### Receipts, & c.

#### ***TO MAKE MUFFINS AND CRUMPETS.***

You must first provide yourself with an iron plate. This should be about eighteen inches square and three-quarters of an inch thick. The surface should be perfectly level and very smooth, though, not polished. Muffin and crumpet makers generally have the plate (larger than that I have named, and circular) firmly imbedded in brickwork, with a furnace under it, such as is placed under a copper. You, however, need not go to this expense as you can place your plate over the fire in your range, resting it on the hobs, taking care to have a fire clear at the top, that your articles may not be smoked. The fire should be made up with coke or cinders, and so regulated that the heat may not be too great. The exact degree of heat required you will soon be able to ascertain by experiments. You will ruin your muffins and crumpets, if you suffer them to be burnt. When the raw material is laid on the plate, it must be carefully watched and duly turned. This turning must be performed with dexterity by means of a knife somewhat resembling a painter's palette knife, only broader and longer, sufficiently firm to bend easily, and about sixteen inches in length.

**Crumpets.**—Make a batter thus: To two quarts of water, just lukewarm, add a quarter of a pint of good yeast, free from bitterness, and mix them intimately. Put to this as much flour as will make a thinnish batter, and put it in a warm situation for about six hours. Stir it well up with a broad, flat wooden spoon, and let it remain in the warmth three or four hours longer. Have ready some tin hoops of the size you wish your crumpets, and about half an inch deep. Next ascertain whether the iron plate is

sufficiently hot, which it will be if, when you throw a pinch, of dry flour upon it, it becomes brown. Lay as many of your hoops upon the hot plate as there is room for; say four, and with a small hullo pour a sufficient quantity of batter into each hoop. When the top is covered with little air bladders turn each crumpet dexterously over, tin and all, with your long knife, and bake for about five minutes longer. Observe carefully all that takes place during the baking of the first batch, and you will have no difficulty afterwards.

Crumpets may either be served up hot at the time they are made, or they may be made some time beforehand, and toasted -when required for use. If you *toast* them, let both sides be made a pale brown, lay them on warm plates, and spread some suit butter lightly on each side. They should be toasted quickly, and it is best not to lay them upon one another, as that causes them to taste rather doughy.

**Muffins.**—Ordinary brewers' yeast may answer the purpose, if it be first strained through some bran to free it from its bitter taste. Put it in a quart of warm water, and mix in it as much flour as will make it a stiff batter. Place it in a warm situation for four hours, then stir it well down. Take up a portion of the batter, say a quarter of a pound, in a broad wooden spoon, in your left hand ; and with your right hand, with a small wooden spoon, or with your hand, form it into a round, ball-like shape. Spread some flour, about half an inch deep, upon a pasteboard, and make a little round hollow for each of these balls. Cover them up with flannel, and let them remain two hours to prove. When your iron plate is sufficiently hot, as for crumpets, set the muffins upon it. When they have risen properly turn them over, and bake till they are sufficiently set.

Muffins are rarely used without toasting. Run the point of a sharp knife about a quarter of an inch deep along the outer edge of each, exactly in the middle. Then toast them, by holding them at such a distance from a clear-fronted fire that they may get hot through

Without burning. When toasted on both sides pull them open and place a thin layer of butter on each side ; close them again, and cut each muffin separately with a sharp knife across the middle. Pile them lightly upon each other on a warm plate.

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## **MISCELLANEOUS COOKING.**

**A NICE DINNER OR SUPPER.**—Cold meat, especially if rather underdone, may be readily made into a savory dish, as follows : Cut the meat into slices, spread them out on a dish, and sprinkle them with pepper, salt, and flour. Chop an onion, and sprinkle that over also. Put the pieces into a deep dish, and add water in the proportion of a small teacupful to a pound of meat. Add, to make it more savory, a tablespoonful of vinegar or ketchup, or any gravy that may be in the house. Cover the whole with mashed potatoes, and put the dish in a side oven, If the family have one, or, if not, in a Dutch oven before the fire, about half an hour before meal-time.

This will make a good dinner occasionally; or, for a working-man, who has to go out to work and does not get his dinner regularly, his wife will, no doubt, get smiles and commendations if she thus prepare a supper for him.

**Cheap RICE Pudding**—Boil a pound of rice in three pints of water, till it is thoroughly soft. Stir in a small teaspoonful of powdered allspice, if agreeable, or a blade or two of cinnamon. It may then be served out on plates, and a little treacle poured over each, or, after the rice is soft, two tablespoonfuls of flour may be stirred into a pint of milk, and put into the rice and stirred up. Let it boil for a few minutes, and sweeten to taste with brown sugar.

**POTATO SOUP MAIGRE.**—Take some large, mealy potatoes; peel, and cut them into small slices, with an onion; boil them in three pints of water till tender, and then pulp through a colander: add a small piece of butter, a little Cayenne pepper, and salt, and, just before the soup is served, two spoonfuls of good cream. The soup must not be allowed to boil after the cream has been put into it.

This will be found a most excellent soup, and, being easily and quickly



made, is useful upon an emergency, when such an addition is suddenly required to the dinner.

**MOCK TURTLE SOUP**—Scald and clean thoroughly a calf's head with the skin on; boil it gently an hour in four quarts of water, skimming it well. Take out the head, and when almost cold cut the meat off, and divide it into bits about an inch square.

Slice and fry of a light brown in butter two pounds of the leg of beef, and two pounds of veal, and five onions cut small, and two ounces of green sago. Add these to the liquor in which the head was boiled, also the bones of the head and trimmings, two whole onions, a handful of parsley, one teaspoonful of ground allspice, and two teaspoonfuls of black pepper, salt to your taste, and the rind of ; lemon ; let it simmer and stew gently for five hours; then strain it, and when cold take off the fat. Put the liquor into a clean stewpan, add the meat cut from the head, and for a gallon of soup add half a pint of Madeira wine, or claret, or the juice of a lemon made thick with pounded loaf-sugar; mix a spoonful of flour and a cup of butter with a little of the broth, and stir it in. Let it stir very gently till the meat is tender, which will be about an hour.

About twenty minutes before it is to be served, add a small teaspoonful of Cayenne, the yolks of eight or ten hard-boiled eggs, and a dozen forcemeat balls; some add the juice of a lemon. When the meat is tender the soup is done.

To make the meat balls, boil the brains for ten minutes, then put them in cold water; when cool, chop, and mix them with five spoonfuls of grated bread, a little grated nutmeg, pepper, salt, and thyme, and two eggs; roll the balls as large as the yolk of an egg, and fry them of a light brown in butter or good dripping.

Very good soup, in imitation of turtle, is also made from calves' feet: four of these boiled in two quarts of water till very tender, the meat taken from the bones, the liquor strained; a pint of good beef gravy and two glasses of wine added; seasoned as the calves' head soup, with hard eggs, balls, etc.

**To CRISP PARSLEY.**—Pick some bunches of young parsley, wash them, and swing them in a cloth to dry; put them on a sheet of paper in a toaster before the fire, and keep them frequently turned till they are quite

crisp, which will be in about six or eight minutes.

**To FRY PARSLEY.**—When the parsley has been washed and *thoroughly* dried, throw it into lard or butter which is on the point to boll; take it up with a slice the instant It Is crisp, and lay it on paper on a sieve before the fire.

**FRIED BREAD FOR GARNISHING.**—Take slices of stale bread about a third of an inch thick, cut them into shapes with a paste-cutter, fry them in fresh butter a light brown, lay them upon a cloth to dry, and place them round the dish. They may be made to adhere by brushing the under part with a little flour mixed with white of egg.

**CHEESE STIRABOUT.**—One pound of oatmeal, three ounces of salt, half a pound of cheese cut up, two tablespoonfuls of mustard, two gallons of water; add your oatmeal with the hand ; stir it all the time.

### ***HOMEMADE WINES.***

**To SWEETEN WINES.**—To fifteen gallons of wine put half a pound of dry ground mustard-seed, and a small handful of clary flowers; put it in a linen bag, and sink it to the bottom of the cask.

**GOOSEBERRY WINE.**—Bruise the gooseberries with the hands in a tub; to every six pounds of fruit add a quart of cold spring water, stirring it thoroughly; let it stand twenty hours, then strain them; dissolve two pounds of sugar to every quart of water employed, let it remain another day, remove the scum very clearly, and pour it into the utensil or cask in which it is to remain previous to being bottled. The scum removed must be kept in flannel and the drainings caught in a vessel; they must be added to the other liquor. Let it work about sixty hours, not more, and then cover down close. In four months It will be ready for bottling.

**GRAPE WINE.**—To one gallon of grapes put one gallon of water ; bruise the grapes, let them stand a week without stirring, then draw off, and fine. Put to a gallon of wine three pounds of sugar, put it in a vessel; but it must not be stopped till it has done hissing.

**MULBERRY WINE.**—Take mulberries that are quite ripe; gather them when the weather is fine, spread them on a cloth on the floor or table for twenty-four hours, and boil up a gallon of water to a gallon of juice ; skim the water well, and add a little cinnamon, bruised. Add to every gallon six ounces of white sugar-candy, finely beaten, skim and strain the water when it is taken off and settled, and put to it the juice of the mulberries, and to every gallon of the mixture put a pint of white or Rhenish wine; let them stand six days in a cask to settle, then draw off the wine, and keep it cool. This is a very rich wine.

**ORANGE WINE.**—A dozen of oranges to a gallon of water and three pounds of loaf-sugar ; pare the oranges thin, and take off all the white skin ; squeeze them well, and then put out all the juice oranges, and the water together, and let stand for four-and-twenty hours ; then strain it off, and put it into a barrel with sugar, half the peels, and a quart of the best brandy ; bung it down when it has done hissing ; it must stand twelve months before it is bottled. The water must be cold, not boiled.

**PARSNIP WINE.**—Clean and quarter four pounds of parsnips, to which put one gallon of water; boil them till tender, drain them through a sieve, but do not bruise them ; pour the liquor into a tub, and to each gallon add, three pounds of lump sugar and half an ounce of crude tartar; when cool, put in the yeast, and let it stand four days in a warm room, then turn it. The mixture should be fermented in a temperature of sixty degrees. When fermentation has subsided, bung down the cask, and let it stand twelve mouths before bottling it. March and September are the best months for making it. It only requires to be kept a few years to make it superior to all other made wines.

**RAISIN WINE.**—One hundred of Smyrnas to twenty gallons of water (wine measure); boil half a pound of hops in the water for an hour, let it stand till cold, then pour it over the fruit; let it remain three weeks, stirring it every day ; press it off, and put it into the cask ; do not bung it down till the fermentation has ceased ; when it has stood about a year, draw it off clear, put it in the barrel again, and let it stand to settle before it is bottled; before it is bunged down close put a quart of brandy to a hogshead of wine; what is thick should be run through a flannel bag. The time of steeping depends on the warmth of the weather. When the fruit is swelled, ready to break, it is fit to press.

**RASPBERRY WINE.**—Take three pounds of raisins, wash, clean, and stone

them thoroughly ; boil two gallons of spring water for half an hour ; as soon as it is taken off the fire pour it into a deep stone jar, and put in the raisins, with six quarts of raspberries and two pounds of loaf-sugar; stir it well together, and cover down closely, and set it in a cool place ; stir it twice a day; then pass it through a sieve ; put the liquor into a close vessel, adding one pound more loaf-sugar ; let it stand for a day and a night to settle, after which bottle it, adding a little more sugar.

**WALNUT WINE.**—To one gallon of water put two pounds of brown sugar and a pound of honey, and boll them for half an hour ; be careful to skim it clean ; put Into a tub a handful of walnut leaves to every gallon, and pour the liquor upon them ; let it stand all night, then take out the leaves, and put in half a pint of yeast. Let it work fourteen days; beat it five times a day to take off its sweetness, and stop up the cask. It should stand six months before it is used.

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# THE QUEEN: The Lady's Magazine

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## CUISINE

*Jan 7, 1882*

### LUNCHEON DISHES.

**COD MAYONNAISE AUX ToMATES.**—Choose a small cod or a nice piece from the middle of a fine fish, and put it on a strainer in a fish kettle of boiling water, to which should be added a little vinegar and sliced horseradish. Allow the fish to boil rather quickly for a few minutes to sot the curd, and then allow it to boil gently until done. Take it from the water and let it drain on the strainer until nearly cold. It can then be placed upon the dish it is to be served upon. For sauce put some thick cream in an enameled saucepan, which has been wetted with cold water, and thicken it to mayonnaise consistency with some corn flour mixed with a little cold water. Just before removing the sauce from the fire stir to it the beaten yolks (these also should be mixed with a little cold water) of eggs, in the proportion of two to one pint of water. Allow the sauce to cool, beating it well occasionally to prevent its becoming lumpy. When nearly cold stir to it gradually the strained juice of some fresh lemons, a little Tarragon

vinegar, and salt and Cayenne popper at discretion. Chili vinegar may be substituted for the Tarragon and Cayenne popper. A few hours before they are required for use, peel and slice some very ripe tomatos and steep the slices in vinegar, in which some Cayenne, powdered ginger, and plenty of salt have been mixed. Spread the sauce thickly and equally over the fish, and arrange the slices of tomato round and upon it prettily. The effect is bettor if both the red and yellow varieties of tomato are used. Delicate sprigs of watercress or some other small green salad should also be used for garnishing, and two or three rod capsicums and a few capers may also be introduced with advantage. The tomatos must be carefully drained from the vinegar before they are used. The tomatos, besides looking very pretty, give a very piquant flavour to this dish. The ordinary mayonnaise sauce can be used instead of the one given above, but will not, I think, be found so delicate in flavour; and flakes of cold cod may be substituted for the whole piece of fish, in which case all bones should be carefully removed. A lump of strong aspic jelly melted in the cream is a great improvement to the sauce.

**COD CUTLETS WITH TOMATO SAUCE.**—Cut some inch thick cutlets from the middle or tail of the fish. Brush them with yolk of egg and sprinkle them thickly with very fine bread crumbs or biscuit powder. Fry them in plenty of boiling lard to a delicate brown. For sauce stow ripe tomatos in some good stock with a little shalot, salt, Cayenne, a little lemon pool, and whole black popper with a little powdered ginger. When the tomatos are quite tender, strain the stock from them, and put a sufficient quantity of it for the sauce required into a fresh saucepan. Press the tomato pulp through a stool wire sieve; mix it with the stock, and when boiling stir to it sufficient corn flour or arrowroot, mixed with cream, to give it proper consistency. Add a squeeze of lemon juice ; pour it at once into an entree dish, lay the cutlets upon it. just overlapping each other in a line in the centre of the dish, and serve immediately. Instead of the egg and breadcrumbs the cutlets may bo simply sprinkled with a little pepper and salt, and fried brown in butter. Almost any kind of cold white fish, divided into flakes and freed from the bones, will be found very good just scalded in this sauce, and served in the centre of a dish with a border of mashed potatoes either browned or plain.

**SAUSAGES WITH ITALIAN SAUCE (Jersey Recipe).**—Toast some good Cambridge sausages slowly, until they arc well browned all over. Divide them

lengthwise in halves ; moisten the divided sides of them with a little butter; sprinkle with flour, and toast there again until brown. Sauce: Take some celery, onion, carrot, parsnip, vegetable marrow, Jerusalem artichokes, tomato, or any similar vegetables that may be in season. Cut them in small pieces, and put them with a bunch of parsley and lemon thyme into a stew-pan, with some gravy or good stock. Boil until very tender ; press the whole through a coarse wire sieve. Put this pulp, which should be a rather thick puree, into a stewpan, and when boiling stir to it a little butter rolled in flour, to give it softness. Add a small quantity of Worcester sauce and soy, and a larger proportion of Harvey sauce and mushroom ketchup. Just before serving throw in a few minced capers, with a little of their vinegar Have ready in the centre of a dish a mound of browned or mashed potatoes. Surround this with the sauce, with the sausages upon it arranged in a slanting direction from the mound of potatoes to the border of the dish. The dried French Julienne vegetables (which are, I believe, to be bought at most grocers) make a very well flavoured sauce with the additions I have named, and if a little anchovy or shrimp sauce is added it will be found very good served with fish.

**PIGEONS WITH JULIENNE VEGETABLES.**—Pluck, draw, and truss as many young pigeons as you require, and place them in a stewpan which will just hold them in one layer Almost cover them with some strong clear jolly stock, and when it begins to simmer put in some dried Julienne vegetables (which have been previously soaked for a couple of hours in cold water), a little black pepper, allspice, and salt. Keep the stew simmering gently until the pigeons are quite tender, but not overdone Should the vegetables not then be quite soft, allow them to boil until they become so. Mix with some clear stock or cold water sufficient corn flour to make the gravy quite thick; add a little Soy, Worcester sauce, and walnut ketchup. Rewarm the pigeons with the gravy and vegetables, and when quite hot serve them with the latter poured over them. Garnish with sippets fried in butter The gravy should be quite clear to show the vegetables to advantage, and should be thick with them.; but it is difficult to specify the exact quantity to be used. The best joints of a nice young rabbit or two, previously lightly browned are very *good* stewed in the same way.

**GIBLETTS WITH GREEN PEAS.**—Procure as many goose or duck giblets as required and prepare them in the usual way for stowing. Simmer them very

gently in some *good* beef stock, which has been well-flavoured with vegetables and herbs. When the giblets are very tender, drain the stock from them, and when cold remove from it every particle of fat. When ready put it in a stewpan with some dried split green peas and boil until they are reduced to a pulp. Scald the giblets in this ; flavour nicely with pepper and salt, and serve very hot. Garnish with lippets of plain toasted bread. The dried split green peas are to be obtained at Italian warehouses in London. Cold duck or goose are also very good just simmered for a few minutes in the puree of peas.

**CROUTONS AVX HUITRES (No. 1).**—Cut out with a round pastry cutter of about three inches in diameter as many croutons as you require ; fry them in butter, drain and place them on a hot-water dish. Open and beard some fine native oysters, allowing six for each crouton ; remove the beards and simmer these in the oyster liquor for a few minutes with a pinch of Cayenne, a little salt, and a strip of lemon peel. Strain the liquor into a fresh saucepan, adding a few spoonfuls of thick cream; make the sauce quite hot, and scald the oysters in it for a few seconds only. Four the sauce equally over the crouton, arrange one oyster in the centre of each, and the remaining five round this ; serve quickly. A squeeze of lemon juice may be added to the sauce with advantage.

— (No. 2.)—Prepare croutons as in preceding recipe, but. instead of frying, toast and butter them on one side. Arrange them on a fireproof dish with the buttered sides downwards. Open and beard native oysters also as above: place the oysters nicely on the croutons. Simmer the boards in the oyster liquor only, and stir to it, when strained through muslin, a little butter in which some salt and Cayenne have been kneaded (the proportion of butter should be 2oz. to four dozen oysters). Pour this equally over the oysters and croutons ; put the dish before the fire or in a brisk oven until the whole is thoroughly hot, and serve immediately. Send a divided lemon to table with this.

**WINTER SALAD.**—Wash some beetroot thoroughly, taking care not to break it, and bake it until quite tender. When cold pool and cut into very thin slices. Skin and also cut some ripe tomatos, and Steep them in vinegar, &-c., as for the cod mayonnaise When ready put a layer of those on a flat dish, a layer of the sliced beetroot over, and surround them with a thick border of celery root, with some of the young yellowish leaves chopped together finely. Just before serving pour over the beet and tomatos a thick salad dressing made thus : Pound the yolks



of two hard-boiled eggs with a teaspoonful of mustard flour, and mix with them until they are of the consistency of thick cream, a little Tarragon and Chili vinegar; then add very gradually, stirring well all the time, sufficient very good salad oil to make the quantity of dressing required, sprinkling in a little finely powdered salt at intervals, as this helps to prevent the mixture from curdling. If required add a little more vinegar, but use the strongest procurable, as the less in quantity used the better, cut the whites of the eggs into rings, and in the hollow of each put a little bunch of mustard and cross, and alternate these with a few stars, or some other devices out of beetroot, for garnishing. The salad dressing should be so thick that it will only just admit of being poured upon the salad. Pickled tomatoes can be used instead of fresh ones, if more convenient.

**SALAD of COOKED VEGETABLES.**—Boil in good jelly stock the white part of two or three sticks of celery and one large or small onion, according to taste. When quite tender, pulp these through a fine sieve, and stir to them equal parts of thick cream and the stock in which the vegetables were boiled. Bring the whole to boiling point, when stir in the beaten yolks of two eggs. Allow the sauce to cool, stirring occasionally ; when cold, add very gradually chili vinegar and salt to taste. Cover the bottom of your dish with nicely-flavoured tomato sauce, then a layer of beetroot as in preceding recipe, and cover the whole with the sauce, which should be nice and thick and very smooth in appearance. Ornament with rod capsicum and whole capers, and a border of watercress round the edge of the dish. --- *LIANE*.

### **CHINESE GRAVY, one serving**

At this point I feel I must give you a recipe for Chinese gravy. This is the gravy put in and on just about everything in a Chinese meal. It's not very nutritious but is is tasty, cheap and only takes about three minutes to make. A serving of Chinese gravy put over my rice, tofu, sprouts and meat strips gives me as good a meal as I could buy and for only 25 cents.

Mix two tablespoons of soy sauce, one tablespoon of molasses and one teaspoonful of flour or starch. Heat 1/2 cup of water and add one beef bouillon cube.

Mix in the soy sauce, flour and molasses and stir over the fire until the mixture clears to a brown syrup. Fantastic! --- *Kurt*

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# PIZZA!: The "All American" Italian Goody

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Thick and crusty, thin and crispy, bubbling with the traditional cheese and tomato sauce, or a variety of toppings, this Italian has become all-American.

**By Joanne L. Hayes**

The text of this article originated in the October, 1990 issue of [Country Living](#)

Although the derivation of the word "Pizza" is uncertain— some speculate it comes from *pinza*, Italian for "kneading board," or the Latin *pin-sere*, meaning to beat or pound—this delicious snack is certainly a relative of the flat breads of the Middle East. A Neapolitan peasant repast dating back to the days when flat rounds of dough were rubbed with olive oil, herbs, and garlic and baked in the village brick oven, pizza took on a topping of tomatoes and buffalo mozzarella by the late 19th century. Italian immigrants brought the recipe for this traditional food with them to the New World, and as early as 1905 pizzerias were operating in East Coast cities. Establishments in both New York and New Haven, Conn., are credited with producing America's first pizza, but no matter: The nation's taste for pizza clearly dates to the '40s, when GI's returned from Italy with the memory of large crusty slices dripping with melted mozzarella and sprinkled with basil and oregano. By the 1950s, pizza was one of America's favorite "quick" foods.

Pizzeria-style pizza is difficult to reproduce at home, since special flours and extremely hot brick ovens are used by commercial establishments. After many tests, we feel we have produced the best possible pizza that can be made at home. With an international selection of toppings, fillings, and forms, our savory pizzas will bring the aromas and flavors of freshly baked pizzeria "pies" to your kitchen.

## BASIC PIZZA DOUGH

Chewy and flavorful, this basic dough makes *one* of the best homemade crusts we've ever tasted. To produce a better one, you will have to invest in commercial pizza flour and a brick oven for your kitchen. Try one of our variations for a different taste and texture.

MAKES ONE 14-INCH OR TWO 9-INCH ROUND PIZZAS

**2 to 2 ½ cups unsifted all-purpose flour**  
**1 package rapid-rising dry yeast**  
**½ teaspoon salt**  
**2/3 cup very warm water (120° to 130°F)**  
**1 tablespoon olive oil**  
**1 tablespoon honey**

1. In large bowl, combine 2 cups flour, the yeast, and salt. In 1-cup measuring cup, combine water, oil, and honey; stir into flour mixture until soft dough forms.
2. Turn dough out onto floured surface. Knead dough, adding some of remaining flour, if necessary, until dough is very elastic—10 to 15 minutes (dough should be soft, do not add too much flour).
3. Wash, dry, and lightly oil mixing bowl. Place dough in oiled bowl, turning to bring oiled side up. Cover with clean cloth; let dough rise in warm place, away from drafts, until double in size—30 to 45 minutes. Shape and bake following specific pizza recipes.

### **DOUGH VARIATIONS:**

**Whole Wheat:** Prepare dough as above but reduce all-purpose flour to 1 cup and add 1 cup whole-wheat flour.

**Cornmeal:** Prepare dough as above but reduce all-purpose flour to 1 ½ cups and add ½ cup cornmeal.

**Parmesan:** Prepare dough as above but add ¼ cup grated Parmesan cheese. **Semolina:** Prepare dough as above but reduce flour to 1 ½ cups and add ½ cup semolina flour to the dough. **Using Active Dry Yeast:**

Replace 1 package rapid-rising dry yeast with 1 package active dry yeast. In large bowl, sprinkle yeast over warm water (110° to 115°F) and let sit 5 minutes. Add remaining ingredients, knead, and set aside as above. Rising

time should change from 30 minutes to 50 to 60 minutes or until double in size. Overnight: Prepare dough as above, but do not allow to rise. Loosely wrap and refrigerate dough immediately. Next day, unwrap dough and cover with clean cloth. Let warm to room temperature and shape following recipe directions. This method is best using active dry yeast rather than the rapid-rising variety.

## CREEK-STYLE PIZZA

We have combined the traditional Greek *spanakopeta* filling with our basic crust to make this enticing spinach pizza.

MAKES ONE 10-INCH PIZZA	
Basic Pizza Dough	1. Prepare Basic Pizza Dough. Set aside to rise.
1 teaspoon olive oil	2. Meanwhile, prepare spinach filling:
1 small onion, finely chopped	In small skillet, heat oil. Add onion and garlic; saute 1 minute. Transfer onion mixture to large bowl; stir in spinach, feta, bread crumbs, egg, dill, mint, anchovy paste, if desired, and pepper.
2 cloves garlic, finely chopped	3. Heat oven to 450°F. Lightly dust large baking sheet with cornmeal. On baking sheet, shape two-thirds of pizza dough into 10-inch round; roll edge to make border. Fill pizza round with spinach mixture inside border. Top with chopped olives.
1 10-ounce package frozen	
chopped spinach, thawed	4. Divide remaining one-third dough into 6 pieces. With rolling pin, roll out each piece to a 10- by 1/4-inch strip. Twist strips and place 3 evenly spaced in one direction across top of spinach mixture in pizza round. Place remaining 3 twisted strips in opposite direction to form lattice effect; press ends of all strips firmly into pizza-round border to secure. Brush dough strips and border with water; sprinkle with sesame seeds 5. Bake pizza on lower oven rack 10 to 12 minutes or until crust is lightly browned. Serve immediately.
and drained	
4 ounces feta cheese, crumbled	
1/36 cup packaged unseasoned bread crumbs	
1 large egg	
2 teaspoons chopped fresh dill	
1 teaspoon chopped fresh mint leaves	
1/2 teaspoon anchovy paste (optional)	
1/4 teaspoon ground black pepper	
1 tablespoon cornmeal	
4 Greek olives, pitted and coarsely chopped	
1/2 teaspoon sesame seeds	

## VEGETABLE PIZZA

A rainbow of vegetables tops a crunchy whole-wheat crust in this savory pizza.

MAKES ONE 14-INCH PIZZA	
Whole-Wheat variation of Basic	1. Prepare Whole-Wheat variation of Basic Pizza Dough. Set aside to rise.

<b>Pizza Dough (recipe, page 134)</b>	<p>2. Lightly dust large baking sheet with cornmeal. On baking sheet, shape whole-wheat dough into 14-inch round. Press edge between thumb and forefinger to create scallop-shaped border.</p> <p>3. In food processor, with chopping blade, process roasted red peppers, 1 tablespoon olive oil, the white wine, 1/4 teaspoon salt, and 1/4 teaspoon black pepper until smooth. Spread pepper mixture over whole-wheat round inside border.</p> <p>4. In large skillet, heat 1 tablespoon olive oil. Add eggplant and garlic; sauté 3 minutes or until eggplant is slightly tender and lightly browned.</p> <p>5. Heat oven to 450°F. Press zucchini into sieve to remove excess liquid. Place zucchini in medium-size bowl and toss with 1 tablespoon oil; spread over pepper mixture. In same medium-size bowl, combine eggplant mixture, yellow squash, tomato, remaining 1 tablespoon olive oil, the oregano, sage, and the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper; spoon over zucchini. Sprinkle all with shredded cheese.</p> <p>6. Bake pizza on lower oven rack 10 to 15 minutes or until crust is lightly browned and cheese is melted. Sprinkle with chopped parsley, if desired. Serve immediately.</p>
1 tablespoon cornmeal	
1 7-ounce jar roasted red peppers, drained	
4 tablespoons olive oil	
1 tablespoon white wine	
1/2 teaspoon salt	
1/2 teaspoon ground black pepper	
1 small (1/2 pound) eggplant, cut crosswise into 1/2-inch-thick slices and each slice quartered	
2 cloves garlic, thinly sliced	
1 small zucchini, coarsely grated	
1 small yellow squash, cut crosswise into 1/4-inch-thick slices	
1 large tomato, cut into chunks	
1 teaspoon dried oregano leaves	
1/2 teaspoon dried sage leaves, crumbled	
1/4 pound mozzarella cheese, shredded	
Chopped fresh parsley leaves (optional)	

## PROSCIUTTO, TOMATO, AND CHEESE PIZZA

This elegant pizza was inspired by one served at the Sfuzzi restaurant chain. Each spring, Sfuzzi chefs from all across the country get together to develop the menus they will feature for the year. Stars like this prosciutto, tomato, and cheese pizza are the result.

<b>MAKE'S ONE 14-INCH PIZZA</b>	
<b>Semolina variation of Basic Pizza</b>	<p>1. Prepare Semolina variation of Basic Pizza Dough. Set aside to rise.</p> <p>2. To prepare tomato sauce, in large skillet, heat olive oil. Add garlic and cook about 5 minutes or until lightly browned; remove and discard garlic. To same skillet, add crushed red pepper and cook 1 minute. Stir in tomatoes, salt, and black pepper. Cook, stirring occasionally, 7 minutes or until tomatoes soften and sauce thickens: set tomato sauce aside.</p> <p>3. Heat oven to 450°F. Lightly dust large baking sheet with cornmeal. On baking sheet, shape semolina dough into 14-inch round; roll edge to make very thin rounded border.</p> <p>4. Spread tomato sauce over semolina round, inside border. Top with smoked mozzarella. Bake pizza on lower oven rack 12 to 15 minutes or until crust is lightly browned and cheese is bubbly.</p> <p>5. Immediately top pizza with provolone, prosciutto, and basil leaves. Serve hot.</p>
<b>Dough (recipe, page 134)</b>	
1/4 cup olive oil	
2 cloves garlic	
1/2 teaspoon crushed red pepper	
1 1/2 pounds plum tomatoes, skinned, seeded, and coarsely chopped	
1/2 teaspoon salt	
1/2 teaspoon ground black pepper	
1 tablespoon cornmeal	
1/4 pound smoked mozzarella cheese, thinly sliced	
1/4 pound thinly sliced provolone, torn into 2- by 1-inch pieces	

1/4 pound very thinly sliced prosciutto,  
torn into 2- by 1-inch pieces

1/2 cup fresh basil leaves

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All The Best To You & Yours,

Mr. Cary C. Jeffries

[cary@survivalplus.com](mailto:cary@survivalplus.com)

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