

**The Indian meal book : comprising the best American receipts for the various preparations of that excellent article / by Eliza Leslie.**

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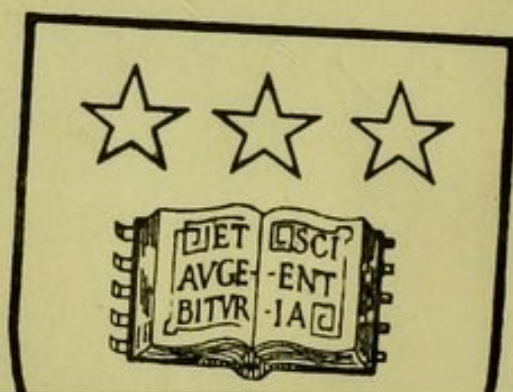
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*The Indian Meal Book*

*E. Leslie*

1846

*The University Library  
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THE  
INDIAN MEAL BOOK:

COMPRISING THE  
BEST AMERICAN RECEIPTS  
FOR THE VARIOUS  
PREPARATIONS OF THAT EXCELLENT ARTICLE.

By ELIZA<sup>Se</sup> LESLIE,  
OF PHILADELPHIA;  
AUTHOR OF "AMERICAN DOMESTIC COOKERY;" "THE HOUSE BOOK;"  
"SEVENTY-FIVE RECEIPTS;" "FRENCH COOKERY," ETC. ETC.

Second Edition.

LONDON:  
SMITH, ELDER AND CO., 65, CORNHILL.  
DUBLIN: CUMMING & FERGUSON.

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1846.





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London:

Printed by STEWART and MURRAY,  
Old Bailey.

## PUBLISHERS' ADVERTISEMENT.

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THE almost universal failure of the potato crop throughout England and Scotland as well as Ireland, must inevitably produce distress among the poorer classes, that can only be alleviated by the introduction of some substitute for potatoes less costly than wheaten flour. Maize, or Indian corn, is generally admitted to be the best and most available, as it may be procured at little more than half the price of wheat, and is much more nutritious than the potato, while the vast continent of America is able to supply the British markets with almost any quantity required. A well-informed correspondent of the *Times*, dating from Sligo, after describing the imminent danger from impending famine in Ireland, says, "Indian meal and American flour are the only articles from which we can expect relief."

The following pages will, it is hoped, tend to facilitate the adoption of maize or Indian corn as a staple article of food among all classes of the community; the receipts comprising the richest as well as the simplest modes of cooking this wholesome and palatable grain.



Before putting Miss Leslie's manuscript to press, the publishers thought it desirable to add, for the information of the English public, some particulars that the authoress, being resident in America, could not herself supply. The result of their inquiries is as follows:—

In the first week in September the price of Indian corn at Mark Lane was from 36s. to 40s. per quarter of 480 lbs. Some samples of both white and red, fresh, sound, and of good quality, were offered at 38s., and some of white, not so fresh and sound, at 36s. But at this time the small quantities in the market, and the large demands for Ireland, had raised the price considerably. There is every probability that after the ensuing harvest the supplies will be ample, and prices consequently lower; as the American farmers will have been stimulated by the large orders from this country to grow for British markets.

In London, flour made from Indian corn is sold at 8s. per bushel, by Mr. Thomas Hays, 28, Fore Street, Cripplegate, and by Mr. Turner, 67, Bishopsgate Street Within: at both these shops bread made of Indian corn flour may be bought. Mr. Turner sells the flour at 7*d.* per quartern, the price of the best wheaten flour being 9*d.*: it may doubtless be had in other parts of the metropolis, and in country towns.

Mr. French, of Exeter, has been selling large quantities of Indian corn, and the demand is increasing: the meal, which is much approved of, is sold by him at from  $1\frac{1}{4}$ *d.* to  $1\frac{3}{4}$ *d.* per lb.

But flour is too fine a preparation of Indian corn: it should be dressed as meal, not finely ground, and with



only the coarser part of the husk rejected : in this way it is more wholesome, less wasteful, and consequently should be cheaper.

The chief difficulty at present in procuring Indian meal arises from the small quantity required : which does not make it worth the while of millers to pay attention to the grinding and dressing of maize. They have hitherto charged as much as 6s. and in some instances 7s. 6d. per quarter for grinding and dressing the flour, and meal also ; but as the demand increases, this charge, which is now made as upon a fancy article, must fall to the level of oat or barley meal : though the grinding of Indian corn requires a greater force.

There are two kinds of maize, white and yellow, or "red" as it is called in the London market. Miss Leslie describes the yellow as "decidedly the sweetest and best ;" which it doubtless is to American palates ; though English people, unaccustomed to eat preparations of Indian meal, prefer the white ; thinking the flavour of the "red" or yellow, too strong. This opinion, however, has been formed from the taste of bread made from maize flour alone, and comparing it with that made from wheat flour ; which is no criterion. Bread is only one of many ways of preparing the Indian meal for food ; and perhaps not the best : Miss Leslie observes that a mixture of equal portions of wheat and maize flour or meal makes the nicest bread.

Mr. Turner sells bread composed of three parts of maize flour and one part of wheaten flour at 6d. per 4 lb. loaf ; he also sells bread composed of half maize flour and half rye meal ; rye meal being 7d. per



quartern. Rye meal or flour is an article peculiarly well adapted for mixing with maize flour or meal in the making of bread; and is much used both in America and Spain for this purpose.

Mr. Turner has favoured the publishers with the following receipts for using the Indian meal with rye flour, which he obtained from an American gentleman residing near Boston, N. S.

“To four quarts of Indian corn meal and the same of rye flour, add one pint of yeast, and another of treacle, and thin the mass with tepid water, reducing it to the consistency of batter.”

“In Spain a much approved bread is made of one-third maize flour, one-third wheaten flour, one-third rye flour: this may be manufactured after the same process as English home-made bread.”

Indian meal is the basis for a great variety of satisfying, nutritious, and palatable dishes, both of a homely and luxurious kind, calculated to gratify delicate as well as simple tastes; and when once the palate has become familiarized with the sweet, vegetable flavour of Indian meal, it will be doubtless as much relished in this country as in America.

65, Cornhill, September, 1846.

N.B.—By the term “meal” in the following receipts, the authoress means a coarse preparation of flour; but it is presumed that finer dressed flour would answer the purpose, though not so well. So where “*yellow* Indian meal” is specified, the *white* may be used, if preferred.



## AUTHOR'S PREFACE.

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THE following receipts have been obtained from the best sources, and experience has proved them all to be good, if exactly followed. The author is sanguine in her hope, that this little book may be found a valuable accompaniment to the introduction of Indian Meal into Great Britain and Ireland. She believes also that it may be useful to strangers newly arrived in the British American provinces, and consequently unacquainted with the various modes of preparing for the table unground or green Indian corn.

Miss Leslie, having lived in England, flatters herself that she has been enabled to make her directions clear to the comprehension of English cooks. She has indicated the utensils used in America for preparing Indian meal, supposing that if any of them are found indispensably necessary, they will either be made in England or imported from the United States. She has thought



it best, even at the risk of some repetition, to make every receipt complete and distinct in itself, so as to preclude the inconvenience of referring to others in different parts of the book. She has pursued this plan with perfect success in her American work on Domestic Cookery, which has already gone through twenty-five large editions, and the circulation of which is increasing every year.

# INDIAN MEAL BOOK,

&c. &c.

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## INDIAN MEAL.

THERE is no sort of grain that can be turned to so many uses as Indian corn, and with so little expense and trouble. It contains infinitely more nourishment than rice; and there are few constitutions with which it does not agree perfectly well. Many persons do not like it at first, but eventually become fond of it.

As food, Indian meal is very nutritious; it is, perhaps, more strengthening and wholesome than any other farinaceous substance. There are numerous modes of preparing it, that, though simple and easy, are palatable and excellent; and particularly convenient where close economy is expedient. The nicer preparations of Indian meal are found on the best tables in America. *It requires more cooking than wheat flour.*

Indian meal is also the best possible food for all kinds of poultry, pigeons, &c.: mixed into a soft dough, with cold water in summer, and warm water when the



weather is cold. It should be set down to them in shallow pans, and given twice or three times a day. When the large fowls are fed with Indian corn in grains, wetted Indian meal should always be prepared for the young chickens. If mixed with treacle, to a stiff dough, it will fatten poultry very fast.

I have seen calves fed on warm mush and milk ; and nothing can be better for them.

The yellow Indian meal is decidedly the sweetest and best ; and it is almost universally used in America in preference to the white, which is comparatively tasteless : resembling very coarse rough wheat flour.

In buying Indian meal, take care that it is not in the least sour, either in taste or smell. If there is the slightest sourness about it, do not attempt to use it, as it is then unwholesome, having been kept too long. It will remain sweet much longer, if, soon after it is brought home, you have the whole of it sifted at once through a sieve, into another barrel, box, or jar. The lighter and looser it lies, the better it will keep.

It should be kept in a dry cool place,—and carefully covered.

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#### UTENSILS FOR COOKING INDIAN MEAL.

A GRIDDLE is almost indispensable for baking many sorts of Indian cakes ; a frying-pan or a skillet being an inconvenient substitute, as the raised edge or rim causes a difficulty in turning them over. A griddle is a large circular plate of cast iron, having three feet to stand on, and a handle at one side. The diameter



of an American griddle is usually about fourteen or fifteen inches. Griddles are used both in Scotland and Ireland. The fire for baking with a griddle should be a mass of clear bright coals, entirely free from smoke. Before the baking begins, the griddle must be placed over the fire to heat. Have at hand a saucer with some butter or lard tied up in a clean white muslin rag, for the purpose of greasing the griddle: this must always be done before putting on a fresh cake, otherwise the cakes will stick, and break to pieces on trying to take them off. You may grease (though it will be less nice) with a piece of the fat of cold fresh pork, or with beef or veal drippings. On no account use mutton fat for this purpose, as it will render the cakes uneatable, by giving them the taste of tallow.

The griddle will require occasional scraping with a knife, to keep it smooth and nice while you are baking. As soon as you have done using it, wash it well with a coarse cloth and warm water; then wipe it dry, and put it away in good order. It will be well to add a little lye to the water.

For stirring Indian meal it is best to use strong iron or wooden spoons. Whatever is made of the meal will be much the better for long and hard stirring.

For making mush (the simplest and easiest preparation of Indian meal) an iron pot is best; but it can be boiled in a large block tin saucepan. To stir it, there should be a stick on purpose, made of strong hard wood. It must be a round, smooth stick, about five or six inches in circumference, and nearly half a yard or



a foot and a half in length. The lower end should be flattened, or slightly thinned by shaving it about six inches up; and the upper end rounded a little so as not to hurt the hand. The form of a mush-stick resembles that of a hatchet handle, out of which (or an old broom handle) it is very easy to make one. A long-handled wooden spoon may be used when a mush-stick is not to be had, but it will be found far less convenient.

A cake-turner is necessary for all flat batter-cakes. It may be made of hard wood; but thin iron is much better. It is shovel-shaped, something in the form of the peel of a baker's oven, but much smaller. It is quite flat, both handle and blade. The handle is near half a yard in length; the blade or broad part is about seven inches long, and five inches wide. It must be thin and smooth, so as to slip easily under the cake. Small cakes may be turned with a broad knife, but less conveniently than with an instrument made for the purpose.

For Indian cakes that are to bake standing *before* the fire (such as Johnny cake), you should have a board. This board may be half a yard wide, and a quarter of a yard high, and more than an inch thick. It should be of very hard wood; but on no account of deal or pine, lest it give a turpentine taste to the cake. The cake-dough is spread evenly upon the board, which may then be placed horizontally or broad-side before the fire, elevated (if you have nothing more convenient) on the brass or iron utensil commonly called a footman. Against the back of the board place the flat side of a smoothing-iron, to keep it in an



upright position. The fire should be clear and bright, and quite free from smoke.

A cake-board may be made of the top or head of a flour barrel, cut straight at the edges.

In America, boards with all conveniences (feet and back-props) are made purposely for baking Indian dough cakes.

An Indian cake *may* be baked, but not so well, in a square shallow tin or iron pan, propped up on edge before the fire, with a smoothing-iron to support the back.

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#### INDIAN MUSH.

Boiling water.

Indian meal.

Salt.

HAVE ready, over a good clear fire, a pot or large saucepan of boiling water. Put a sufficiency of yellow Indian meal into a large pan and place it beside you. Take in one hand the mush-stick (a strong round stick near half a yard in length, and flattened at the lower end), and with the other hand, throw, gradually, the Indian meal into the boiling water, a handful at a time, till you have the mush as thick as *very stiff* porridge. Give it between each handful, a stirring with the stick; otherwise it will be rough, lumpy, and ill-mixed. Add a little salt: a *very* little will suffice, as *salt* mush is usually considered unpalatable. After the mush is sufficiently thick and smooth, keep it boiling an hour longer, stirring it up from the bottom frequently, to prevent its burning. Then cover the



pot closely, and place it where it will not boil hard, but only simmer, for another hour. The goodness and wholesomeness of mush depends greatly on its being long and thoroughly boiled, and on being made thick and smooth. If kept three or four hours over the fire, first boiling hard, and then simmering, it will be all the better. Send it to table hot, and in a deep dish or pan. Eat it with sweet milk, buttermilk, or cream; or with butter and sugar, or butter and treacle.

Cold mush that has been left, may be cut into slices or mouthfuls, and fried next day in butter or lard, or in drippings of roast veal or pork.

This is the simplest mode of cooking Indian meal. It resembles the burgoo of the Scotch, and the stir-about of the Irish, but is infinitely sweeter and more nutritious, being made of Indian instead of oatmeal.

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#### INDIAN HASTY PUDDING.

Three quarts of water.

Three quarts (or more) of sifted Indian meal.

A quarter of a pound of fresh butter cut small.

A small tea-spoonful of salt.

Put three quarts of water into a saucepan, and add a teaspoonful of salt. Set the saucepan over a good fire (entirely free from smoke), and when the water boils hard, begin to stir in the Indian meal a handful at a time, till it is very thick and smooth, like a very soft dough, adding the butter as you proceed. Continue to boil and stir it, till the spoon or stick will stand upright in the middle. Send it to table hot, and eat it with milk or cream, or with treacle or sugar.



## INDIAN MEAL GRUEL.

THIS is excellent nourishment for the sick. Having sifted some Indian meal, mix in a quart bowl two table-spoonfuls of the meal with three of cold water ; stir it till quite smooth, pressing out the lumps against the side of the bowl. Have ready a very clean saucepan with a pint of boiling water ; pour this scalding hot on the mixture in the bowl a little at a time, and stir it well, adding a pinch of salt. Then put the whole into the saucepan, set it on hot coals, and stir it till it boils, making the spoon go down quite to the bottom, that the gruel may not burn. After it has come to a boil, let it continue boiling half an hour, stirring it frequently and skimming it.

Give it to the invalid warm, in a bowl or tumbler. It may be sweetened with sugar and eaten with a spoon. If the physician permits, some grated nutmeg may be added, also a little white wine.

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## DRIED YEAST MADE WITH INDIAN MEAL.

Three pints or more of Indian meal.

A pint of wheat flour.

Half a pound of fresh hops.

Four quarts of water.

Half a pint of strong fresh yeast.

BOIL half a pound of the best fresh hops in a gallon of water, till the liquid is reduced to two quarts.



Strain it warm into a clean pan, and mix in sufficient wheat flour to make a thin batter, adding half a pint of the best and strongest yeast you can procure; the fresher the better. Leave the mixture to ferment, and when the fermentation is over, gradually stir in enough of Indian meal to make a moderately stiff dough; cover it, and set it in a warm place to rise. When it has become very light, roll it out into a square sheet, half an inch thick, and cut it into flat cakes about four inches square. Spread them out separately on a large flat dish or something similar, and set them to dry gradually in a cool light place where there is no damp. While drying, turn each cake five or six times a day. They will dry in about a fortnight. When they are quite dry and hard, inclos them separately in brown paper bags, and keep them in a box closely covered, in a place not the least damp.

When you want to use them as yeast, dissolve in a little warm water one or more of the cakes, in proportion to the quantity of bread you intend to make. One cake will raise a half peck loaf. It is best to dissolve the cake the night before you want it for the bread. Put into a bowl a pint of water that has been heated milk-warm; break up the yeast-cake into the water, and stir in a heaped table-spoonful of wheat flour; cover it and let it stand till morning. If in winter, it should be put into a warm place, as frozen yeast is entirely useless.

This way of preserving yeast is very convenient for keeping through the summer, or for conveying to a distance. In America these yeast-cakes are to be



bought in market, and at the grocers' and chandlers' shops.

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### COMMON INDIAN BREAD.

Six quarts of yellow Indian meal.

Three table-spoonfuls of salt.

A quart or more of boiling water.

Three gills of the best and strongest yeast.

SIFT the Indian meal into a large pan or a small clean tub, and mix the salt well through it; then add, gradually, the boiling water, stirring hard as you pour it on. When it is the consistence of a very stiff dough, you need not continue adding the water, (of which more is required for Indian meal than for any other sort of flour) but set it away to cool. When the dough is about milk-warm, make a deep hole in the middle, and pour in the yeast, mixing it well with the surrounding dough till the whole is of the same consistence. Then cover the pan with a double-folded clean cloth, and set it in a warm place for about an hour and a half; take it out and knead it long and hard; then let it stand in a cooler place for a quarter of an hour. By this time have the oven nearly of the proper heat for baking. Divide the dough into three or four loaves; put them into the oven, and let them bake from three to four hours. *Indian meal requires more baking than wheat.*

After you have made the dough into loaves, taste it, and if you find it the least sour, melt a teaspoonful of pearl-ash in a little milk-warm water; mix it with the



dough evenly all through; knead the loaves over again, and let them stand half an hour before they go into the oven.

Indian bread requires a hot oven, and will be the better for remaining in it so long as to grow cold with the oven.

If you bake it in iron pans, sprinkle them well with wheat flour.

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#### FINE INDIAN BREAD.

Four quarts of yellow Indian meal, sifted.

A large half-pint of wheat flour.

Two table-spoonfuls of salt.

Half a pint of strong fresh yeast.

A quart of warm water.

SIFT the Indian meal and the wheat-flour into a large deep pan, mixing them well. Make a deep hole in the centre. The water must be warm, but not hot. Pour the water into the mug or bowl that contains the yeast, and stir them together; then pour them into the hole you have made in the meal. Take a spoon, and with it mix lightly into the liquid enough of the surrounding meal to make a thin batter, which must be stirred till it is quite smooth and free from lumps; then strew a handful of wheat flour over the surface, scattering it thinly, so as to cover the whole. Warm a clean thick cloth, and lay it folded over the top of the pan; then set it in a warm place to rise,—nearer the fire in winter than in summer. When it is quite light, and has risen so that the surface is cracked, strew on two table-spoonfuls of salt, and removing it from the



fire, begin to form the whole mass into a dough; commencing round the hole that contains the batter, and adding, gradually, sufficient lukewarm water (which you must have ready for the purpose) to mix it of the proper consistence for bread. When the whole is completely mixed, and the batter in the centre is thoroughly incorporated with the dough, knead it hard for at least half an hour; then strew a little more flour thinly over it; cover the pan of dough, and set it again in a warm place. Let it remain untouched for half an hour; then flower your paste-board, divide the dough equally, and make it into loaves. This quantity will be enough for two loaves. Have the oven ready, put in the loaves, and bake them about three hours, more or less, according to their size. Before you put in the bread, it will be well to try the heat of the oven by throwing into it a little Indian meal. If it burns and blackens immediately, wait till the oven is cooler; if it only browns, then the heat is probably of a good temperature. When you think the bread is done, try it by sticking down to the bottom of the loaf a broad-bladed knife. If the blade comes out clammy, and with moist dough adhering to it, let the bread remain in the oven a while longer. Have ready clean thick towels that have been well sprinkled with cold water, and then rolled up and laid away to dampen thoroughly. As soon as the bread comes out of the oven, wrap up each loaf closely in one of those towels, and stand it up on end to cool slowly. The damp cloths will prevent the crust becoming too hard while the loaves are cooling. Keep the loaves in a covered box or basket.



*Indian bread, and every sort of Indian cake is best when fresh.*

Excellent bread may be made of equal portions of wheat meal and Indian ; or of three parts wheat, and one part Indian. Indian meal gives a peculiar sweetness to wheat bread.

If the dough has become sour by standing too long, it may be remedied by dissolving a tea spoonful of pearl-ash in a small tea-cup of milk-warm water, sprinkling the dough with it, and then giving it another kneading ; after which let it stand half an hour (not more) before it is put into the oven, that the pearl-ash may have time to take effect, and correct the acidity.

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#### INDIAN RYE BREAD.

Two quarts of yellow Indian meal.

Two quarts of rye meal.

Three pints of milk.

Two table-spoonfuls of salt.

Half a pint of strong fresh yeast.

HAVING sifted the rye and Indian meal into a large pan, mix them well together, adding the salt. Boil the milk in a saucepan ; and, when scalding hot, pour it gradually on the meal, and stir it very hard. Let it stand till it cools, so as to become only of a lukewarm heat. Then stir in the yeast, and form a stiff dough. Knead it long and hard for half an hour, or more. Cover the pan with a folded cloth, that has been previously warmed, and set it near the fire to rise. When the dough is quite light, and is cracked all over the surface, take it out of the pan, divide it into two loaves,

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knead each loaf well for a quarter of an hour, and then place them again near the fire (covered with a cloth, as before), and let them stand half an hour. By this time have the oven ready, and bake the loaves three hours or more. When done, wrap each loaf in a clean towel that has been sprinkled and rolled up, and put aside to dampen. This is excellent and wholesome bread; and for dyspeptic persons is far better than wheat. Bran and wheat flour may be thus mixed with the Indian meal instead of rye.

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#### INDIAN WHEAT BREAD,

May be made in the same manner, mixing with the Indian meal an equal quantity of wheat flour.

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#### EGG PONE.

A quart of Indian meal, sifted.

Three eggs.

A large table-spoonful of fresh butter or lard.

A tea-spoonful of salt.

A half-pint (or more) of milk.

BEAT the eggs very light, and mix them gradually with the milk, in turn with the Indian meal, a little of each at a time. Then add the salt, and the butter, and stir the whole very hard. It must not be a *batter* but a *soft dough*, and may require a little more meal, if you find it too thin. But if too stiff, add some more milk, or some more butter. Beat and stir it long and hard. Butter a tin pan; put in the mixture, and set it immediately into an oven, which should be moderately



hot at first, and the heat increased afterwards. It must be thoroughly well-baked. Send it to table hot. Cut it in slices, and eat it with butter.

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#### COMMON GRIDDLE CAKE.

A quart of yellow Indian meal.

A small tea-spoonful of salt.

Sufficient water to make a soft dough.

PUT the Indian meal into a pan, and add the salt. Make a hole in the centre of the meal, and pour in some water. Then with a large spoon begin to mix them together; adding by degrees water enough to make a soft dough. If you get it too soft, stir in a little more meal. The water had best be warm, but cold water will do, though not quite so well. Stir it very hard as you proceed. Flour your hands; remove the dough to a paste-board, or a clean table, well-sprinkled with flour, and knead it a while. Having heated your griddle over a clear fire entirely free from smoke, roll out the dough into a large cake about an inch thick; and having greased the griddle, lay the cake carefully on it. Bake it well; and when one side is well browned, turn it over and brown the other. Send it to table hot, and cut in pieces; split and butter them. You may divide the dough into two cakes, putting the second on the griddle, as soon as the first is taken off. The griddle may be greased with a bit of the skin and fat of fresh pork, or with lard or butter, or a bit of veal-suet tied in a rag. Never use *mutton* fat for greasing anything that is to be eaten. It will give the taste of tallow.



These cakes can be made without rolling out, when wanted in haste; but they are not thus quite so nice. After the Indian meal and water have been well mixed and stirred, and the griddle is hot, lay the lump of dough (or the half of it) on the griddle. Then having floured it, flatten and spread it with your hands, till it covers the griddle and is of an even thickness throughout, with a smooth surface. Then let it bake.

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#### PLAIN JOHNNY CAKE.

A quart of Indian meal.

A pint or more of hot water.

A small tea-spoonful of salt.

SIFT a quart of yellow Indian meal into a pan, adding the salt. Make a hole in the middle of the meal, and pour on the water (which must be boiling hot) a little at a time, mixing it with a spoon as you proceed, till it becomes a soft dough. Then beat and stir it very hard, for a quarter of an hour or more, till it becomes light and spongy. The longer it is stirred and beaten, the better it will be. Then spread the dough thick and evenly on a broad smooth board. A piece of the head of a flour barrel will serve for this purpose. Place the board upright before a clear bright fire; elevating it on an iron footman, a few bricks, or something that will raise it sufficiently, and setting a smoothing-iron against the back of the board to keep it up steady. Bake the cake well. When done, cut it into squares, and eat it with butter.

The board must not be of pine wood or deal, lest



it communicate a disagreeable taste to the cake; beside the danger of its catching fire. The best wood for a cake-board is oak, maple, or some sort that is very hard.

In America there are boards made purposely for baking cakes, having feet to stand on before the fire, and a prop affixed to the back.

If you use a piece of barrel-head for a board, it may not be large enough to bake the whole of the mixture at once. In this case, make it into two cakes, and bake one after the other.

Hoe cake is made as above, and baked before the fire upon the iron part of a hoe, made very clean and heated previous to laying the cake against it. The handle of the hoe supports it while the cake is baking.

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#### BROWN JOHNNY CAKE.

A quart of yellow Indian meal.

Some boiling water.

A small tea-cup of treacle.

Two large table-spoonfuls of butter or lard.

A tea-spoonful of ground ginger.

SIFT the Indian meal into a pan, and pour on it, gradually, sufficient boiling water to make it a stiff dough. Mix and stir it well with a wooden or iron spoon. While it is still warm, stir in the butter and the treacle; afterwards add the ginger. Beat and stir the whole long and hard, so as to make it very light. Or you may flour your hands with wheat meal, and putting the lumps of dough on a paste-board dredge the dough with flour, and then knead it like bread till it becomes



light and spongy. Then roll it out into a thick square sheet. Grease with fresh butter a board of proper size; spread the dough smoothly on it with your hands, and stand it upright to bake before the fire; elevating it on an iron footman, or on a few bricks, and placing a flat-iron against the back of the board to keep it upright.

The fire must be bright and clear; and care must be taken that the cake is not burnt on the surface, and raw on the inside. When done, cut it into squares, and send them hot to table; split, and buttered.

For this and all other preparations of Indian meal, West India treacle (or the molasses of brown sugar) is best.

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#### PLAIN INDIAN BREAKFAST CAKES.

A quart of yellow Indian meal, sifted.

A handful or more of wheat-flour.

A salt-spoonful of salt.

A quart of water, warm but not boiling.

A pint of warm water and milk mixed.

A bit of pearl-ash the size of a hazel-nut.

Mix, over-night, in a large earthen pan, the Indian meal, the wheat-flour, and the salt. Pour on gradually a quart of warm water, and stir it in with a large wooden or iron spoon, so as to form a very soft dough. Cover the pan closely, and set it on the kitchen-dresser till morning, unless the weather is very cold, and in that case, place it on the hearth. In the morning, dissolve in a pint of warm water and milk



mixed together, a very small lump of pearl-ash or sal-aratus (or a salt-spoonful when powdered) and with this pearl-ash water thin the mixture or dough into a batter, stirring it very hard as you proceed. Then cover it, and let it stand near the fire for a quarter of an hour before you begin to bake it. Have ready over the fire a hot frying-pan, or a griddle. Grease it well with lard or fresh butter, and bake the cakes in the form of small crumpets; when brown on one side turning them on the other. If you have no cake-turner, a broad-bladed knife will answer the purpose, though less convenient. Send the cakes to table hot in piles of half a dozen or more; and eat them with butter or treacle.

These cakes will be found very economical, and very good.

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#### VERY PLAIN INDIAN BATTER-CAKES.

A quart of cold water, or of skim milk.

A quart of sifted Indian meal.

Half a pint of wheat flour.

A small tea-spoonful of salt.

Pour the water into a broad pan; add the salt; and having mixed together the Indian and wheat flour, stir them gradually into the water, a handful at a time. It should be made about as thick as crumpet or muffin batter. If you find it too thin, add a little more meal; if too thick a little more water. Have ready over the fire, a hot frying-pan, or skillet, if you do not possess a griddle. Grease it with a bit of the fat of fresh



pork, or with lard or butter, tied in a white rag, and bake the cakes on it, turning them when half done. Send them to table hot, piled on plates, as they are wanted. Eat them with butter or treacle.

These cakes will be improved by adding to the mixture a salt-spoonful of pearl-ash melted in a very little luke-warm water. If you use pearl-ash, let the batter stand for a quarter of an hour before you begin to bake.

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### INDIAN FLAPPERS.

A quart of Indian meal, sifted.

A handful of wheat flour.

A quart of milk.

Four eggs.

A tea-spoonful of salt.

Mix together, in a broad pan, the Indian and wheat meal, adding the salt. Beat the eggs light in another pan, and then stir them gradually into the milk, alternately with the meal, a handful at a time of each. Stir the whole very hard at the last. Have ready, over the fire, a hot griddle, and begin to bake the cakes on it as soon as the batter is completely mixed. The griddle must be greased with lard or fresh butter, tied up in a white rag. Put on a ladleful of batter for each cake. When baked brown on one side, turn them on the other. When done, trim the edges nicely with a knife. Send them to table hot, half a dozen or more at a time. Eat them with butter.



## INDIAN SLAP-JACKS.

A quart of yellow Indian meal, sifted.

Half a pint of wheat flour.

A pint (or more) of warm water.

Three large table-spoonfuls of strong fresh yeast.

A small tea-spoonful of salt.

Lard, for frying.

SIFT the Indian meal into a pan, and add the salt, then pour on, gradually, the warm water, stirring it well in. When it has cooled to a milk-warm heat, stir in the wheat flour, and add the yeast, stirring the whole very hard. Cover the pan, and set it near the fire to rise. When the mixture is quite light, and covered with bubbles, have ready, over the fire, a hot frying-pan; grease it well with lard, and dipping out a ladleful of the batter, put it in, and let it spread nearly over the bottom of the frying-pan, leaving just space enough all round to turn the cakes, with a cake-turner or a broad-bladed knife, so that they may be well browned on both sides. Send them hot to table, and eat them with butter.

If mixed over-night (as they *must* be, if intended for an early breakfast), add in the morning a tea-spoonful of pearl-ash or sal-aratus, dissolved in half a pint of warm water (warm, but not hot), and stir the mixture hard. Let it stand a quarter of an hour before you begin to bake.

A griddle is better than anything else for baking these and all other thin batter-cakes of the crumpet form. But if you have no griddle, a frying-pan will



do. It must of course be well greased every time, before putting on a fresh cake, and will require frequent scraping with a knife to keep it smooth and clean while in use.

If these cakes are intended for tea, mix them in the forenoon.

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### VIRGINIA GRIDDLE CAKES

A quart of yellow Indian meal.

Two large table-spoonfuls of wheat flour, heaped up.

A salt-spoon of salt, or a very small tea-spoonful.

A piece of fresh butter, about two ounces or more.

Four eggs.

A quart of milk.

SIFT the Indian meal into a large pan, mix with it the wheat flour, and add the salt. Warm the milk in a small sauce-pan, but do not let it come to a boil. When it begins to simmer, take it off, and put the butter into it, stirring the butter about till it is soft enough to mix thoroughly with the milk; then pour it into the pan of meal, stir it well with a spoon; and set it away to cool. Beat the eggs as light as possible, and add them gradually to the mixture, stirring the whole very hard. It must be a light batter, and may require more milk.

Having heated the griddle well by placing it over the fire, or standing it on the hearth over a bed of live coals, grease it with some fresh butter or lard tied in a clean white muslin rag, and pour on it a large ladle.



ful of the batter. When the cake is baked brown, turn it on the other side, and brown that also. Then take it off carefully; lay it on a hot plate; grease the griddle again; and put on another cake; continue till you have four or five ready to send to table, for a beginning; and then proceed with the baking till the batter is used up. You need not save any batter for another time, as it will not keep.

Eat these cakes with butter; to which you may add treacle or honey.

The griddle will require occasional scraping with a knife, before you grease it afresh, while baking. This is to make it smooth, by removing any particles of the last cake, that may adhere to it.

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#### PHILADELPHIA CAKES.

A quart of milk.

Two eggs.

A quart of Indian meal, sifted.

A small tea-spoonful of salt.

A patent yeast powder.

BEAT the eggs till thick and light, and then stir them gradually into the milk; adding the salt. Stir in the Indian meal, a handful at a time, till you have a smooth batter. Take one yeast powder (two papers) and put the contents of the white paper into one tea-cup, and that of the coloured paper into another tea-cup. Dissolve them separately, in two tablespoonfuls of water each. Put the soda first into the batter,



and stir it well. Then the other, stirring it also ; disturb the mixture no more ; but begin *immediately* to bake it, on a heated griddle or frying-pan, which must be greased always before a fresh cake is put on. Send them to table hot, and eat them with butter.

Similar cakes may be made with rye-meal instead of Indian, or of sifted oatmeal.

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### MISSOURI CAKES.

Three large pints of yellow Indian meal, sifted.

A pint of cold water.

A tea-spoonful of salt.

A tea-spoonful of sal-aratus or pearl-ash.

A large table-spoonful of lard or beef dripping.

A small pint and a half of warm water.

SIFT into a pan, three large pints (rather more than three pints) of yellow Indian meal. Add a small teaspoonful of salt, a large tablespoonful of lard (or of nice cold dripping saved from roast beef or veal); and a small teaspoonful of sal-aratus or pearl-ash melted in a little warm water. Make it into a soft dough with a pint of cold water. Then thin it to the consistence of a moderate batter, by adding, gradually, not quite a pint and a half of warm water. After it is all mixed, beat or stir it well for near half an hour; then have ready over the fire, a hot griddle or a frying-pan. Grease it with lard or butter tied in a clean white rag. Put on a large ladleful of the batter, and bake the cakes fast, turning



them that both sides may be done alike. Send them hot to table, half a dozen or more on each plate. They should be about as large in circumference as a common saucer, and all of the same size and shape. Eat them with butter, to which you may add honey or treacle.

These cakes will be found excellent, and can be made at very little cost and trouble, as they require neither eggs, milk, nor yeast, but if properly prepared are perfectly light and nice. They may be baked as soon as mixed and beaten. Or they may stand an hour or more. They are convenient either at breakfast or tea.

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#### INDIAN CRUMPETS.

Three pints of yellow Indian meal, sifted.

Half a pint of wheat flour.

A quart of milk.

A small tea-spoonful of salt.

Three eggs.

Two large table-spoonfuls of strong fresh yeast.

WARM the milk, and pour it into a large pan. Having mixed together the Indian and wheat meal, stir them gradually into the warm milk; adding the salt. Then set it to cool. Beat the eggs very light; and then stir them by degrees into the mixture. Lastly, stir in the yeast. Cover the pan, and set it in a warm place to rise. When it has become quite light, and is covered with bubbles, bake the batter in the manner of crumpets. If you have no griddle, a frying-pan may be substituted, greasing it well between the baking of



every cake. Send them to table as hot as possible, several on a plate, piled evenly, and the edges nicely trimmed. If buttered before they go to table, cut them across so as to divide each crumpet into four pieces.

If the batter should, by any neglect, have stood so long as to fall again, and become sour, it may be revived by stirring in a salt-spoonful of pearl-ash or a sal-aratus, melted in as much lukewarm water as will cover it. Then let it stand a quarter of an hour before baking, that the pearl-ash may have time to take effect.

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#### INDIAN MUFFINS.

Three pints of yellow Indian meal, sifted.

A handful of wheat flour.

A quarter of a pound of fresh butter.

A quart of milk.

Four eggs.

A very small tea-spoonful of salt.

Put the milk into a saucepan, and cut the butter into it in small pieces. Set it over the fire, and warm it till the butter melts. Then take it off; stir it well, and pouring it into an earthen pan, set it away to cool. Beat four eggs till as light as possible; and when the milk is cold, stir them gradually into it; alternately with the mixed meal. Add the salt, and beat the whole very hard after it is all mixed. Then butter some muffin-rings on the inside, set them on a heated griddle (previously greased), pour a portion of



the batter into each ring, and bake the muffins brown. They cannot be turned while baking. If you have no griddle, you may bake them in an oven; the bottom of which should be dredged with flour. Send the muffins to table hot; continuing to supply fresh ones as long as they are wanted. Pull them open with your fingers, and eat them with butter, to which you may add treacle or honey.

These muffins will be found excellent; and can be prepared in a very short time; for instance, in three quarters or even half an hour before breakfast or tea.

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#### INDIAN CUP CAKES.

A pint and a half of yellow Indian meal.

Half a pint of wheat flour.

A pint and a half of *sour* milk.

A small tea-spoonful of sal-aratus or pearl-ash.

Two eggs.

A salt-spoonful of salt.

Mix, in the same pan, the Indian and wheat meal, and add the salt. If you have no sour milk, turn some sweet milk sour by setting a pan of it in the sun, or stirring in a spoonful of vinegar. From the pint and a half of the sour milk, take out a small tea-cupful, and set it aside to be put in at the last. Beat the eggs very light in a basin, and then stir them gradually into the pan of milk, alternately with the meal, a little at a time of each. Lastly, dissolve the pearl-ash or sal-aratus in the tea-cup of sour milk that has been re-



served for the purpose, and stir it, while foaming, into the mixture, which should be a thick batter. Have ready some tea-cups; butter them well, and nearly fill them with the batter. Set them immediately into a brisk oven. Bake the cakes thoroughly. When done turn them out on large plates, and send them hot to the breakfast table. Split them into three pieces, and eat them with butter.

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## INDIAN LIGHT BISCUIT.

A quart of sifted Indian meal.  
A pint of sifted wheat flour.  
A very small tea-spoonful of salt.  
Three pints of milk.  
Four eggs.

SIFT the Indian and wheat meal into a pan, and mix them well, adding the salt. Beat the whites and yolks of the eggs separately in two pans. The whites must be beaten to a stiff froth that will stand alone of itself; the yolks till very thick and smooth. Then stir the yolks gradually into the pan of milk. Add, by degrees, the meal, a handful at a time. Lastly, stir in the beaten white of egg. Butter a sufficient number of cups or small deep tins. Nearly fill them with the batter. Set them immediately into a hot oven, and bake them fast. Send them to table warm; pull them open with your fingers; and eat them with butter.

It will be an improvement to stir in at the very last a small tea-spoonful of sal-aratus, previously dissolved



in a little milk-warm water. This will make the biscuit very light.

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## KENTUCKY SWEET CAKE.

A pint of yellow Indian meal, sifted.  
Half a pint of wheat flour.  
Half a pound of powdered white sugar.  
Half a pound of fresh butter.  
Eight eggs.  
A powdered nutmeg.  
A tea-spoonful of powdered cinnamon.  
A glass of white wine.  
A glass of brandy.  
The grated peel and juice of a large lemon.

Mix together the wine and brandy, and put into it the powdered nutmeg and cinnamon to steep. For the wine, you may substitute another glass of brandy, as it improves the lightness of cakes, and deepens the colour. Mix together in a deep pan, the butter and sugar; and stir them long and hard, till perfectly light and creamy. Then add the liquor and spice, and the grated yellow rind of the lemon, and the lemon-juice. Mix together the Indian and wheat meal; and in another pan beat the eggs till perfectly light and thick. Then stir the beaten eggs into the pan of butter, sugar, &c. a little at a time, in turn with a handful of the mixed meal, till the whole is in. Stir it all very hard at the last. Butter a straight-sided tin pan. Put the mixture into it; set it at once into a



moderate oven, and bake it well, probing it to the bottom with a bright-bladed knife when you think it nearly done. The knife-blade should come out quite clean, and with no clamminess sticking about it, if the cake is sufficiently baked. When done, take it out and set it to cool. It will be improved by covering the surface with an icing.

This cake should be eaten the day it is baked; fresh, but not warm.

The same mixture may be baked in little tins, round or heart-shaped.

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#### INDIAN LOAF CAKE.

Three pints, or more, of yellow Indian meal, sifted.

A quart of milk.

Two ounces of fresh butter.

A tea-spoonful of salt.

Three wine-glasses, or a gill and a half of the best yeast.

A common sized tea-cupful of powdered white sugar.

Three eggs.

A powdered nutmeg.

HAVING boiled the milk, and taken it from the fire, cut up the butter in it while hot; and stir it about till the butter is melted and well mixed in. Then pour it into a large pan, and stir into it gradually (a handful at a time,) as much Indian meal, as will make it like a thick porridge. Beat and stir it very hard for a quarter of an hour; and then set it away to cool. While it is cooling, beat three eggs very light,



and stir them gradually into the mixture when it has become luke-warm. Then add the sugar, a very little at a time; then the nutmeg; and lastly the yeast; and stir the whole very hard. Butter a circular tin-pan (one with a pipe or tube rising through the centre will be best) put in the mixture; cover it; and set it in a warm place to rise. It should be light in four or five hours. When it has thoroughly risen, put it into a moderately heated oven, and bake it well. When done, remove it from the pan, and send it to table whole. Cut it into slices, and eat it with butter.

It is an excellent cake for luncheon, or for a winter evening tea-table. Like all other Indian cakes, it is best when fresh.

The yeast must be of excellent quality for this cake, or it will not be light.

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### INDIAN BUNS.

A pint of yellow Indian meal, sifted.

Half a pint of sifted wheat flour.

Half a pint of rich milk.

Six ounces of fresh butter.

Eight table-spoonfuls, or two common-sized wine glasses of the best yeast.

One tea-spoonful of essence or oil of lemons.

One grated nutmeg.

One large tea-spoonful of powdered mace and cinnamon mixed.

Four eggs.

Put the milk into a bowl or deep plate; cut up the butter in it; and set it near the fire till it is quite



warm, and the butter is soft enough to mix through the milk with a broad knife; but on no account allow the milk to get so hot as to melt the butter to oil, or the buns will be heavy. As soon as the butter is *soft*, and has been stirred well into the milk, set it away to get cold. Break the eggs into a broad earthen pan, and beat them with a whisk, as light as possible. Then stir them into the milk and butter, which must first be quite cold. Having sifted the pint of Indian meal into a large pan, add to it the eggs and milk, and put in the spice and the oil of lemon. Then stir in the yeast, which must be strong, fresh, and of the very best quality; otherwise it is in vain to attempt making these buns with any chance of success. Next, stir in the sugar slowly, *a very little at a time*; for if too much sugar is put in at once the buns will never rise. Then, by degrees, sprinkle in the half pint of wheat flour. When all the ingredients are in, stir the whole very hard. Butter a large square iron pan, and put in the mixture. Cover it with a clean cloth, and set it near the fire to rise. It will probably not be light in less than five hours. When the mixture has risen very high, and is covered with bubbles, set the pan into a moderate oven, and bake it well. When it is quite cold, take it out of the pan, and cut it into squares. You may either ice the buns with beaten white of egg thickened with powdered loaf-sugar and flavoured with rose-water, or you may merely sift powdered sugar over the top of each. They should be eaten the day they are baked.

This quantity will make twelve or fourteen square



buns—and if the above directions are exactly followed, they will be found delicious.

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### MADISON CAKE.

Three quarters of a pound of sifted Indian meal.

One quarter of a pound of sifted wheat-flour.

Half a pint of *sour* milk.

A salt-spoonful of pearl-ash or sal-aratus.

One pound of powdered white sugar.

Half a pound of fresh butter.

Six eggs.

A gill of brandy.

A powdered nutmeg.

A tea-spoonful of powdered cinnamon.

If you have no sour milk at hand, turn half a pint of rich milk sour, by setting it in the sun, or stirring in a tea-spoonful of vinegar. For this cake the milk *must* be sour at first; but the pearl-ash will entirely remove the acidity, and render the cake very light and perfectly sweet. Sift the sugar into a deep pan; cut up in it the butter; mix them together and stir very hard till they are quite light and creamy. Beat the eggs as light as possible in a shallow pan. Having mixed together the Indian and wheat meal, stir them into the pan of butter and sugar, alternately, with the beaten egg, a little of each at a time. Add the brandy, nutmeg, and cinnamon. Lastly, having dissolved the pearl-ash in the sour milk, stir it while foaming into the mixture. Having stirred the whole very hard,



transfer it to square tin or iron pans, well-buttered. It will require very long baking: at least three hours. It is best when quite fresh, and will be found a very fine cake, and of a rich dark brown colour.

This cake may be greatly improved by the addition of a pound or more of raisins, stoned, cut in half, dredged thickly with flour to prevent their sinking, and stirred in gradually, a few at a time, immediately after the egg and meal, and before the milk and pearl-ash. Some slips of citron may also be added, dredged likewise with flour.

With the raisins and citron, it will be found equal to a nice plum-cake. Great care must be taken to bake it thoroughly.

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### INDIAN FRITTERS.

Eight eggs.

A quart of milk.

Twenty large table-spoonfuls of yellow Indian meal, sifted.

A pound and a half of lard for frying: more may be required.

HAVING beaten the eggs very light, stir them gradually into the pan of milk, and then stir in the Indian meal, a spoonful at a time. Stir the whole hard and long. Have ready over the fire a pot with a pound of lard, boiling fast. Drop the batter into it, a ladleful at a time. If you find it too thin, stir in a little more Indian meal. As the lard boils away, replenish it gradually with an additional half pound, or more. As fast as they are cooked, take out each fritter separately



with a perforated skimmer ; through the holes of which the lard that is about them may drain back again into the pot. The fritters must be *thoroughly* drained. Put them on a hot dish, and send them immediately to table, supplying fresh ones as they are wanted. Eat them with wine, sugar, and nutmeg, or with butter and treacle.

You may cook three or four of these fritters at once ; and if the lard is kept boiling hard, and the batter is of the proper consistence, they will not run into each other.

This mixture will also make Indian wapples. Fritters may be made, as above, of wheat flour instead of Indian.

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#### INDIAN PANCAKES.

Mix the batter exactly according to the foregoing receipt, except that you must have nine eggs. Heat a frying-pan over the fire ; when quite hot, melt some lard in it ; put in a large ladleful of the batter, and fry it brown. When one side is done turn the pancake, and brown the other side. Put them on a hot dish, and send them to table. Eat them with butter, sugar, and nutmeg, to which you may add a little white wine.



## INDIAN DUMPLINGS.

Three pints of Indian meal, sifted.

A half pound of beef suet, finely minced.

A pint or more of milk.

A very small tea-spoonful of salt.

HAVING cleared the suet from skin and strings, mince it as fine as possible, and then dredge it with wheat-flour, to prevent its getting into lumps when boiled. Mix it into the pan of Indian meal, throw in the salt, and add gradually the milk, till you have moistened the meal so as to make it a stiff dough. Knead it a while in the pan ; then divide the dough into equal portions ; and, having floured your hands, make each portion into a ball about the size of a small orange ; then flatten each ball with a rolling pin, and beat them on both sides to make them light and flaky. Tie up each dumpling in a small thick cloth that has been previously dipped in hot water, and then shaken out and dredged with flour. There must be space left for them to swell. Put them into a pot or saucepan of boiling water, and boil them well during two hours or more. When done, dip each dumpling in cold water before you untie the cloth ; then turn them out carefully on a dish, and send them to table hot.

They may be eaten with any sort of boiled meat, either fresh or salt ; or served up after the meat is removed, with butter and sugar or treacle.



## VERY PLAIN INDIAN DUMPLING.

SIFT some Indian meal into a pan, and add to it a little salt, about a tea-spoonful to a quart of meal. Scald it with sufficient boiling water to make a thick stiff dough. Pour in the water gradually, stirring as you pour; and if you get it too soft, add a little more meal. When you have mixed the dough into a round lump, knead it a while with your hands floured; and then divide it into equal portions. Make each portion into a thick flat dumpling, about as large round as the top of a glass tumbler or of a breakfast cup, and in thickness an inch or more. If made sufficiently stiff, they need not be tied in cloths. Put them into a pot or saucepan of hot water, and keep them boiling briskly till they are done all through. Try them with a fork, which should come out quite clean, and with no clamminess adhering to it.

When done, drain them, put them on a dish, and send them to table hot. Serve them up with corned beef, pork, or bacon: to which, at a plain table, they will be found a good appendage; or eat them after the meat with butter and treacle.

What is left may be cut into mouthfuls and fried next day.

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## A BOILED INDIAN PUDDING.

Three pints of sifted Indian meal.

Half a pound of beef suet.

A quart of milk.

Half a pint of treacle.

Six eggs.

A large tea-spoonful of powdered cinnamon and nutmeg.

HAVING boiled the milk, stir the treacle into it, pour them hot into the pan of Indian meal, and stir them together very hard. Then set it away to cool. Having cleared the suet from the skin and the stringy fibres, mince it as fine as possible with a chopping knife; and dredge it with a little wheat flour. Beat the eggs very light, and then stir them gradually into the mixture of milk, treacle, and Indian meal; alternately with the minced suet; a little at a time of each. Add the spice; and stir the whole very hard at the last.

Dip a thick square cloth into boiling water, shake it out, and dredge it with flour, then spread it open in a deep pan, pour the mixture into it, and tie it firmly, leaving room for the pudding to swell. Indian meal requires more space for swelling than wheat flour. To guard against the danger of water getting in, and thereby making the pudding heavy, plaster on a bit of flour and water dough at the tying-place. Have ready over the fire a large pot or saucepan of boiling water. Put in the pudding, and boil it hard for five or six hours, turning it often, and replenishing the pot when necessary with *hot* water from a kettle kept boiling for the purpose. When the pudding is wanted for the



table, take it out of the pot, and dip it in cold water before you untie the cloth. This will prevent it sticking, so that it will turn out easily into the dish.

Send it to table hot ; and eat it with wine sauce, or with cold butter, sugar, and powdered nutmeg stirred together to a cream.

What is left may be put away till next day, and then tied again in a cloth and boiled for an hour.

A pound of currants, picked, washed, and dried, and well dredged with flour, may be added to the mixture of this pudding ; also raisins, stoned, and cut in half.

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#### BAKED INDIAN PUDDING.

A quart of sifted Indian meal.

Half a pint of treacle.

A quarter of a pound of fresh butter.

A pint of milk.

Three eggs.

The yellow rind of a large lemon, grated.

A tea-spoonful of powdered cinnamon and nutmeg mixed.

**BOIL** the milk. Sift the Indian meal into an earthen pan, pour the boiling milk over it, and stir them well together. Add the butter cut into small pieces, and then pour in the treacle, stirring very hard. For this and all other cooking purposes, the West India treacle (the molasses of brown sugar) is the lightest and most wholesome, and every way the best. In another pan, beat the eggs very light, and then stir them gradually into the mixture, after it has grown cool. Next, add



the spice and the grated lemon peel, using only the yellow outside of the rind. The white part of lemon peel should never be put into any thing, as it is tough and bitter. Stir the whole very hard. Then put the mixture into a deep dish buttered on the inside; set it directly into a moderate oven and bake it well. Serve it up warm, and eat it with a cold sauce made of powdered white sugar and fresh butter stirred together to a cream, and flavoured with lemon juice or essence of lemon. Or you may send to table with this pudding a liquid sauce of melted butter, wine, and nutmeg.

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#### A HUNTER'S INDIAN PUDDING.

Three small pints of yellow Indian meal, sifted.

A quart of rich milk.

A pint of treacle—the West India is best.

A table-spoonful of ground cinnamon or ginger.

BEFORE you begin, set over the fire a large pot or saucepan filled with water, which should boil hard by the time the pudding is mixed. Put the milk into another saucepan, and give it a boil. When it has come to a boil, pour it into a deep pan, and stir in a pint of the best West India treacle, or molasses of brown sugar, which is much better for cooking than the molasses of white sugar. Then add, by degrees, the Indian meal, a handful at a time, stirring it well in to the milk and treacle. Lastly, throw in the spice, and stir the whole very hard. The yellow rind grated from a large lemon will greatly improve this pudding.



Have ready a coarse clean square pudding cloth (it is better than a bag) and dip it into the pot of boiling water. Shake it out; spread it open in a deep pan, dredge it with flour, and then pour in the pudding mixture. Tie it very securely, leaving ample space for the pudding to swell in boiling. Make a little lump of stiff dough with some flour and water, and plaster it on the little opening at the tying place, to keep the water from getting in. Put the pudding immediately into the pot of boiling water, and keep it boiling for four hours. While boiling, turn it several times in the pot; and as the water boils away, replenish it by additional *hot* water kept boiling in a kettle for this purpose. On no account add cold water, as it will make the pudding flat and heavy. When done, dip it in cold water, untie the cloth, turn out the pudding carefully, and send it to table hot. Eat it with butter and treacle, or sugar, or with wine sauce.

This pudding, though made without eggs, will be found excellent; the West India treacle making it light and wholesome. It is a convenient pudding when eggs are scarce; and no person, without being told, can discover that it has none in it.

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#### RICE PUDDING WITHOUT EGGS.

Half a pint of rice.

A quart of rich milk.

Four heaping tea-spoonfuls of brown sugar.

A heaped tea-spoonful of powdered cinnamon.

PICK the rice clean, and wash it through two cold



waters ; draining it afterwards till as dry as possible. Stir it into a deep dish containing a quart of rich milk. Add the sugar, and the ground cinnamon. Set the dish into the oven, and bake the pudding three hours. It may be eaten warm, but it is best cold. This is a very good pudding, and economical when eggs are scarce.

Some fresh butter, stirred in just before it goes to the oven, will improve the mixture.

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#### HOMINY.

HOMINY is Indian corn, shelled from the cob, divested of the yellow skin (so as to be perfectly white) and then dried. Having washed it well through two or three waters ; put it into a pan, pour boiling water upon it ; cover it, and let it soak all night, or for several hours. Drain it ; put it into a clean pot or saucepan ; allow two quarts of water (either hot or cold) to every quart of hominy, and boil it hard during five or six hours or more, stirring it frequently. Then drain it well through a sieve or cullender, till it is as dry as possible. Put it into a deep dish, add some fresh butter to it, and a little salt or pepper, send it to table hot to eat with any sort of meat ; particularly with corned beef, pork, or bacon. If properly prepared it is very wholesome and strengthening. What is left may be re-boiled next day for an hour ; or it may be made into flat cakes, adding a little wheat flour, and fried in lard or butter.



Hominy that has been already boiled is good to thicken soup, instead of beans, rice, or barley.

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### HOMINY CAKES.

A pint of small hominy or Carolina grits.

A pint of sifted Indian meal.

A tea-spoonful of salt.

Three large table-spoonfuls of softened fresh butter.

Three eggs ; or three table-spoonfuls of strong yeast.

A quart of milk.

A salt-spoonful of pearl-ash or sal-aratus.

HAVING washed the small hominy, and soaked it all night, boil it soft, drain it dry ; and, while hot, mix it with the Indian meal, adding the salt and the butter, and stirring it well. Then mix it gradually with the milk, and set it away to cool. Beat the eggs very light, and add them by degrees to the mixture, as soon as it is cold. The whole should form a thick batter. Lastly, add the pearl-ash, dissolved in a large table-spoonful of luke-warm water. Have ready over the fire a hot griddle or a frying-pan, and bake the batter on it in the manner of crumpets ; always greasing the griddle with butter or lard before you put on a fresh cake. Trim off the edges of the cakes nicely ; and send them to the breakfast table hot, continuing to bake them as fast as they are wanted. Eat them with butter.

If you make these cakes with yeast instead of eggs, you must begin to mix them earlier, that they may



have time to rise. The yeast should be strong and fresh. Cover the pan of batter: set it in a warm place, and do not begin to bake till the mixture is thoroughly light. After the surface is covered with bubbles, stir in the dissolved pearl-ash, and thus let it stand about a quarter of an hour before you begin to bake. If the yeast alone has raised the batter sufficiently, you may omit the pearl-ash.

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#### CAROLINA GRITS, OR SMALL HOMINY.

THE small hominy must be washed, soaked, and boiled in the same manner as the large hominy in the preceding receipt, only allowing rather less water: for instance, when you set it on to boil, put a pint and a half of water to each quart of small hominy. It will boil in two hours. Stir it often, while boiling, lest it burn. Drain it well, send it to the breakfast table in a deep dish, and eat it with butter and sugar, or treacle.

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#### SAMP.

THIS is Indian corn skinned, and then pounded or ground till it is finer still than the Carolina grits, or small hominy. It must be washed, soaked, and cooked in the same manner; and is very nice eaten with cream and sugar, adding some grated nutmeg; or with butter, sugar, and nutmeg.

For invalids it may be made thin, and taken as gruel. It is very nutritious.



## SAMP PUDDING.

TAKE a pint of samp that has been boiled and grown cold; mix with it three table-spoonfuls of sugar, the same of butter, and a pint of milk, adding a tea-spoonful of powdered cinnamon and nutmeg mixed. Beat six eggs till thick and smooth. Stir them gradually into the mixture. Put it into a deep dish, buttered on the inside. Set it into a moderate oven, and bake it well. Eat it either warm or cold.

A rice pudding may be made in this manner, the rice being previously boiled by itself, and well drained.

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## SUMMER SACCATASH.

STRING a quarter of a peck of young French beans; cut each bean into three pieces (not more), and do not split them. Have by you a pan of cold water very slightly salted, and throw the beans into it as you cut them. Have ready over the fire a pot or saucepan of boiling water; put in the beans, and boil them hard, nearly twenty minutes. Then take them up, and put them into a cullender, and drain them well. Take a dozen ears of young but well-grown Indian corn (or a dozen and a half, if some of them are rather small), and cut the grains down from the cob. Mix the corn with the beans, adding a small level tea-spoonful of salt; put them together into a clean pot of boiling water, and let them cook about twenty minutes. Then take up the saccatash, drain it well in a sieve, transfer it to a deep dish, and, while



hot, mix with it a large piece of butter (at least the size of an egg), add some pepper, and send it to table. It is generally eaten with salted or smoked meat. Sometimes cold pork or bacon that has been boiled the day before, is cut into small slices, and cooked with the saccatash. In this case, use no salt in boiling the beans and corn, and no butter in preparing it to go to table.

Beans when large enough to shell, and before they begin to harden, are excellent dressed in this manner with green corn. The shelled beans must be boiled by themselves for half an hour before they are put in with the corn.

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#### WINTER SACCATASH.

THIS is a mixture of dried beans and hard Indian corn. Take equal quantities of shelled beans and of corn that has been removed from the cob and dried. Put them over-night into separate pans, and pour boiling water over them. Let them soak till morning. Then pour off that water, and scald them again. First boil the beans by themselves, as they require more cooking than the corn. Then take some cold pork or bacon; cut it into small slips; put it with the corn into a clean pot of boiling water (mixing them well), and let all boil together, till the corn is quite soft. Lastly, put the whole into a cullender, and press and drain out all the water. Add some pepper. Send the saccatash to table in a tureen,



or a deep dish. It is sometimes made with venison cut into small pieces.

If you have no pork or bacon with the beans and corn, they will require a slight seasoning of salt; and some butter stirred in before the saccatash goes to table.

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#### TO BOIL INDIAN CORN.

CORN for this purpose should be full grown, but young, and the grains soft and milky. In this state it is called in America *green* corn, though the ears when stripped of their sheath of leaves are in reality of a pale yellowish-white. When the grains begin to harden, and turn to a full yellow colour, the corn is too old for boiling on the cob. Having removed the silk and the leaves, put the ears of corn into a large pot of boiling water, and boil them rather fast for twenty minutes or half an hour. When done take it up, drain it, and (if to be eaten from the cob) send it to table hot, wrapped closely in a clean napkin, and laid on a warm dish. The usual time for eating boiled corn at dinner, is in the interval between the meat, &c., and the pastry. Rub each ear with salt, then spread over it some butter, and add a little black pepper. Epicures in corn consider it sweetest when eaten thus off the cob. And so it is; but *before company* few persons like to hold an ear of Indian corn in their hands, and bite off the grains with their teeth. Therefore it is more frequently, as soon as it is boiled, cut off the cob into a deep dish, mixed



with butter, salt, and pepper, and helped with a large spoon.

An excellent way of cooking corn is not to strip off the leaves that incase it, but to boil it *in* them, and remove them after the corn is taken out of the pot. If the leaves are left on, the corn will require a longer time to boil.

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#### ANOTHER WAY OF BOILING INDIAN CORN.

HAVE a pot of water over the fire boiling very hard. After stripping off all the leaves, put the ears of corn into the boiling water, cover the pot closely, and let it boil *ten* minutes only, or until the cob is hot all through. Then take it out, and eat it with butter, pepper, and salt. If the corn is young (as it ought to be always for boiling) this will cook it sufficiently.

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#### GREEN CORN DUMPLINGS.

A quart of young Indian corn, grated from the cob.

Half a pint of wheat flour, sifted.

A pint of milk.

Six table-spoonfuls of butter.

Three eggs.

A tea-spoonful of salt, and a salt-spoonful of pepper.

Butter or lard for frying.

HAVING grated, as fine as possible, sufficient young fresh corn to make a quart, mix it with the wheat-flour, and add the salt and pepper. Warm the milk in a saucepan, and when warm put in the butter



to soften, mixing it in with a spoon. Then add, gradually, the milk and butter to the corn and flour. Stir the mixture hard, and set it away to cool. Beat the eggs very light, and stir them gradually into the mixture. Then stir the whole very hard. Then flour your hands and make it up into little dumplings or balls. If the mixture is not stiff enough, add some more grated corn. Having heated a frying-pan, or a skillet, over the fire, put into it a sufficiency of fresh butter (or butter and lard in equal portions), and when it is boiling hot, and has been skimmed, put in the dumplings (as many at a time as the pan will conveniently hold) and fry them ten minutes or more, in proportion to their thickness. Then drain them, and send them hot to the dinner table.

Eat them with meat.

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### CORN OYSTERS.

Three dozen ears of Indian corn.

Six eggs.

Lard and butter in equal proportions for frying.

THE corn must be full grown, but young and soft. Grate it down from the cob into a flat dish, and dredge it with flour from the dredging-box. Beat the eggs very light, and then mix them gradually with the corn, adding a small tea-spoonful of salt. The whole must be beaten more than a quarter of an hour after the eggs and corn are thoroughly mixed.

Having made a frying-pan very hot over the fire, put into it equal quantities of lard and fresh butter,



and when they come to a boil put in portions of the mixture in oval cakes about three inches long, and nearly an inch thick. Fry them brown, drain them as they come from the frying-pan, and send them to table hot. In taste they have a singular resemblance to fried oysters. They are very nice at breakfast, or as a side dish at dinner.

Cold boiled corn, left from the day before, may be used for corn oysters.

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#### CORN SOUP WITHOUT MEAT.

TAKE young well-grown Indian corn, while the grains are white and soft. Hold the ears (one at a time) upright in a deep pan, and with a sharp knife in the other hand cut down the grains from the cob. Have ready over the fire a saucepan of rich milk. Put the corn into it (adding a very little salt), and boil it fast for half an hour or more till the corn is perfectly soft. Then put in some bits of fresh butter rolled in a little flour, and let it boil ten minutes longer. Lastly, add some beaten yolk of egg, three or four minutes before you take the saucepan from the fire. Then put it into a tureen, and send it hot to table. You may eat with it sugar and nutmeg, or merely cayenne pepper.

What is left may be boiled again next day, with a little additional milk, butter, and egg.

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## NANTUCKET PUDDING.

Six large ears of young soft Indian corn.

A pint of milk.

A quarter of a pound of fresh butter.

A quarter of a pound of sugar.

Four eggs.

A nutmeg, and three or four blades of mace, powdered.

HAVING first boiled the corn for a quarter of an hour, take a large grater, and grate the grains down from the cob. Then add the butter (cut into little bits) and the sugar, gradually. Having stirred them well into the corn, thin the mixture with the milk, and add the spice. Beat the eggs very light, and then stir them gradually into the other ingredients. Butter a deep white dish. Put in the pudding, set it directly into a hot oven, and bake it two hours. Send it to table warm, and eat it with sweetened cream, or with butter and sugar.

It is not good cold ; but what is left, may be tied in a cloth next day, and boiled half an hour. It will then be a good boiled pudding.

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## BUCKWHEAT CAKES.

A quart of buckwheat meal.

A handful of Indian meal.

A tea-spoonful of salt.

A large table-spoonful of the strongest and freshest yeast.

Sufficient water to mix a batter.

THE only way of using buckwheat meal is for thin flat batter-cakes resembling crumpets. Buckwheat in



grains or unground, is good food for poultry. When in blossom, its flowers (which are small and white) are very fragrant, and much liked by the bees; to whose honey it gives a delicious flavour. For cakes, sift into a pan a quart of buckwheat meal, and mix with it a handful of Indian. The Indian meal, though an improvement, may be omitted. Add the salt; and pour into the centre of the meal, a large table-spoonful of strong fresh yeast. If the yeast is not of the very strongest, put in two spoonfuls. Then mix in gradually, water enough to make it a rather thin batter. The water is best luke-warm; but cold water will do. Cover the pan, and set it in a warm place, for the batter to rise. It should be light in three or four hours. When it has risen high, and is covered with bubbles, it is ready for baking; and then commence baking as soon as possible, or it will fall again. Buckwheat cakes cannot be prepared in time for a *very early* breakfast, but they are excellent at a winter tea-table. They should be baked on a griddle, previously heated over a clear fire, and greased between the baking of each cake with butter tied in a clean white rag. A frying-pan may be substituted for a griddle, but it is far less convenient. When the cake is brown on one side, turn it on the other with a broad-bladed knife, if you have no proper cake-turner. Buckwheat cakes are best when baked large, the size of a common dinner plate. Send them to table hot; piled evenly one on another, (three or four at a time) buttered with nice fresh butter, and cut across into four or six pieces. They eat much better this way.



than when baked small, thrown promiscuously on the plate, and sent to table unbuttered.

When cold they become tough and heavy, and are only fit to be cut up, and given to poultry.

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#### TO STEW DRIED PEACHES.

DRIED peaches are excellent for pies, tarts, puddings, and as sweet sauce for roasted meat and poultry. Peaches dried with the skin on require more cooking than those that have been previously pared; but if stewed long enough, they will become perfectly soft and smooth, with not a particle of the skin perceptible, and are, by most persons, considered richer and more highly flavoured than when peeled before drying. Dried peaches can be used for no purpose without being thoroughly stewed. Having removed any pieces that may have been defective, put the peaches into a cullender, and wash them well through two or three cold waters. When they are washed and drained, put them into the saucepan in which you intend to stew them, and pour sufficient scalding hot water to fill it up. Cover the saucepan, and let them soak in it all night. In the morning pour off a portion of the water, leaving just enough to cover the peaches, and keep them from burning. Set the saucepan over a moderate fire, and let them stew till they become a marmalade, occasionally removing the lid to stir them up from the bottom, and mashing them with a spoon against the sides of the pan. When thoroughly done



(so that they have lost all shape and form, and can be mashed into a soft jam) take them up, put them into a deep dish, and while they are smoking hot stir into the peaches sufficient brown sugar to make them *very* sweet; then set them away to cool. Beside other purposes, they are very good for children to eat with bread, being nutritious and exceedingly wholesome if properly cooked. This jam, or marmalade of dried peaches, is excellent if spread thickly over a sheet of paste, and then rolled up and boiled in a cloth, in the manner of what is called a bolster pudding, to be eaten with butter and sugar.

Do not add the sugar till the peaches have done stewing: if put in at first, it will make them tough and hard.

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#### DRIED APPLES.

APPLES are always pared before drying, as the skin is too tough to dissolve like the thin crisp skin of peaches. They must be washed, soaked, and stewed, according to the directions for dried peaches, but (unlike them) they require something to improve their flavour. Pare thinly or grate some lemon-rind (the yellow part only), and put it in to stew with the dried apples. When they are nearly done, add the juice of the lemons. Oranges, if more convenient, may be substituted for lemons, but the flavour will be inferior. Or you can season the dried apples by stewing with them some mace or broken cinnamon, or by adding



some nutmeg when they are almost done. Stir in some brown sugar as soon as you take them from the fire. They are a good substitute for fresh apples for pies, puddings, sauce, &c., and to eat with bread.

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#### DRIED CHERRIES.

NEVER buy cherries that have been dried with the stones in them, as when cooked you will find scarcely anything *but* the stones. Cherries stoned before drying are very nice; and, like all dried fruit, must be stewed perfectly soft before they can be made into pies or puddings. Wash and drain them, but they require no soaking. Put them on to stew with barely water enough to cover them; they want no flavouring. When thoroughly stewed into a soft mass, remove them from the fire, and sweeten them with a large portion of brown sugar. Set them away to cool. They make excellent winter pies, and may be used in the spring for boiled puddings before gooseberries come.

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#### TO STEW CRANBERRIES.

HAVING washed the cranberries in two cold waters, put them on to stew with no more water than remains about them after the second washing. Place them in a stewpan over a moderate fire, and let them heat gradually, at times removing the cover to stir them up. When they have broken, and the juice begins to come



out, you may somewhat increase the fire ; stirring them frequently, and seeing they do not burn. They must be stewed to a jam. When sufficiently done, take them off the fire, and sweeten them with a large quantity of brown sugar ; a pound and a half of sugar is not too much for a quart of cranberries. Add nothing else, as their own flavour is so fine as to require no improvement. They are excellent for tarts ; and as sauce for roasted poultry or game. When used for sauce, it is best to strain it through a sieve or cullender, so as to have nothing but the pulp. In this case do not sweeten it till after straining. If you intend using the pulp only, you must stew a larger quantity of cranberries.

The reddest and largest cranberries are the best ; but one side being whitish is no proof of their being unripe, as there is a sort that never becomes entirely red all over, though it grows very large.

Cranberries make a fine jelly. They must first be stewed till they are soft ; then while warm squeezed in a jelly bag, and the juice measured. Allow to each pint of juice a pound and a half of brown sugar ; white sugar has not strength to make cranberries sweet enough. To every three pounds of sugar and to every quart of juice, allow the beaten white of one egg. Boil them all together in a preserving kettle for twenty minutes, skimming it well. Then put the jelly warm into glasses, and paste white paper closely over the top of each glass. Tumblers are better than any other glasses for every sort of fruit jelly.



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