

Colonial foods

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She reminded her audience that convenience foods were not totally unknown in those days. The "truly first reconstituted food" was dried pumpkin, according to Lettie. She said pumpkin would be cut in slices, the seeds removed and the slices strung on a line and dried. When the homemaker was ready to use the pumpkin she boiled it.

Pemican and jerky were common and for the hunter there was something known as "pocket soup" which was made by cooking veal bones and extracting the gelatin from them. When the gelatin became firm it could be cut in cubes and carried in a hunter's pocket to be reconstituted with water at the proper time.

Cooking in the colonial kitchen may have been more burdensome and time-consuming than food preparation to which we've grown accustomed. It is interesting to contemplate work in the colonial kitchen but even more interesting to sample the products that may have come from those kitchens and their huge fireplaces. Perhaps you'd like to try some of the following recipes in your modern kitchen and start your family on its way to an edible bicentennial lesson.

COLONIAL FOODS Cranberry-Nut Pudding

- 1 1/4 cup fresh cranberries
- 1/4 cup brown sugar
- 1/4 cup chopped walnuts
- 1 egg
- 1/2 cup granulated sugar
- 1/2 cup flour
- one-third cup melted butter

Spread cranberries in a 9" buttered pie plate. Sprinkle with brown sugar and nuts. Beat egg until thick; slowly add granulated sugar, beating until blended. Add flour and butter; beat well. Pour over cranberries. Bake at 325 degrees for 45 minutes. Cut in wedges, serve warm with ice cream.

Jumbles

- 1 cup butter
- 1 cup sugar
- 1 egg
- 2 tbsp. Brandy or milk
- 1/2 tsp. vanilla
- 2 cups flour
- 1 tsp. cinnamon
- Raisins or nut halves

Cream butter and sugar. Add egg, brandy or milk, and vanilla. Beat well. Stir flour and cinnamon together; add to creamed mixture. Mix well. Drop by teaspoons onto ungreased cookie sheet. Place nut or raisin in center. Bake at 375 degrees about 10 minutes. Could also be rolled out and cut with a cutter or shaped into a rope and tied in a knot. You may have to add a bit more flour to make the dough the correct consistency to try these variations. This is one of the earliest "biscuit" or cookie recipes.

Sweet Indian Pudding

- 3 cups milk
- one-third cup dark molasses
- one-third cup yellow cornmeal
- 1 beaten egg
- 1/4 cup sugar (white or brown)
- 2 tbsp. butter
- 1/2 tsp. ground ginger
- 1/2 tsp. cinnamon
- 1/4 tsp. salt

In a saucepan combine milk and molasses; stir in cornmeal. Cook and stir until thick - about 10 minutes. Remove from heat. Combine egg, sugar, butter, spices, and salt. Gradually stir in hot cornmeal. Bake in one-quart casserole at 300 degrees about 1 1/2 hours or more. Serve warm with ice cream or cold.

Ida's Notebook



- Ida Risser

Thanksgiving is just around the corner. The beginning of November was quite warm and it was difficult to realize that in only two weeks it would be Thanksgiving. The time to open some of those special jellies and relishes we've carefully stored away and be truly grateful for our full shelves.

Our daughter will be spending two weeks in Hawaii over Thanksgiving on a belated wedding trip. She and her husband came east this summer to be married but only had a week's vacation at that time.

Hope they will have a wonderful trip to remember.

We have had so many hunters and cars parked in the fields this season. And do you know what? Only one person rang the doorbell to ask if it was alright to hunt on our farm. I believe farmers in general appreciate this courtesy. When Allen and I picked some corn by hand, we discovered several hunters on the other side of the corn strip who didn't even know we were nearby.

I also had to hunt our helpers one morning as someone at the gate open. Our neighbor had put them

in with his cows as was kind enough to help chase them home riding his pony.

girl dressed as a ladybug with black leotards and a round red cardboard disc with dots.

GOOD WORD from the Bible

Jesus saith unto her, Thy brother shall rise again.

Martha saith unto him, I know that he shall rise again in the resurrection at the last day.

John 11: 23-24

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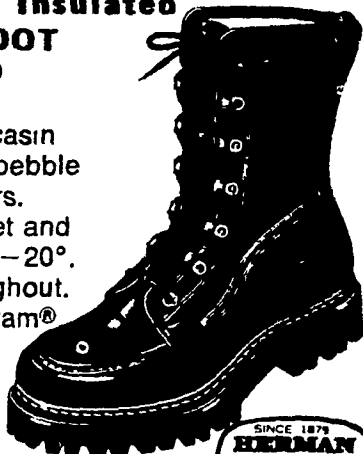
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