

Thomas Tusser's SEED CAKE



INGREDIENTS

1 cup flour
7 teaspoons caraway seeds
½ teaspoon salt
¼ teaspoon mace
1 stick butter, room temperature (8T)
1 teaspoon rosewater
½ cup sugar
3 eggs (1 whole, 2 whites separated from yolks)
1 tablespoon sherry

PREPARATION

Preheat your oven to 350°F. Grease a 9-inch springform pan and line with parchment. Stir together flour, caraway seeds, salt, and mace. Set aside. In a large bowl, cream butter, rosewater, and sugar, either by hand or with a mixer. Stir in the whole egg and sherry, then add the flour and spice mixture. Set aside. Using a mixer, whisk the egg whites until they hold their form. Fold the whites into the cake batter very gently, maintaining the fluffiness of the whites even if it means the batter looks clumpy. Pour the batter into your prepared pan. Place it on a baking sheet in the middle of the oven. Bake for 40 minutes until golden and set in the middle. A cake tester will come out clean when it is completely cooked. Allow to cool for 10 minutes before removing from the springform pan.

NOTES

Serve warm or room temperature with tea, coffee, fresh fruit, or preserves. This recipe is easy to double. You can also prepare smaller cakes by baking in a greased muffin pan and adjusting your baking time to 15 minutes.

Credits

Recipe adaptation by Marissa Nicosia (www.rarecooking.com), based on a recipe from Folger MS V.a.430, and inspired by Thomas Tusser's celebratory verse on seed cakes in *Five Hundred Points of Good Husbandry*. Photography by Teresa Wood.

Hannah Woolley's ORANGE & LEMON MARMALADE



INGREDIENTS

1 orange
1 lemon
1 apple
Sugar (3+ cups)
Water (4+ cups)

EQUIPMENT

Baking scale
Candy thermometer

PREPARATION

Weigh the fruit on a scale. Measure out an equal weight of sugar. If less than a pound of fruit, use 4 cups of water. If more than a pound of fruit, increase to 5 cups of water. Cut the citrus into slices $\frac{1}{8}$ inch thick and then quarter them. Peel, core, and cut the apple into thin slices. Put the fruit and water into a 3 quart saucepan. Cover and bring to a boil. Lower to a simmer for 40 minutes. Put a small plate in your freezer. After 40 minutes, gently stir the fruit. The apple slices will be soft and should break down when touched. The citrus fruits will have softened. Place your candy thermometer in the pot. Add the sugar, stirring constantly as the fruit breaks down, the mixture thickens, and the marmalade takes on a light caramel color. Cook until the temperature reaches 240°F (soft ball stage or candy height). As your marmalade nears temperature, put 1 teaspoon on the freezer plate and let sit for 30 seconds. If the marmalade holds its shape when you tilt the plate, it has set. If the marmalade is browning quickly or looks set before the temperature reaches 240°F, try the plate test earlier. Put your set marmalade in a clean pint jar.

NOTES

Serve the marmalade with bread, scones, muffins, or biscuits. Store this small-batch preserve in the refrigerator and consume within two weeks. You can extend the life of your marmalade by properly canning it or by freezing it. You can make more marmalade by increasing the amount of fruit and adjusting the sugar and water and cooking times accordingly.

Credits

Recipe adaptation by Marissa Nicosia (www.rarecooking.com), based on a recipe in *The accomplish'd ladies delight*, a work which took advantage of Hannah Woolley's fame and popularity. Photography by Teresa Wood.

William Hughes's HOT CHOCOLATE



INGREDIENTS

This recipe makes 2 cups of hot chocolate mix

1/4 cup cocoa nibs

3 1/2 oz/100 gram 70% dark chocolate bar, roughly chopped

1/2 cup cocoa powder

1/2 cup sugar

1 teaspoon vanilla

1/4 cup breadcrumbs or grated stale bread (optional for a thicker drink)

1/2 teaspoon chili flakes (substitute 1/2 teaspoon ground cinnamon
for a less spicy drink)

Milk (1 cup to 3 tablespoons of finished mix)

PREPARATION

Toast the cocoa nibs in shallow pan until they begin to look glossy and smell extra chocolatey. Combine all ingredients in a food processor. Blitz until ingredients are combined into a loose mix. Heat the milk in a pan on the stove or in a heatproof container in a microwave. Stir in three tablespoons of mix for each cup of heated milk.

NOTES

Hughes lists many other ingredients that indigenous Caribbean people as well as Spanish colonizers added to their hot chocolate. Starting with a base of grated cacao, they thickened it with cassava bread, maize flour, eggs, and/or milk, and flavored it with nutmeg, saffron, almond oil, sugar, pepper, cloves, vanilla, fennel seeds, anise seeds, lemon peel, cardamom, orange flower water, rum, brandy, and sherry. Adapt this hot chocolate to your taste by trying these other traditional flavorings.

Credits

Recipe adaptation by Marissa Nicosia (www.rarecooking.com), based on a recipe from William Hughes's *The American physitian*. Photography by Teresa Wood.

Robert May's BRAISED BRISKET



INGREDIENTS

2 pounds brisket
2 cups sliced yellow onion
1 tablespoon salt
1 teaspoon black peppercorns
½ teaspoon whole cloves
¼ teaspoon mace
1 bottle red wine (700 ml, ideally, French claret/Bordeaux)
4 cups sliced cabbage
1 tablespoons balsamic vinegar
2 tablespoons capers
½ baguette or other bread

PREPARATION

Preheat your oven to 325°F. Pat the brisket dry and then place it in a large pot fitted with a cover. Add onions, salt, black peppercorns, whole cloves, and mace. Pour in wine, cover, and place in the oven for 1 hour. After the brisket has cooked for 1 hour, carefully flip it over. After it has cooked for 1 ½ hours, add cabbage, vinegar, and capers. Check it at the 2 ½ hour mark. It should be tender when poked with a fork. If not, give it more time. If the cabbage is crowded, re-arrange as necessary for even cooking. To serve, cut your bread into cubes and arrange them on a platter. Remove the brisket and set it on a cutting board to rest. Remove the cabbage and onions and place them on top of the bread. Reduce remaining cooking liquid for ten minutes until it thickens. Slice the brisket thinly, and place on top of the cabbage, onions, and bread. Pour the reduced sauce over the whole dish. Serve immediately.

NOTES

This satisfying dish will serve 4-6 people. The cubes of bread that May calls “sippets” are a common ingredient in meat dishes from this period. They efficiently and deliciously soak up the rich, flavorful sauce.

Credits

Recipe adaptation by Marissa Nicosia (www.rarecooking.com), based on a recipe from Robert May's *The accomplisht cook*. Photography by Teresa Wood.

Inspired by Hercules

AKARA



INGREDIENTS

1 small red onion
1 bunch parsley
1 cup dried black-eyed peas
4 cups boiling water
1 cup flour
1-2 cups lard or vegetable oil

PREPARATION

Crush the black-eyed peas into very small pieces using a mortar and pestle or food processor. It's okay if the mixture is uneven, but the largest pieces should be no bigger than a grain of rice. Set aside in a large bowl. Mince onion and parsley and mix together. Measure $\frac{1}{4}$ cup of the onion and parsley mixture and add to the crushed peas. Add the boiling water and stir well. Let sit for 45 minutes, or until the peas have softened and fallen to the bottom of the bowl and the water is thick and cloudy. Add in the flour gradually, until the mixture looks like a thick pancake batter and holds its shape in a spoon. Add lard or oil to your cast-iron skillet until it is a $\frac{1}{2}$ inch deep, and heat until the surface shimmers. Drop the batter into the skillet using a spoon. You can make the fritters whatever size you like, but $\frac{1}{4}$ cup works well. Cook until brown and crispy and the fritters have loosened from the bottom of the pan; flip and repeat browning. Remove and allow to drain on paper towels.

NOTES

Akara are delicious right out of the pan, but you can also eat them with salt, herbs, and spices sprinkled on top, hot sauce, or both. None of Hercules's own recipes survive. To recognize and honor his skill, traditions, and culinary legacy, we offer this recipe of West African origin. It is inspired by and adapted from the work of Michael W. Twitty, a writer, culinary historian, and historical interpreter personally charged with preparing, preserving and promoting African American foodways and its parent traditions in Africa and her Diaspora. You can learn more about his work via his James Beard Award-winning book, *The Cooking Gene: A Journey through African-American Culinary History in the Old South*.

Credits

Recipe by Michael Twitty (www.afroculinaria.com).

Images courtesy of Jon Townsend, Jas. Townsend & Son Inc.

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***First Chefs: Fame and Foodways from Britain to the Americas* tells the stories of the named and unnamed heroes of early modern food culture. It juxtaposes the extravagance of an increasingly cosmopolitan and wealthy upper class against the human cost of its pleasures: the millions of enslaved women, children, and men, servants, gardeners, street criers, and laborers who toiled to feed themselves and many others.**

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This exhibition is in association with *Before 'Farm to Table': Early Modern Foodways and Cultures*, a Mellon initiative in collaborative research at the Folger Institute.



The Duke of Norfolk's PUNCH

INGREDIENTS

- 2 lemons
- 2 oranges
- 1 bottle brandy (750 ml)
- 2 cups sugar

PREPARATION

Pare the rinds off of the lemons and oranges and slice them very thinly. Soak the rinds in the brandy for four days. Add two quarts (eight cups) of water and the sugar to the brandy. Simmer over a low heat for 15 minutes, skimming and stirring as needed. Remove from the heat. When the brandy mixture has cooled, strain and store the liquor for up to six weeks, or until it is clear; some dregs might remain at the bottom. Serve with lemon and orange juice.

NOTES

This eighteenth-century punch recipe calls for ingredients from both Europe and the Americas: citrus fruits, sugar, and brandy. Citrus was grown in the Mediterranean, although very wealthy Britons also cultivated oranges and lemons for their own use in glass greenhouses. Since most citrus fruits were quite sour, sugar – made by women and men of African origin who were enslaved in the Caribbean – would have made the drink more palatable. The last major ingredient, brandy, is distilled wine or cider. The word brandy comes from the Dutch “brandewijn,” or “burned wine,” a reference to the distilling process. Brandies were made in both Britain and its colonies. They were popular in part because they travelled well and were a good investment: high in alcohol, they could be shipped in small casks, and then mixed with fresh water or juice before serving.

Credits

Recipe adaptation by Jack Bouchard, Amanda Herbert, Elisa Tersigni, and Heather Wolfe, based on an anonymous recipe book made circa 1720, now in the Folger Shakespeare Library collection. Photography by Teresa Wood.

Discover the cooks and food
of the early modern world.

FIRST CHEFS

Fame and Foodways from Britain to the Americas

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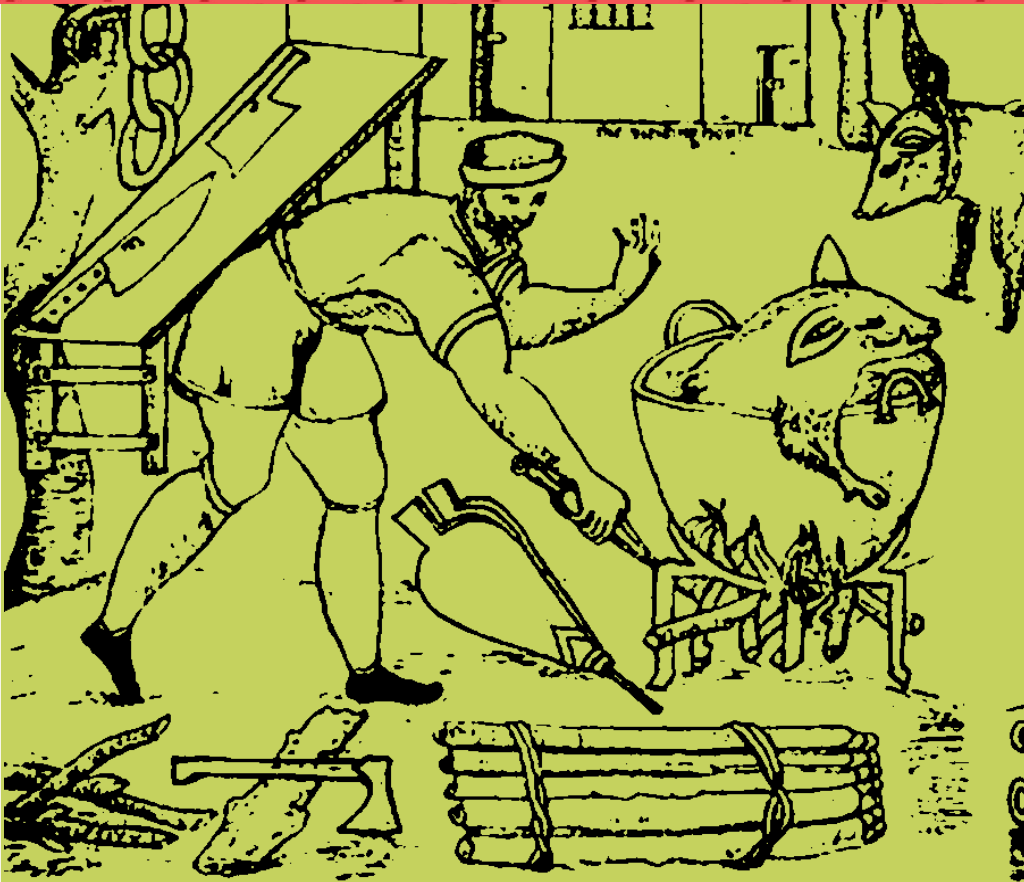
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These recipes are produced in association with association with *Before 'Farm to Table': Early Modern Foodways and Cultures*, a Mellon initiative in collaborative research at the Folger Institute, directed by David Goldstein, Amanda Herbert, and Heather Wolfe, with postdoctoral fellows Jack Bouchard, Elisa Tersigni, and Michael Walkden, and project coordinator Jonathan MacDonald. Their work continues through spring 2021.



RECIPES

from the
Folger Shakespeare Library exhibition

FIRST CHEFS

brought to life by
America Eats Tavern



William Hughes' HOT CHOCOLATE

INGREDIENTS

¼ cup cocoa nibs
3 ½ oz/100 gram 70% dark chocolate bar, roughly chopped
½ cup cocoa powder
½ cup sugar
1 teaspoon vanilla
¼ cup breadcrumbs or grated stale bread (optional for a thicker drink)
½ teaspoon chili flakes (substitute ½ teaspoon ground cinnamon for a less spicy drink)

Milk (1 cup to 3 tablespoons of finished mix)

Makes 2 cups of hot chocolate mix

PREPARATION

Toast the cocoa nibs in shallow pan until they begin to look glossy and smell extra chocolatey. Combine all ingredients in a food processor. Blitz until ingredients are combined into a loose mix. Heat the milk in a pan on the stove or in a heatproof container in a microwave. Stir in three tablespoons of mix for each cup of heated milk.

NOTES

Hughes lists many other ingredients that indigenous Caribbean people as well as Spanish colonizers added to their hot chocolate. Starting with a base of grated cacao, they thickened it with cassava bread, maize flour, eggs, and/or milk, and flavored it with nutmeg, saffron, almond oil, sugar, pepper, cloves, vanilla, fennel seeds, anise seeds, lemon peel, cardamom, orange flower water, rum, brandy, and sherry. Adapt this hot chocolate to your taste by trying these other traditional flavorings.

Credits

Recipe adaptation by Marissa Nicosia (www.rarecooking.com), based on a recipe from William Hughes's *The American physitian*. Photography by Teresa Wood.



The Grenville Family's SWEET POTATO PUDDING

INGREDIENTS

3 pounds sweet potatoes, peeled and cut into 2-inch pieces
¾ pound butter, softened
½ cup sherry, preferably a dark sherry like Oloroso
½ teaspoon ground cinnamon
5 whole eggs, lightly beaten

PREPARATION

Preheat your oven to 350F. Bring a large pot of unsalted water to a boil. Add potato pieces and cook until tender. Drain. In a large bowl, mash the potatoes with the butter until uniform and combined. Fold in the sherry, cinnamon, and eggs. Bake in a buttered casserole dish for 45 minutes, or until the pudding has pulled away from the sides of the dish and the middle jiggles slightly when shaken gently. The pudding will continue to set as it cools.

NOTES

Potatoes are a “new world” food, originating in Peru. They were eaten by indigenous Americans for centuries before being brought to Europe by Christopher Columbus around 1493, and they quickly became part of European sailors’ diets, as well as those of enslaved people. This recipe calls for some ingredients that would have been familiar to any early modern British person, like butter and eggs. But it also includes luxurious ones: sweet wine imported from Spain, cinnamon from India and Sri Lanka, and three pounds of potatoes. This recipe reveals one family’s attempt to bring a new and unfamiliar food to their table, but it also teaches us about wealth and social status in seventeenth-century Britain.

Credits

Recipe adaptation by Amanda Herbert with help from Amanda Moniz, based on a recipe collection kept by the Grenville family circa 1640–1750, now in the Folger Shakespeare Library collection. Photography by Ben Lauer.



Robert May's BRAISED BRISKET

INGREDIENTS

2 pounds brisket	1 bottle red wine (700 ml, ideally, French claret/Bordeaux)
2 cups sliced yellow onion	4 cups sliced cabbage
1 tablespoon salt	1 tablespoons balsamic vinegar
1 teaspoon black peppercorns	2 tablespoons capers
½ teaspoon whole cloves	½ baguette or other bread
¼ teaspoon mace	

PREPARATION

Preheat your oven to 325°F. Pat the brisket dry and then place it in a large pot fitted with a cover. Add onions, salt, black peppercorns, whole cloves, and mace. Pour in wine, cover, and place in the oven for 1 hour. After the brisket has cooked for 1 hour, carefully flip it over. After it has cooked for 1 ½ hours, add cabbage, vinegar, and capers. Check it at the 2 ½ hour mark. It should be tender when poked with a fork. If not, give it more time. If the cabbage is crowded, re-arrange as necessary for even cooking. To serve, cut your bread into cubes and arrange them on a platter. Remove the brisket and set it on a cutting board to rest. Remove the cabbage and onions and place them on top of the bread. Reduce remaining cooking liquid for ten minutes until it thickens. Slice the brisket thinly, and place on top of the cabbage, onions, and bread. Pour the reduced sauce over the whole dish. Serve immediately.

NOTES

This satisfying dish will serve 4-6 people. The cubes of bread that May calls “sippets” are a common ingredient in meat dishes from this period. They efficiently and deliciously soak up the rich, flavorful sauce.

Credits

Recipe adaptation by Marissa Nicosia (www.rarecooking.com), based on a recipe from Robert May's *The accomplisht cook*. Photography by Teresa Wood.

Mrs. Knight's A RAGOUT OF SWEETBREADS

A Ragoo of sweet breads.
Take y^e sweet breads skinn y^e and put y^e some butter in y^e
frying pan brown it with flour then put y^e sweet bread
in stir y^e a little and turn y^e put in some strong
broth & mushrooms some salt pepper cloves cloves &
more let y^e stew half an hour y^e put in some
force meat balls some artichokes bottom cut
small & thin make it thick & serve it up with
sliced lemon



INGREDIENTS

- 1.5 pounds veal sweetbreads
- 2 cups flour
- 2 cups beef broth
- 1 cup button mushrooms
- 1/2 tablespoon salt
- 1/2 tablespoon pepper
- 6 small forced meatballs
- 2 cans artichoke hearts

PREPARATION

Thaw the sweetbreads and rinse with cold water. Cut sweetbreads evenly into four inch long pieces. Use a few layers of plastic wrap, wax paper, or one side of a plastic freezer bag to cover sweetbreads. Use a meat mallet to pound pieces until thickness is uniform throughout each piece. Preheat oil in a medium sized frying pan; set to medium heat. In a bowl, combine flour, a pinch of salt and pepper. Dip sweetbreads in flour mixture and fry until golden brown.

In a medium sized pot combine artichoke hearts, mushrooms, broth, salt, and pepper - stew on low heat for 20-30 minutes. Add fried sweetbreads and forced meatballs to pot and stew for another 30 minutes.

Serve with lemon.

NOTES

See Forced Meat Balls recipe on page 1 of Mrs. Knight's receipt book.

Credits

Recipe adapted by Anisa Lacey from Mrs. Knight's receipt book, 1740, W.b.79, p.1, Folger Shakespeare Library.

Mrs. Knight's A SPINACH TART—VERY GOOD!

*all to y^e taste wth candied orange
a spinage tart very good
take 6 handfulls of spinage wash & clean dry & peck it from y^e stalks & hard ribs shred it very fine as it is possible put to
a pint of grated bread a pint of thick cream y^e eggs & white
3 spoonfulls of sack salt sugar to y^e taste it ought to be sweet
if with y^e sack you beat up 2 ounces of blanched almonds
for a great addition to y^e tart garnish y^e brown of y^e dish wth
sack & lay slips cross y^e top heat it wth care before you
eat an almond madding finely beaten*



INGREDIENTS

- 6 handfulls of spinach
- 7 eggs, 3 egg whites
- 3 teaspoons of salt
- 2 sheets of **all butter** puff pastry dough
- 1 pint breadcrumbs
- 1 pint of unsweetened cream
- ⅓ cup of sugar
- blanched almonds to garnish (optional)

EQUIPMENT

- Whisk
- Rolling pin
- Pie dish or tin

PREPARATION

Preheat your oven to 400 degrees fahrenheit. Line the pie tin or pie dish with one of the sheets of puff pastry. Reserve the other sheet to create a latticed top. Try to work quickly, to keep the butter layers in the puff pastry dough distinct. You can let the dough firm up in the freezer while you work on the filling.

To make the filling, start by taking 6 handfulls of spinach. Wash the spinach clean and dry it. Shred the spinach very fine. Set aside the shredded spinach.

Take the pastry dough out of the freezer to blind bake it. Before putting it in the oven, dock the bottom of the pie. Do not add pie weights, or the dough will not 'puff.' Let it bake in the oven for 15 minutes.

Mix together the 7 eggs and 3 egg whites to make the quiche filling while the pastry dough blind bakes. Beat eggs until well-combined and frothy. Reserve the three leftover egg yolks.

Remove the pasty dough from the oven and let it cool. Use the leftover egg yolks to egg wash the inside of the pie. This eggwash will create a seal and prevent the dough from becoming soggy. Return the pastry dough to the oven for another 3 minutes. Set aside the eggwash mixture for later.

To the egg mixture, add one pint of cream slowly. Once fully combined, add one pint of breadcrumbs, 3 teaspoons of salt, and ⅓ cup of sugar. Finally, mix in the shredded spinach.



PREPARATION (CONT.)

Remove pastry dough from the oven and let cool. Take second sheet of pastry dough out of the freezer and cut into strips at least one inch thick. Add quiche mixture to the pastry dough; don't worry if the mixture is taller than the rim of the pie dish. Working quickly, create a latticed top to the pie out of the strips of dough. Brush the latticed top with the reserved eggwash. Add blanched almonds as an optional garnish. Bake for 30-40 minutes. Cover the top of the pie with aluminum foil to prevent excessive browning, if need be.

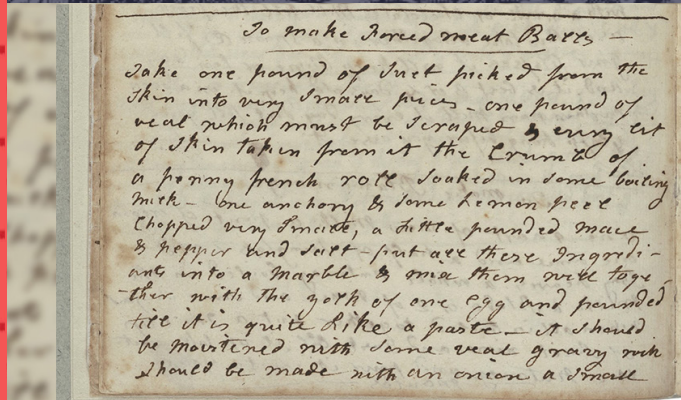
NOTES

To achieve a more modern quiche interior, you can cook and soften the spinach before adding it to the egg mixture. The quiche's resulting interior will have a more homogenous texture. Latticing is optional. Although Mrs. Knight's recipe calls for pastry, the quiche is also good with traditional pie dough.

Credits

Recipe adapted by Luke Williamson from Mrs. Knight's receipt book, 1740, W.b.79, p.13, Folger Shakespeare Library.

Mrs. Knight's FORCED MEAT BALLS



INGREDIENTS

(For the meatballs)

One jar of tallow (~ 1lb)
One lb of veal
1 small baguette, slightly stale and
soaked in boiling milk
Four pieces of anchovy
Grated lemon zest from one lemon
Mace
Salt & Pepper to taste
2 Egg Yolks
Panko Bread crumbs

(For the gravy)

One large onion
One bunch of Rosemary, Sage
and Thyme
Lemon zest
 $\frac{1}{4}$ cup Flour
 $\frac{1}{4}$ cup butter
4 cups of beef broth
Salt & Pepper to taste

PREPARATION

Take one small stale baguette and dunk it into a bowl full of boiled milk. Let sit.

For the Gravy

Sauté one diced onion in $\frac{1}{4}$ cup of butter, until golden brown. Add the same amount of flour to it. Bring to a boil and let cook until thick. Add a bunch of rosemary, sage and thyme wrapped in twine, along with lemon zest. You can also add lemon juice from the lemon if you wish. Add four cups of beef broth and let simmer for a while. Stir regularly to eliminate clumps. Season to taste and let sit on low heat until meatballs are ready.

For the Meatballs

Then, mix together the tallow, veal, four pieces of anchovy (canned is fine), lemon zest, some mace, the soaked loaf and two egg yolks- To separate an egg yolk from the egg, crack the egg and open it, attempting to create two halves of the egg shell. While doing this, make sure that the egg yolk does not fall. Pass the egg yolk from one half of the egg shell to the other, so that the egg whites fall out until you are left with an egg yolk.

Once mixed, add some of the gravy that you made, about $\frac{1}{2}$ a cup. If you feel this is too wet you can add panko bread crumbs. Then roll the meat into small balls, about 1 tbsp of meat in each one. Bake in a greased pan in an oven at 400 degrees for twenty minutes. Serve in a bed of gravy.



NOTES

I made several adjustments to this recipe for both practical and aesthetic reasons. Firstly, the original recipe calls for suet while I ended up using tallow which is a more usable version of suet. Tallow is readily available at many grocery stores. Another contemporary adjustment is using canned anchovies instead of a whole anchovy fish. After making Forced Meat Balls, I also made a decision to use lemon zest as the recipe originally calls for lemon peel. Large chunks of lemon peel was very unappetizing in the meat balls, so it made sense to use lemon zest instead. The meatballs I made fell apart slightly, so I increased the amount of eggs.

Credits

Recipe adapted by Sarah Montoya from Mrs. Knight's receipt book, 1740, W.b.79, p.28, Folger Shakespeare Library.

Mrs. Knight's TO STEW PIGEONS

piece of
with supports

To stew pigeons
Take 6 pigeons with their giblets cut in quarters & put them
in a stewpan with 2 blades of mace a little pepper & salt put water
enough to stew you without burning on they are tender thuck
y^e liquor with a yolk of an egg 3 spoonfull of thick sweet cream
a bit of butter & a little shred Hygiee & parsley shake them all
together garnish it with lemon



INGREDIENTS

6 squabs	1 egg yolk
Water	1 lemon
2 teaspoon nutmeg	1 tablespoon thyme
3 tablespoon heavy cream	1 tablespoon parsley
3 tablespoon butter	Pepper
	Salt

PREPARATION

Thaw the frozen squabs under cold running water. Butcher and quarter the squabs and then season with nutmeg, salt, and pepper. Heat a tablespoon of butter in a large saucepan. Place the squabs in the pan and roast on each side for 2-3 minutes on medium-high heat. Remove the squabs and pour into the pan enough water to just cover the squabs. Scrape the bottom of the pan and let it boil down for 10 minutes on medium-high heat. Add the squabs back in and boil for five minutes on medium heat. Remove the squabs and keep warm in an oven. Strain the liquid in the saucepan through a sieve. Place the liquid back into the saucepan and continue warming over low heat. Whisk together the heavy cream and egg yolk in a separate bowl. Warm up the remaining butter and combine with the cream and egg yolk, making sure to continue whisking. Whisk this mixture into the liquid in the saucepan. Place thyme and parsley into the saucepan. Continue heating until ready to serve. Garnish with lemon.

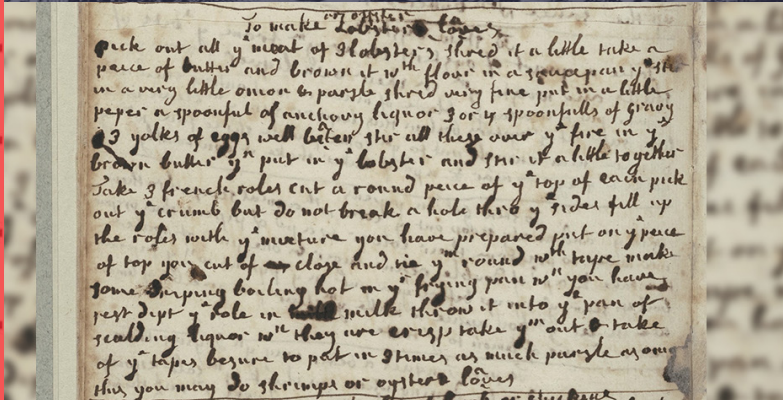
NOTES

In adding the warmed butter into the egg/cream mixture, take care to add a little at a time in order to avoid cooking the egg. In similar fashion, adding some of the sauce to the egg/cream mixture in order to warm it up is suggested. Additionally, the sauce may be boiled further in order to thicken it. As squabs are small in size, this dish will serve approximately 4-6 people.

Credits

Recipe adapted by Joshua Whang from Mrs. Knight's receipt book, 1740, W.b.79, p.11, Folger Shakespeare Library.

Mrs. Knight's TO MAKE LOBSTER LOAVES



INGREDIENTS

- | | |
|------------------------|---------------------|
| 3 lobsters | 1 tsp black pepper |
| Half stick of butter | 1 tsp anchovy paste |
| 2 tbsp white flour | 2 egg yolks |
| 1 tbsp chopped parsley | 4 French rolls |
| 1 tbsp diced onion | |

PREPARATION

Boil your lobsters and remove the meat. With your hands pick apart the meat into bite sized pieces and set it aside. In a frying pan over medium-high heat, melt your butter and add flour to make a brown roux. Add onion and parsley and stir for a minute, then add black pepper and anchovy paste. Beat the two egg yolks well and stir them into your pan. If the mixture becomes dry you may want to add some more butter. Finally, add the lobster in a stir for a minute or two. Set the mixture aside in a bowl. Next, cut the top off your French rolls, and pick out the bread on the inside of the rolls. Be careful to remove as much bread as you can, but do not puncture the sides of the rolls. When you've made your bread-bowls, heat a frying pan with beef tallow (or any other frying oil you might use), and use cooking twine to tightly fasten the bread cap to the bread-bowl. When the oil is hot, dip both sides of the rolls in milk and put them in the oil. (Be very careful of hot splashing oil.) Brown both sides of the rolls until they are crispy, and remove them.

NOTES

Serve hot to ensure that your lobster loaves are not soggy. This recipe can also be done with oysters or shrimp, or any mixture of the three.

Credits

Recipe adapted by Liam Downing from Mrs. Knight's receipt book, 1740, W.b.79, p.12, Folger Shakespeare Library.

Mrs. Knight's EXTRAORDINARY PLUM CAKE

rise before you say y on y
Take 7 lb of fine flour and 2 lb of butter put y butter into y
flour 7 lb of currants and 2 large nutmegs with an ounce of mace
a lb of an ounce of cloves all finely beat & grated one p of sugar
16 eggs leavening out 4 whites put in a full pint & 1/2 of ale
yeast warm w milk cream as you think will wet it & pour
sack to y cream to make it as thick as butter beat one p
of almonds with sack or orange flower water dont let y be
fine but grossly beat put in a p of candied orange
lemon & citron peel or more if you desire if very rich
mix all & put it into y hoop with a paper under it to save
y bottom then was given by one of y most housewives
in england & is as good as ever was made
Searching for y cake
Take y whites of 5 eggs whipt up to a froth & put up of
double refined sugar & grain of amber grease & spoonfull of
orange flower water whisk it all y time y cake is in the
oven so it comes out sea it but set it in no more leave
out y perfumes if it be offensive



INGREDIENTS

16 Oz flour	2 eggs
5.7 oz butter	100 ml ale yeast (100 ml water, 1 teaspoon yeast, 1 tsp sugar)
17 oz currant	1/4 cup cream
1/4 of a nutmeg	2.25 oz almonds
1/2 oz mace	1/4 cup Sack
1/2 oz cloves	2.27 oz candied citrus peels
1 pound cloves	
2.28 oz sugar	

PREPARATION

Preheat your oven to 325°F. Grease a 9-inch springform pan with butter. In a large bowl, stir together the flour and butter until they are evenly combined. Mix in the currants, along with finely ground cloves, mace, and nutmeg. Crack two eggs into the mixture. Stir in the ale yeast, along with the cream, and 1/8 cup of sack. With the remaining 1/8 cup of sack, grind together the pre-sliced almonds and add them the dough. Adding in the candied citrus peel, continue stirring the dough until the entire mixture is evenly combined. Put the dough into the greased springform pan and cook the cake, placing it on the middle rack of the oven for 50 minutes to an hour, or until the center is well cooked through. Let the cake cool for 10 minutes before removing from the springform pan. Icing is optional.

NOTES

Mrs. Knight's original recipe calls for 7 pounds of flour, 7 pounds of currants, etc. -- perhaps it's this massive quantity that makes the cake "extraordinary" -- and this recipe has been scaled down for ordinary baking. This modernized recipe also fills in the hidden blanks that Mrs. Knight leaves us with; certain ingredient quantities, the amount of time and temperature to cook with would have been assumed and known to an 18th century cook like Mrs. Knight. Among these pieces of assumed knowledge are certain ingredients that were more commonplace than they are now, such as ale yeast (leavening agent) and sack (Spanish wine). For this recipe, we chose to substitute ale yeast with re-hydrated activated yeast, and for sack, we substituted with Sherry. The modern springform pan included a base, but the original recipe calls for the use of a pastry layer at the bottom.

Credits

Recipe adapted by Stuart Robbins and Olivia Gieger from Mrs. Knight's receipt book, 1740, W.b.79, p.37, Folger Shakespeare Library.

Mrs. Knight's ORANGE CHEESECAKE

orange cheese cakes
Blanch $\frac{1}{2}$ a p^d of fine sweet almonds beat y^m very fine wth 2 spoons full
of orange flower water - $\frac{1}{2}$ a p^d of sugar beat & sifted $\frac{3}{4}$ of a p^d of
melted butter to y^e rest wth almost cold 8 eggs leaving out half
y^e white beat & strain y^m boyl y^e peel of a civet orange till y^e
bitterness is out beat it fine & mix it with y^e rest put it in
very light crust is good wth out y^e orange
A cheese cake wth curd



Photography by roxannesdriedflowers.com

INGREDIENTS

- 1 cup of almond flour
- 2 tablespoons orange flower water
- 1 cup of sugar
- 6 oz melted butter
- 6 eggs (3 whites, 6 yolks)
- peel of 1 orange
- 1 pie crust

EQUIPMENT

- Whisk
- Mortar and pestle
- Large Bowl

PREPARATION

Boil the orange peel in water until tender. Rinse the peel with cold water and mash with a mortar and pestle until fine. In a bowl, beat 3 eggs until thoroughly combined. Add the almond flour, sugar, cooled melted butter, and orange flower water. Once combined, add the yolk of 3 eggs. Lastly, add the crushed orange peel and combine with mixture. Pour mixture into a pie crust and bake at 320 degrees fahrenheit for 30 minutes.

NOTES

This “cheesecake” is also good without the orange, says Mrs. Knight at the end of the recipe. While this dessert uses no cheese, the recipe following this one in the manuscript is a recipe for cheesecake that uses cheese curds.

Credits

Recipe adapted by Eniola Ajao from Mrs. Knight's receipt book, 1740, w.b. 79, p. 36, Folger Shakespeare Library.

Mrs. Knight's KETCHUP TO KEEP 20 YEARS

To make catchup to keep 20 years
Take 2 quarts of strong ^{stale} beer half a p^d of anchovies wash & clean
from y^e guts a quarter of an ounce of mace 2 large roots of
ginger half a p^d of shallots one pint of flay mushrooms well
rubd and pickt boyl all these over a slow fire till it is
half wasted y^e strach it throw a flannel bag let it stand
till quite cold y^e bottle it and stop it very close one spoon
full to a pint of melted butter give this a colour
above all other ingredients y^e stronger and staler y^e
beer the better



INGREDIENTS

- 32 ounces beer
- 3/4 pound canned anchovy
- 1/4 ounce mace
- 1 large piece of ginger
- 1/2 pound shallots
- 3/4 pound portobello mushroom
- 4 ounces butter
- 1 piece of cheesecloth

PREPARATION

Open 32 ounces of beer the night before to make it stale. Wash 3/4 pound of canned anchovies and leave them in water to get rid of the salty taste while preparing other ingredients. Rub and clean 3/4 pound of portobello mushrooms thoroughly and cut them into small pieces. Set aside. Peel a very large piece of ginger and 1/2 pound of shallot. Cut them into small pieces and set aside. Prepare 1/4 ounce of mace powder. Set aside. Pour the beer into a pot and heat it for 5 minutes. Add the anchovies, the ginger, the shallots, the portobello mushrooms, and the mace powder. Cook over a slow fire till the liquid is half wasted. Strain it through a piece of cheesecloth, squeeze the waste to get the mushroom juice, and discard the waste. Let the liquid cool. At last, add 4 ounces of melted butter to give taste and color.

NOTES

Serve as a seasoning with bread or meat.

The staler the beer, the better the catchup, according to Mrs. Knight.

Credits

Recipe adapted by Siyi Li from Mrs. Knight's receipt book, 1740, W.b.79, p.20, Folger Shakespeare Library.

Amherst College Folger Fellows 2021

RECIPE CARDS from V.a.621

Sarah Edelson: is a sophomore double majoring in Economics and Architectural Studies.

Hildi Gabel: is a senior biology major.

Maddie Hahm: is a sophomore English and French double-major.

Kate Lester: is a junior double majoring in French and LJST (Law, Jurisprudence, and Social Thought).

Anna Smith: is a junior American Studies major.

Dr. Chamberlins receipt of poppy water

Dr Chamberlins receipt of poppy water
Take a pottle of the best Aqua vite and one
pint of poppy water mixe them together and put
to them half a pound of Loaf Sugar finely beaten
lett it stoop 24 hours in an earthen vessel then
putt to it half a pound of Raysins of the Sun Stoned
half a pound of Dates Sliced half an ounce of
Cinamon broken into Small peces Cloves Anniseeds
Nutmegs Liquorish of each half an ounce a little
bruised lett all these steep together 4 daies stirring
twice a day then add to it a great handfull of poppy
Leaves being first dried on a Table and Sprig of
Angelica and one of balme and so lett it stand 3
daies longer stirring it every day then lett it run
through an Ipocras bag & keep it for your use

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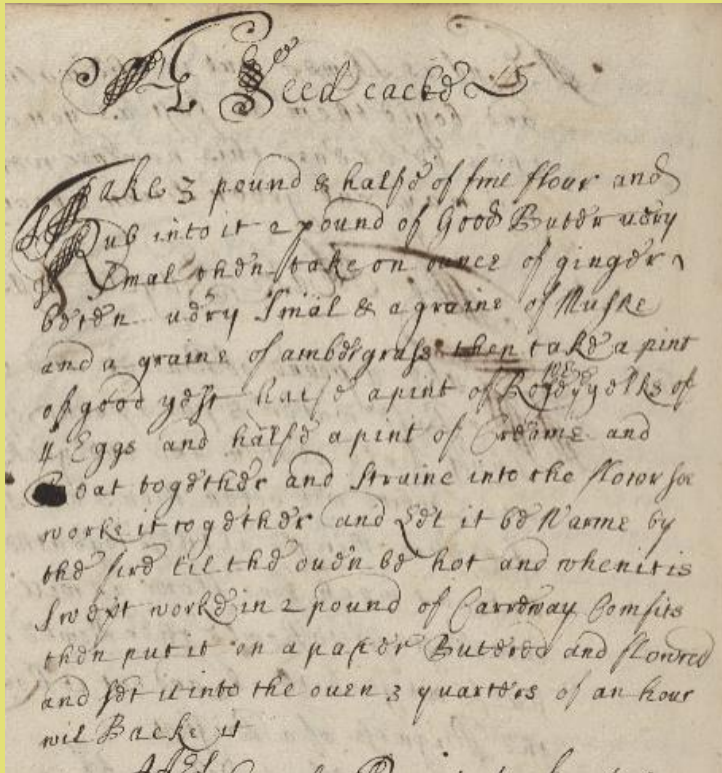
ABOUT THE RECIPE

"Dr. Chamberlin's receipt of poppy water" can be found on page 166 of Lady Catherine Bacon's recipe book, a manuscript comprised of culinary and medicinal recipes collected over over almost six decades, between the 1680s and 1739. The recipe is attributed to Dr. Chamberlin, who is known for authoring a book that provided rules and recipes for conceiving children, entitled the "Complete midwives practice." The third edition of the book included insights from Theodore de Mayerne, a prominent French physician who tended to English Kings. In another section of Catherine's book, she records de Mayerne's recipe for palsy water. With two of Lady Catherine's other recipes attributed to Chamberlin pertaining to childbirth, it seems probable that the poppy water would have been used to relieve pain during pregnancy or after labor.

The dish calls for ingredients such as dates, raisins, poppy, and aqua vitae. Dates were a common ingredient in early modern dishes because they had a very high sugar content, yet were much cheaper to purchase than sugar itself. Aqua vitae, which refers to strong alcohol such as brandy, is latin for "water of life," and was thought to ward off numerous medical ailments. Licorice, angelica, and lemon balme were all used for curative purposes and included in the recipe. Lastly, the core ingredient, poppy, was widely available at the time, and was the most traded commodity between England and China from the 1620s to the 1670s.

*Falger Shakespeare Library, MS V.a.6.21
Receipt book of Catherine Bacon, 1680s to 1739*

Lady Catherine's Seed Cake



Take three pounds & half of fine flour and rub into it a pound of good butter very small. Then take one ounce of ginger beaten very small & a graine of musk and a graine of ambergris, then take a pint of good yeast, half a pint of rosewater, the yolks of 4 eggs, and half a pint of cream and beat together and strain into the flour so. Work it together and let it be warm by the fire 'till the oven be hot, and when it is swept, work in 2 pounds of Caraway Comfits, then put it on a paper buttered and floured and set it into the oven. Three quarters of an hour will bake it.



Credits

Recipe from Lady Catherine's Receipt book, 1680s to 1739, MS V.a.621, pg. 66, Folger Shakespeare Library.

Recipe Background

Seed Cake was a popular dish in early modern Britain, and Lady Catherine's version was largely similar to many other seed cakes of its time. Lady Catharine (1661-1757) was an upper-class woman surrounded by influential people in her family and social circle. She outlived her two husbands, Nicholas Bacon and Reverend Balthazar Gardemau, and spent her life in Coddensham, Suffolk County, where she established a free school. People in her world shared cakes and passed recipes between each other. Recipes from family acquaintances Mrs. Creed, a painter, and Lady Carteret, a brief owner of East New Jersey, appear nearby this recipe in her manuscript.

While some seed cakes only call for caraway seeds, this recipe uses caraway comfits. Caraway comfits were made by adding layers of a sugar coating to caraway seeds and stirring them many times over a fire until dry. The process is labor intensive and likely involved substantial time and effort from servants. Another source of hidden labor came from enslaved people who farmed and processed sugar on sugar plantations in the Caribbean, where hundreds of thousands of people expended deadly physical and taxing mental work against their wills.

As sugar production on Caribbean plantations increased, sugar became less expensive and was newly available to lower and middle classes in England. Many variations of seed cake recipes were printed in the 1700-1800s, and both seed cakes and sugar were fully ubiquitous by the mid-1800s. Lady Catherine's manuscript contains over 150 mentions of sugar, 31 cakes, and 2 seed cakes. These sweet recipes were productions that expanded upon uses for sugar, transitioning sugar and cake into mainstream ingredients and dishes in England as sugar production was exploding. Lady Catherine's Seed Cake recipe is especially symbolic of this process, as it embeds the sugary comfits within the cake, mimicking the increasing commonness and diversification of sugar use in the British Empire.



Lady Catherine's



Recipe for Cock Water for the Consumption and Cough of the Lungs

*Very good Consumption Water
of a gallon of new milk all from one Cow*

Ingredients

One live cock (rooster)
One still
One pottle of rose water
One pottle of milk from a red cow
One pound of currants
One pound of raisins
A quarter of a pound of dates
Two handfulls of pimpernels
Two handfulls of wild thyme
One handful of fennel roots
A spring of parsley roots
One handful of endives
A bunch of maiden hair
A bunch of pennyroyal
Two ounces of chany
Three ounces of licorice
Half a pound of sugar candy
A book of leaf gold
Four grains of ambergris
12 grains of prepared pearl

Original Transcription

Cock water for the Consumption and Cough of the Lungs

Take a live Cock and pull him then kill him when it is almost Cold chine down the back and take out all the Intralls and wipe him Cleane then cut in quarters and break the bones and put him into a Still where you still rose water with a pottle of Sack a pottle of milk of a red Cow one pound of Curants one pound of rayson of the sun A quarter of a pound of Dates cut in small peeeces & two handfull of pimpernalls two handfulls of wild time one handfull of fennell roots & as much parsley roots the pith being taken out one handfull of Endiffe and so much maiden haire and as much peneriall two ounces of Chany three ounces of Lickrish scraped and bruised still all these together with a soft fire putting into the glass that the water droppeth into half a pound of Sugar Candy beaten A book of Leafe gold beaten small among the sugar Candy four grains of Amber grease twelve grains of prepared pearle & so lett the water drop in vpon these things in the glass mingle the strong & the small together take foure Spoonfulls in the morning fasting & as much before Supper Shake the glass before you drink it, it will be a stilling 2 days

Credits

Recipe adapted by Maddie Hahm from Lady Catherine Bacon's receipt book, ~1680s, Va621, p. 8, Folger Shakespeare Library





Shrubland Hall

Normalized Transcription

Take a live cock and pull him. Then, kill him when it is almost cold.

Chine down the back and take out all the entrails and wipe him clean.

Then, cut in quarters and break the bones and put him into a still where you still rose water with a pottle of sack, a pottle of milk of a red cow, one pound of currants, one pound of raisin of the sun.

A quarter of a pound of dates, cut in small pieces, and two handfals of pimperlens, two handfals of wild thyme, one handful of fennel roots, and as much parsley roots.

The pith, being taken out, one handful of endive and so much maiden hair and as much pennyroyal.

Two ounces of chany, three ounces of licorice scraped and bruised.

Still all these together with a soft fire.

Putting into the glass that water drop into a half a pound of sugar candy, beaten.

A book of leaf gold beaten small among the sugar candy, four grains of ambergris, twelve grains of prepared pearl and so.

Let the water drop in upon these things.

In the glass, mingle the strong and the small together.

Take four spoonfuls in the morning, fasting, and as much before supper.

Shake the glass before you drink it; it will be a stilling 2 days.

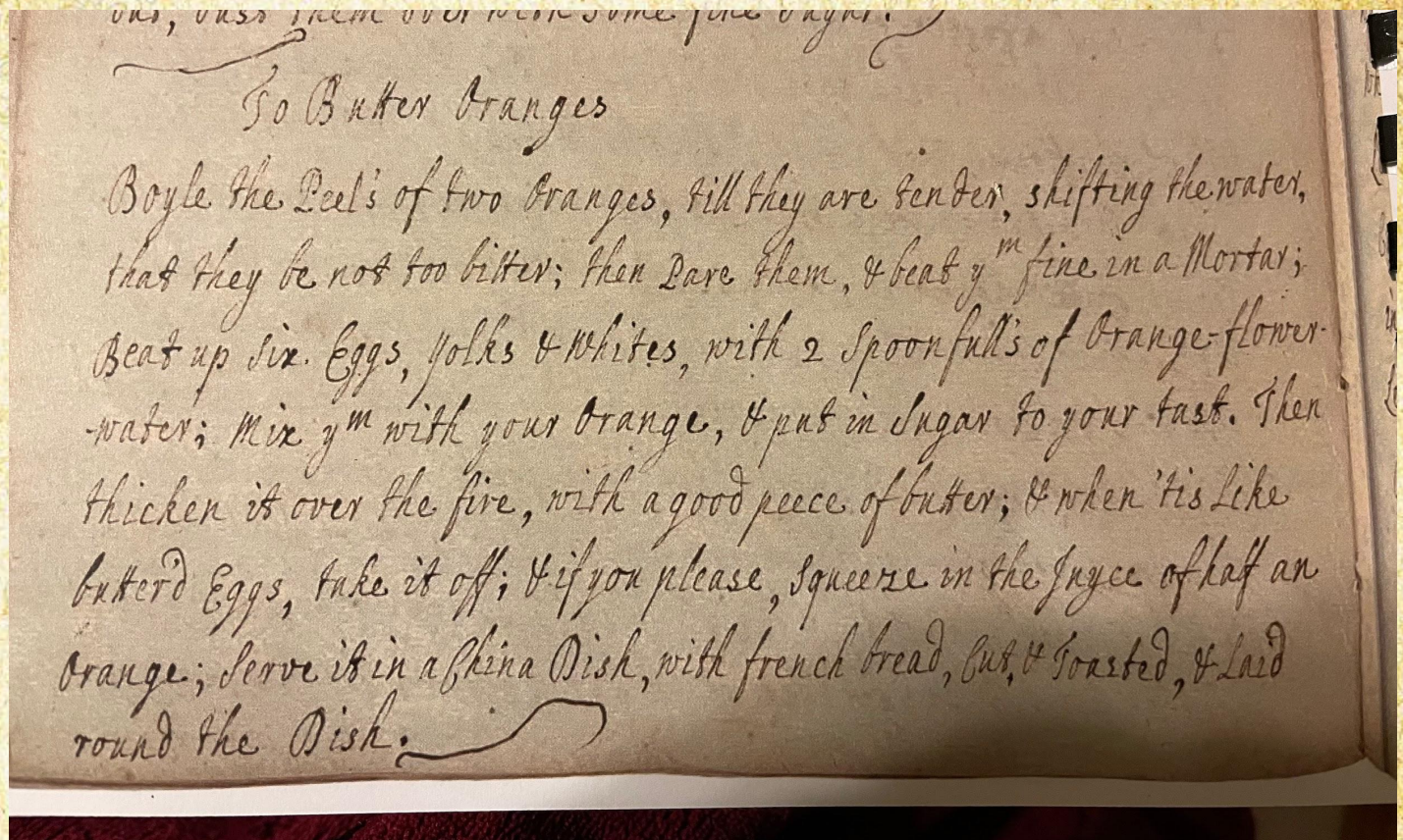
Background Information

This recipe came from the cookery book of the late Lady Catherine Bacon Gardemau (née Montagu) who was born in 1660 to Admiral Edward Montagu and his wife, Jemima Montagu. Possessing wealth, influence, and strong ties to the community, it is likely that Lady Catherine was educated and well-connected even before her first marriage to Sir Nicholas Bacon, heir to the Shrubland Estate. This recipe was meant to be a cure for Consumption (Tuberculosis) and was likely included in this manuscript shortly after her first marriage to Sir Nicholas. (Since approximately 20% of the population perished from Consumption during the time, it makes sense that Lady Catherine would choose to include this recipe right at the start of her book.) Due to Lady Catherine's elevated social status, it can be assumed that she did not struggle to obtain the ingredients necessary to make this recipe, even those that would have needed to have been transported overseas. When examining this recipe, it is important that we recognize Lady Catherine and her role in English society during the Early-Modern period but also the countless other unnamed individuals who contributed to the creation of this recipe—the parchment makers, the kitchen staff, the sailors, the enslaved Africans working on the sugar plantations, etc.—without whom Lady Catherine would never have been able to even conceive of its completion.

Notes

The transcription above has been normalized, meaning that the spelling has been modernized, punctuation has been added, and certain letters have been changed from majuscule to miniscule or vice versa.

Lady Catherine Bacon's "To Butter Oranges"



Folger Shakespeare Library, MS V.a.621. Receipt book of Catherine Bacon, 1680s to 1739. Page 214.

"To Butter Oranges"

A Normalized Transcription

Boil the peels of two oranges till they are tender, shifting the water that they be not too bitter. Then pare them & beat them fine in a mortar. Beat up six eggs, yolks & whites, with 2 spoonfulls of orange flower water. Mix them with your orange & put in sugar to your taste. Then thicken it over the fire with a good piece of butter, & when tis like buttered eggs, take it off, & if you please, squeeze in the juice of half an orange. Serve it in a china dish with French bread cut & toasted & laid round the dish.



Lady Catherine Bacon's "To Butter Oranges"

"To Butter Oranges" is located in Lady Catherine Bacon's receipt book, a manuscript over 350 years old. Its primary author, Lady Catherine Bacon (1661-1757), was a wealthy English woman. She began collecting recipes for the book in the 1680s, while married to Nicholas Bacon, and continued into her second marriage, to Balthazar Gardemau. When she died, she left behind money to create charities, some of which still exist today.

"To Butter Oranges" creates sweet, orangey scrambled eggs—a combination that was common for upper-class people in early modern England. Numerous recipes similar to Lady Catherine's exist in other cookbooks from the time, and there are even two other recipes for the dish in Lady Catherine's book. But "To Butter Oranges" was a dish that mainly upper-class people made, because many of its ingredients were expensive at the time. Oranges, for example, were grown in southern Europe and the Americas in the early modern period, and so wealthy people in northern Europe, like Lady Catherine, had to pay high prices to import them (or to build "orangeries"—greenhouses in which one could grow orange trees despite cold weather). Oranges, in short, were fashionably elite for the upper class in early modern England. So was orange flower water, an aromatic liquid made with orange blossoms which Lady Catherine mentions over 15 times in her book. Sugar, too, was a status indicator during her life; upper-class people would often dust dishes with sugar simply to show that they had access to it.

The serving instructions in "To Butter Oranges" are as interesting as the ingredients. There's a kind of artistic quality to the presentation of the dish that Lady Catherine has in mind; instead of just telling readers to serve the eggs with toast, she tells them how to *present* the final dish. This creative focus on presentation, though, masks the reason Lady Catherine was able to use ingredients like oranges and sugar in the first place. During her life, England was colonizing the Americas and enslaving African and Indigenous people to produce crops for export. This brutal system, in which enslaved people faced threats from nature, machinery, and colonizers, was what gave Lady Catherine access to ingredients like sugar—something she doesn't acknowledge in her recipe.

This tension—between "To Butter Oranges" as an outlet for Lady Catherine's creativity and as a show of wealth ignorant of the human suffering that supported it—is inescapable. Then, as now, the global elite had access to food produced by people whose labor, anguish, and resilience has repeatedly been ignored in the history books. Acknowledging this is only a first step, but it is hugely important—both to do justice to all those who the history books have tried to erase and to work toward more equitable and sustainable foodways today.

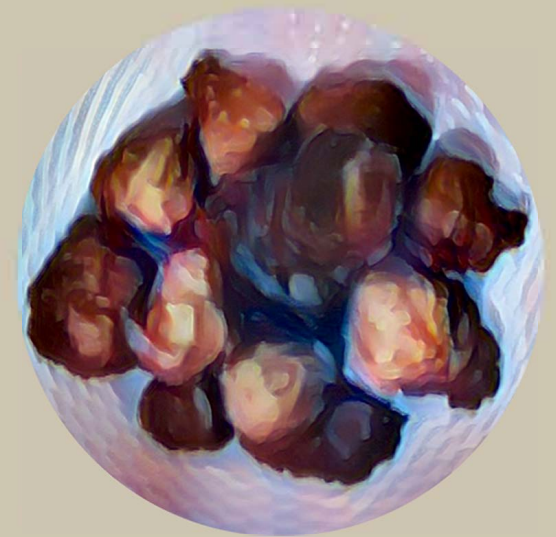
FRENCH FRITTERS MISTER GARDEMAU'S WAY

from the Receipt book of Catherine Bacon

Normalized Spelling

Boil two quarts of water & when it boils put into it a piece of butter of the bigness of an egg and as much sugar. Then drop flour into the water by little & little, always stirring it with a stick & so pour on flour till the paste be so thick you can hardly stir your stick. Then take your paste off the fire, & put it into a vessel to cool. When it is cold, work it with eggs into a very soft paste, with a little brandy. Drop into the frying pan the bigness of your finger's end at a time. In wintertime your paste will keep ~~a week~~ two or three days & be the better.

French Fritters M^r Gardemaus way
Boyle two Quarts of Water. & when it Boils put into it
a peece of Butter of y^e bigness of an Egg, And as much sugar.
Then drop flower in to y^e water by Little & Little, alwaise
stirring it with a stick: & so pour on flower till y^e Last be
so thick you can hardly stir y^e stick. Then take y^e past off y^e
fire, & put it into a Vessel to Coole. When 'tis cold, work it
with Eggs into a very soft past, with a little Brandy. Drop
into y^e frying-pan y^e bigness of your fingers end at a time
In Winter time y^e Past will keep ~~a week~~ two or three Days
& be y^e Better.
Gardemaus: A. Hubbard M^{rs} Acton Baylam



FRENCH FRITTERS MISTER GARDEMAU'S WAY

from the Receipt book of Catherine Bacon

This recipe is sure to give you a workout!

These French fritters are from a nearly-300 page early modern English recipe book primarily written by Lady Catherine Bacon (née Montague, later Gardemau) (1661-1757). Her second husband, Rev. Balthazar Gardemau (165-1739), a Huguenot refugee from Poitiers, France, contributed this recipe. The lack of measurements requires the implied knowledge of an experienced cook familiar with the expected thickness of the paste, but this lack of specificity allows the recipe to be made year-round as the amount of flour can be adjusted according to the humidity. If made in winter, however, it will be cold enough to safely age the paste and allow the flour to hydrate. Be sure to vigorously stir the paste to prevent lumps.

Season to your Taste

The lack of ingredients such as orange flower water, nutmeg, and lemon peel frequently found in contemporaneous recipes suggests that Gardemau may have followed a religious practice of plain fare, believing the ingredients too indulgent for a man of the church. While the majority of ingredients would have been available close to home, even the small amount of sugar in this recipe carries a great human cost as enslaved peoples were subjected to dangerous conditions in the harvesting of sugar cane and the production of refined sugar in the Caribbean.

