

'HOOKED ON HISTORY' RECIPES

Here are the recipes we used during our 18th Colonial Times program. We tried to use either 'authentic' recipes or something that would give the children a taste of the work it would take to make some of the items used during Colonial Times.

We hope you enjoy them!

Day 1: Agriculture Day

Quick and Easy Pickles

Ingredients

- 3 1/2 ounces sea salt (about 1/3 cup plus 1 tablespoon)
- 1/2 cup apple cider vinegar
- 8 cups bottled water
- 1 1/2 pounds kirby cucumbers, washed and dried
- Few sprigs fresh dill, washed and dried

Directions

Mix the sea salt, apple cider vinegar, and water and bring to a boil.

Simmer for 5 minutes. Remove the brine from the heat and allow it to cool slightly. Arrange the cucumbers upright in a container large enough to hold the brine. Place the dill sprigs in amongst the cucumbers in the jars. The cucumbers should be fitted tightly and should come within 1/2-inch of the top of the container.

Fill the container with the brine to the top and tap on a flat surface to remove any possible air bubbles.

The pickles will last for up to a few weeks.

Other Information

Vegetables are pickled by submerging them in a salt and water solution (brine), or an acidic ingredient like vinegar. The good bacteria that exists naturally on vegetables consumes the starches/ sugars in the vegetable and secretes acids (namely lactic acid) that prevent spoilage. More importantly, the process adds flavor to vegetables, gives them brightness and acidity and, in some cases, increases their vitamin content.

Marbles

Ingredients

- 3 Cups Salt
- 1 Cup water
- Cornstarch
- Aluminum foil

Directions

Combine 3 cups of salt with 1 cup of water in a medium saucepan over medium heat.

Add in 1 cup of cornstarch gradually a tablespoon at a time, stirring well after every addition.

Stir the mixture continually until it thickens, becomes a sticky mass and pulls away from the pot.

Stir the mass of cornstarch clay onto a sheet of aluminum foil. Allow it to cool to the point that you can handle it comfortably.

Knead the mass until it is stiff dough that is no longer sticky.

Break off small piece of the dough and form them into marbles; rolling them in your hands until that are ball shapes.

Set the marbles on a dish on the counter to air dry for 24-48 hours. The marbles will have a smooth, hard finish suitable for painting, if you wish.

Day 2: Animal Day

How to Make Homemade Butter in a Jar Author: Happy Hooligans

Ingredients

- 35% m.f. cream (also known as heavy cream or whipping cream)
- jar with a lid (we used a 8oz jelly jar)

Instructions

Fill your jar half-way with cream.

Pop the lid on, and start shaking.

When the sloshing sounds stop, remove the lid, and check for whipped cream!

Pop the lid back on, and continue to shake until the mixture separates into buttermilk and butter.

Remove lump of butter (save the buttermilk for baking).

Rinse butter under cold water, kneading any buttermilk out of the butter.

Stir in a dash of salt if you wish.

Your butter won't keep for long because there are no preservatives. If you're not eating all of it the first day, store in the fridge for another day or two.

Store in the fridge if keeping for more than one day.

Day 3: Homemaking Day

Pretzels

Ingredients

- 1 package dry yeast
- 1 ½ cups warm water
- 1 tbsp. sugar
- 1 tsp. water
- 4-5 cups flour
- 1 egg, lightly beaten
- 1 tsp. salt
- Kosher salt

Instructions:

Pre-heat oven to 425 degrees.

Dissolve yeast in warm water in a large bowl. Add the sugar.

Stir 4 cups of flour and salt together in a medium bowl.

Blend flour with yeast mixture. Knead dough on floured board, adding more flour as needed, until the dough is smooth and satiny (about 5-10 minutes).

Break off pieces the size of a golf ball and roll into a 14" long rope. Shape into a pretzel. Place on baking sheet. Brush with egg and sprinkle with Kosher salt. Bake pretzels for 15 minutes (check after about 10 minutes).

Each recipe makes 6-7 good size pretzels.

Soap

Ingredients

- Ivory Soap Bars
- Warm Water
- Lavender, Mint, Oatmeal or anything you would like to add

Instructions:

Place a bar of soap on a paper plate, waxed paper or parchment paper in microwave for 2-3 minutes with no turntable to create your blob of dried soap fluff. Very fun to watch too.

Put the fluff in a large bowl and smash it down to little bits. (Note: if it get on your counter or floor, sweep or dry wipe it up first, before you add water or it is be a soapy mess)

Add a little warm water until it comes together...a little like pie crust

Add your oatmeal, lavender oi or other scent and mold into balls or use molds or cookie cutters for shapes. Let Dry.

Day 4: Our Social

Buttermilk Drop Biscuits by www.melskitchencafe.com

Ingredients

- 2 cups (10 ounces) all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 1 teaspoon sugar
- ¾ teaspoon salt
- 1 cup buttermilk, chilled
- 8 tablespoons butter, melted and slightly cooled

Directions

Heat oven to 475 degrees F.

Line a rimmed baking sheet with parchment or a silpat liner.

In a large bowl, whisk together the dry ingredients.

In a 2-cup liquid measure, stir together the chilled buttermilk and melted butter until the butter forms small clumps.

Stir the buttermilk mixture into the flour mixture with a rubber spatula just until the ingredients are incorporated and the mixture slightly pulls away from the edges of the bowl.

Using a greased ¼-cup measure, scoop out mounds of the dough and drop them onto the prepared baking sheet, spacing about 1 ½ inches apart.

Bake the biscuits until the tops are golden brown and crisp, 12 to 14 minutes. Remove from the oven, brush with additional melted butter.

Serve warm or cool with strawberries and cream or ice cream.

Lemonade

Ingredients

- ½ cup sugar
- 1 cup fresh lemon juice (from about 6 lemons)

Directions

In a small saucepan, combine the sugar and ½ cup water.

Bring to a boil, stirring occasionally, until the sugar is dissolved; let cool.

In a pitcher, combine the syrup with the lemon juice and 2½ to 3 cups water.

Serve over ice.

Ice Cream

Ingredients

- 2 cups cream
- ¼ cup sugar
- 2 cups milk
- 1/8 tsp. salt
- 2 eggs yolks
- 1 ½ tsps. Vanilla

Directions:

Make custard the night before:

- Scald one cup of cream in a double-boiler.
- In a small bowl, mix together sugar, salt and egg yolks.
- Add 5 tbsps. Of the hot cream to sugar mixture – add only a tablespoon at a time and mix well before adding more cream.
- Add sugar mixture to the cream in the double-boiler pan.
- Cook over low heat until slightly thickened.
- Refrigerate overnight.

The Next Day:

- Add vanilla; milk and cream to the chilled custard.
- Pour mixture into ice cream maker canister
- Put canister in ice cream churn bucket.
- Pack ice and salt around sides of canister.
- Churn ice cream until firm, about 20-30 minutes.
- Freeze until set.