

HISTORIC ST. MARY'S CITY



*Hearth Cooking
Recipe Book*



Sources

The Sensible Cook was a historical cookbook first published in 1667 as part of a gardening book. By 1711, there were more than ten different additions in which recipes accompanied descriptions of garden layouts, calendars of cultivation, preparations of medicines for humans and animals, and information on bee keeping. *The Sensible Cook* was reprinted in 1742 and once more in 1802.

The English Huswife was first published in 1615 in London and had nine editions by 1683. Aside from recipes, this book included sections on physick, dyeing, animal husbandry, brewing, and more. The section on cookery was divided into five parts: "sallets, boyled meats and broths, roast meats and carbonadoes, bak't meats and pyes, and banquetting and made dishes."

The Compleat Cook was a historical cookbook first published in 1658 in London. It laid out the Spanish, Italian, and French ways to dress flesh and fish, order sauces, and make pastries.



Nicolaes Maes

A Maid

Sleeping

1655

This painting provides us with a visual on much of the kitchenware used to make the recipes for *The Sensible Cook*, including: a skimmer, a metal pot, earthenware cookpots, a ladle, plates and platters, and an earthenware colander.

Chicken Pasty

Source: *The Compleat Cook*, Rebecca Price, 1681.

“Take three pretty big chickens, and cut them in peeces, and season them with one good spoonfull of nutmeg; peper, and salt; being all mixed together; then put them in the pye, and put them ye marrow of 3 bones dyped in yolks of eggs; and also put in six ounces of preserved littis-stalks; and a quarter of a pounce of raisons and as many courance; and 12 quartered dates; six blades of mace: halfe a lemon sliced; and halfe a pounce of butter; so bake it; an houre and halfe will do it; when you draw it, put in a caudle of verjuice; whitewine, butter; and suger....”

Ingredients:

- Chicken ground or chopped
- 2 egg yolks
- Powders & whole spices of your choice (salt, pepper, ginger, clove, mace, parsley, etc.)
- Preserved littis-stalks (pickled lettuce stalks)
- Sugar
- Currants and Raisins
- Lemon
- Reserved broth/meat juices (in lieu of bone marrow)
- Pie crust dough of your choice

Preparation for a modern kitchen:

Take your meat and cook it up. Save the juices/broth and place to the side. Take your cooked meat and grind or chop it small. Mix together your dry ingredients and combine with meat, juices/broth in a large bowl. Add enough of the saved juices/broth to thoroughly saturate the mixture and hold it together - it should be thick and slightly runny. Make a pie crust and roll into 6-inch circles. Spoon stuffing mixture onto the center of each circle, dividing evenly. Fold in half and pinch the edges to seal. Brush tops of each with melted butter. Bake for 8-15 minutes at 375 degrees or until edges are golden brown. These are also great fried.



There are dozens of chicken breeds, such as the Dutch bantam, leghorn and Rhode Island red. At the HSMC plantation we have Blue and Golden Polish, a Silver Spangled Hamburg, and a Dominique among others.

Interestingly, chickens were originally kept for sports and were a common form of entertainment at the time. They were not originally used as a food source.

Mary Tooth's Puff Pastry

Source: *The Compleat Cook*, Rebecca Price, 1681.

“Take a pound of flower; a pound of butter; then laye by halfe the flower, and wet ye other halfe with cold water, but be sure to make it as stiff as you can possible; for ye stiffer it is the better it will be; molde it very well; then rowle it out and lay some of your butter one it being cut in thine [thin] slices; then double it up and rowle it so yet none of ye butter comes out by the sides: then put some more butter on it, and rowle it as before; and so do till all your butter be in; as you do it you must use some of ye flower you layed by in rowleing it out; and when all your butter is in; beat it with a roweling-pinn until you have used all ye rest of the flower; then use it according as you please, the oven must be pretty quick to puff it up; but not so hot as to scorch it.”

Ingredients:

- 1 lb. of flour
- 1 lb. of butter
- Cold water

Preparation for a modern kitchen (for making the crust):

Using disposable gloves when handling pie dough will help prevent the butter in the dough from melting too quickly, as handling the pie dough directly with bare hands will cause it to melt much more quickly, making the dough more sticky. Whenever you are not working with one of the dough pieces, always place it in the refrigerator to keep the butter from melting. One can either use a puff pastry recipe or a short crust recipe. If you are making a turnover or pasty, the short crust might be best. If doing a pie, one might find the puff pastry to be more flavorful. Try baking your crust before adding your filling for 15 minutes at 400 degrees.



Candied Oranges

Source: *The Compleat Cook*, Rebecca Price, 1681.

"Take aprecoks pare them, and slice them thine, to a pound of aprecoks take three quarters of a pounce of suger, beat it, and sift it and strew it all over your chips, and let it stand till the suger be melted, then set it on the fire; and let it scald for two howres, and then boyle them quick, and you shall see them cleere, in a little more than a quarter of an houre; then take them off and let them stand until the next day, and then take them out of the sirrop, and lay them one by one upon sives, and so drye them in a stove, or the sun; or the oven; turning them sometimes, so when they are dry put them in boxes between papers."

INGREDIENTS:

- 3-6 oranges
- Water
- 2 cups sugar
- 2 Tbsp. orange juice

Preparation for a modern kitchen:

We substitute oranges for apricots in our version. While bringing a medium saucepan of water to a boil, cut your oranges into thin slices between an eighth and a quarter of an inch thick. When your saucepan reaches a boil add your orange slices. Boil 1 minute then place in the bowl of ice water until cooled.

Drain. In a large skillet over medium heat, bring 2 cups sugar, 2 cups water and 2 tablespoons orange juice just to a boil, heat until sugar dissolves (stir occasionally). Add your orange slices for about 15 minutes. Remove from syrup and lay on parchment paper. Place in oven on warm until the moisture is gone from the slices or let them sit for up to 24 hours until dry. Dip the candied orange slices in granulated sugar or chocolate, if desired. Use immediately or store them in an airtight container in the refrigerator for up to 1 month.



Fresh Cheese



This 17th-century recipe "to make fresh cheese" was found in *The English Huswife* by Gervase Markham.

"To make an excellent fresh Cheese, take a pottle of Milk as it comes from the Cow, and a pint of Cream: then take a spoonful of Rennet or Earning, and put it unto it, and let it stand two hours; then stir it up, and put it into a fine cloth, and let they Whey drain from it: then put it into a bowl, and take the yolk of an Egg, a spoonful of Rose-water, and bray them together with a very little Salt, with Sugar and Nutmegs, and when all these are brayed together, and searst, mix it with the curd, and then put it in the Cheese-fat with a very fine cloth."

Definitions:

- **Pottle:** a liquid measurement equal to a half-gallon.
- **Rennet/Earning:** This is used to thicken or coagulate milk during the cheesemaking process. Chymosin is the enzyme used to produce rennet. Rennet causes curds to form and separate from the whey (liquid).
- **Bray:** crushed or ground fine in a mortar.

Modern Recipe:

INGREDIENTS:

- 1 gallon whole milk
- 1 cup white vinegar or lemon juice
- 2 teaspoons salt
- Optional: fresh herbs of your choosing (finely chopped)

Bring the milk to a slow boil. Keep the heat at medium or medium-low; otherwise, you risk scorching the milk. When small, foamy bubbles begin to form on the milk, but it is not yet at a rolling boil, turn off the heat. Add the vinegar or lemon juice and stir. Curds will immediately begin to form. Let the milk sit for 15 minutes. After 15 minutes, add any flavorings, such as finely chopped fresh herbs. Place a colander over a large bowl or pot. Drape either a dampened cheesecloth or thin dampened dish towel over the colander. Pour the curds into the cheesecloth. The whey (liquid) will drain and be collected in the bowl below, and the solid curds will be caught in the cheesecloth. Lift the cheesecloth and wrap it around the curds, twisting and squeezing to remove as much moisture as possible. After squeezing out the moisture, the curds form farmer cheese which will be dry and crumbly. If you want a creamier texture, mix a little of the reserved whey back into the curds. Add the salt and stir it together.

Zoete Koek (Spiced Sweet Bread)



This sweet bread recipe was found in *The Sensible Cook*. The original recipe was in Dutch, but has been translated into English. This is a variation on that recipe and is similar in taste to the Zoete Koek - or "spiced sweet bread" - made in the Dutch town of Deventer.

INGREDIENTS:

- 1 cup dark brown sugar, packed
- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon freshly grated nutmeg
- 1/2 teaspoon ground cloves
- 1 cup milk

Preheat the oven to 350 degrees. Sift the dry ingredients together into a large bowl. Slowly add the milk and stir to make a dough without lumps. Transfer to a greased 8 x 5 x 2 3/4 inch loaf pan and bake for about one hour, or until a knife inserted comes out clean and the loaf is a deep-brown. Cool. This is a dense loaf that keeps very well and improves in flavor and texture when stored in an airtight container for a few days.



Above is the 1683 edition title page of *De Verstandige Kock* or "The Sensible Cook." This view of a 17th-century kitchen shows a stove, a brick oven, meat roasting on spits.

Fun Facts



The Sensible Cook is the first Dutch cookbook to include measurements for spices. Measurements would be in *loots* (whole, half, or quarter). A *loot* is a half an ounce.

Linen and wool garments smolder rather than burn. They were, therefore, the preferred clothing for those cooking over a fire.

Most people in this time period would break their fast (breakfast) with cold meat or fish, bread, and cheese.

Cauldrons existed long before the 17th century, but larger, lidded ones made of brass or iron began to make an appearance. The lid allowed for coals to be heaped on top as well as placed beneath the cauldron, allowing for more even cooking.

Herbs, aside from seasoning foods, were used medicinally in the 17th century. In *Culpepper's Complete Herbal*, **fennel** helped with breaking wind, easing pains of the stone, stayed the hiccough, helped with serpent bites or eating poisonous herbs or mushrooms, helped with jaundice or gout, and more. Poultices made with **mustard** helped with rheumatic and sciatic pains. **Pepper** was said to dissolve wind in the



Clara Peeters

***Still Life with Cheeses,
Artichoke, and Cherries***
1625

Clara Peeters was one of the few known female Flemish artists of the 17th century. *Ontbijtjes* - or "breakfast pieces" - portray simple meals. This painting by Peeters shows a humble spread of mostly local Dutch products, which gives historians a more accurate picture of what the everyday person was eating in the Netherlands.

stomach or bowels, provoke urine, help the cough and other diseases of the breast, and helps against quinsey in the throat.