

HISTORIC RECIPES

Read the recipe and highlight or circle the ingredients. Then, briefly answer the following questions.

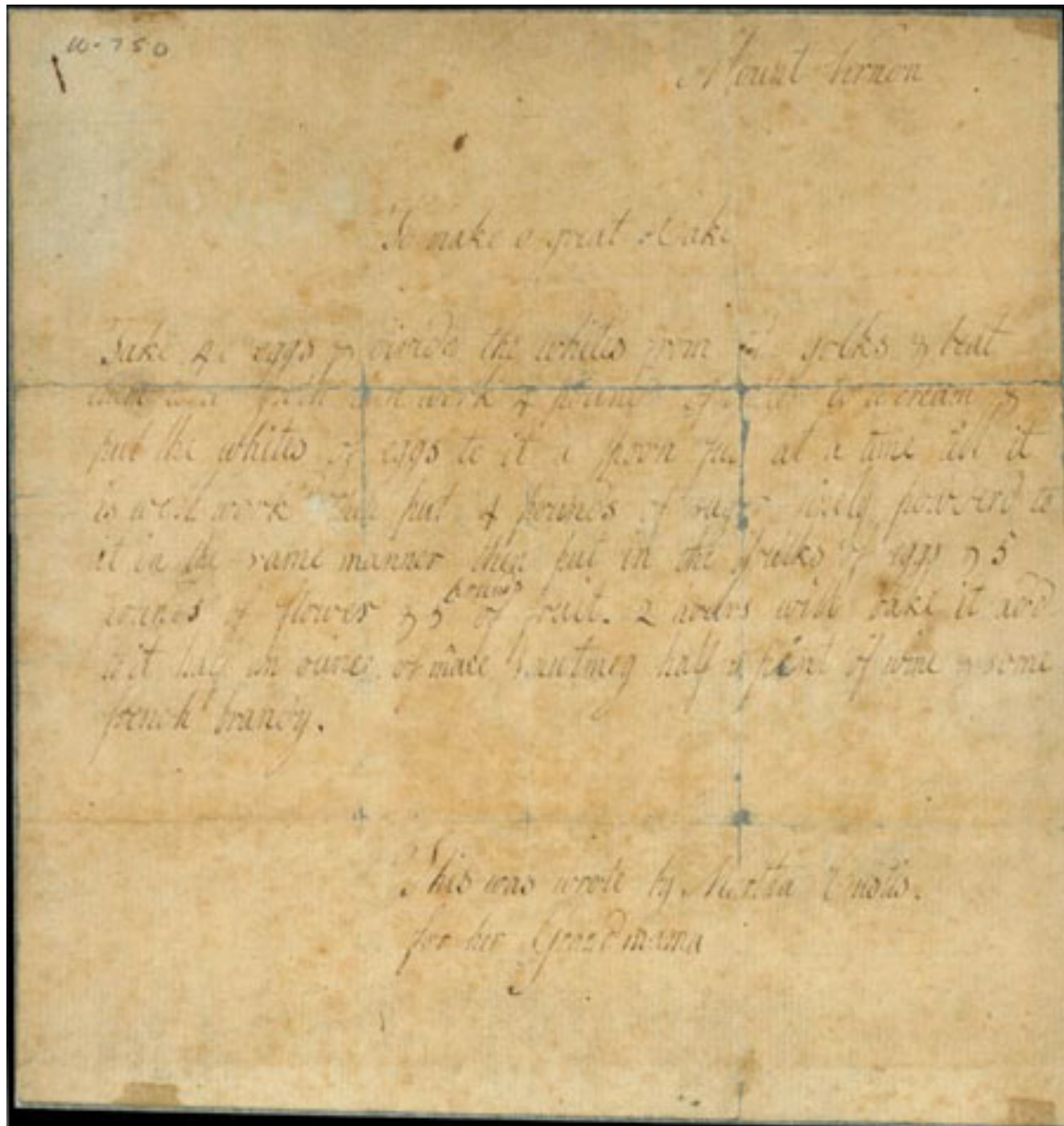
INQUIRY QUESTION	KEYWORD ANSWER	EXPLAIN YOUR EVIDENCE
Choose an ingredient. Where did it come from?		
Choose a second ingredient. Where did it come from?		
Choose a third ingredient. Where did it come from?		
What is the first thing you notice?		
Who wrote the recipe?		
When was this recipe written?		
Are the measurements different from today?		
Are the instructions clear?		
Is this a family recipe or a shared recipe?		
Is this recipe for a food that was eaten every day or on special occasions?		
Who would have made this recipe?		
Who would have eaten this recipe?		

HANDOUT: 20 QUESTIONS FOR READING AND EVALUATING HISTORIC RECIPES

INQUIRY QUESTION	KEYWORD ANSWER	EXPLAIN YOUR EVIDENCE
Why might someone make this recipe?		
What kind of technology is used to make this recipe?		
What does it tell you about the culture?		
Would you like to make this recipe?		
Does this recipe remind you of anything you eat?		
How is this recipe different? How is this recipe the same?		
What questions do you still have about this recipe?		
Where would you go to learn more about this recipe?		

Based on your answers, write 2–3 sentences about what you can infer about the time this recipe was prepared.

**Martha Washington's Great Cake Recipe Recorded
by her Granddaughter Martha Custis**



**Martha Washington's Great Cake Recipe Recorded
by her Granddaughter Martha Custis**

1 Mount Vernon

2 To make a great Cake

3 Take 40 eggs & divide the whites from the yolks & beat

4 them to a froth then work 4 pounds of butter to a cream &

5 put the whites of eggs to it a spoon full at a time till it

6 is well work'd then put 4 pounds of sugar finely powder'd to

7 it in the same manner than put in the Youlks of eggs and 5

8 pounds of flower and 5 pounds of fruit, 2 hours will bake it add

9 to it half an ounce of mace and

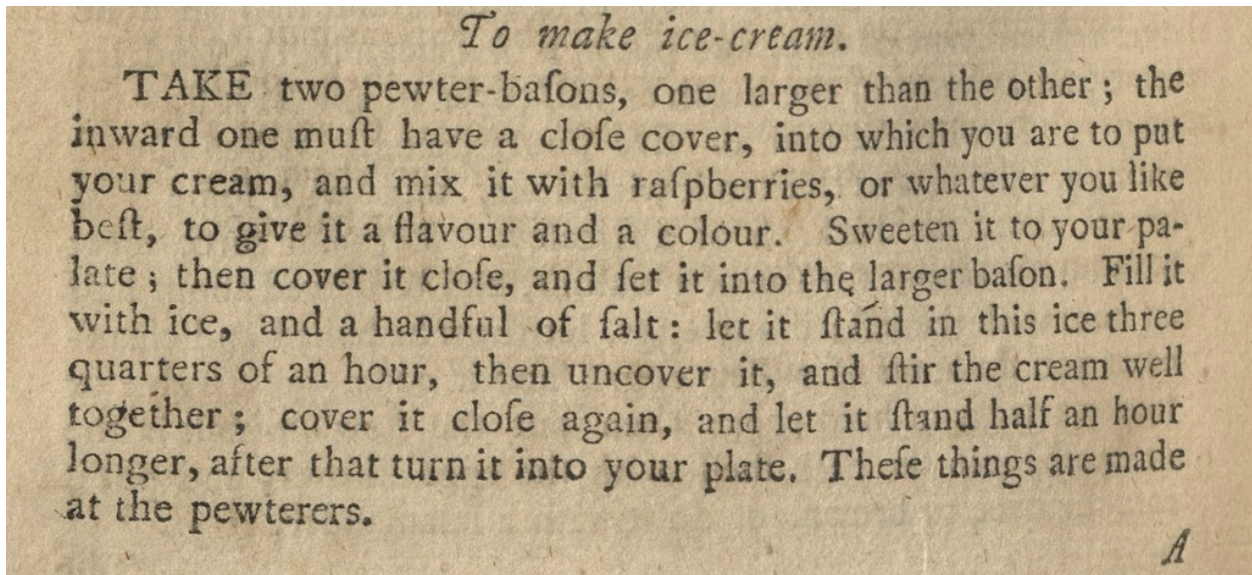
10 nutmeg half a pint of wine & some

11 fresh brandy.

12 This was wrote by Martha Custis

13 for her Grandmama

The Art of Cookery, Made Plain and Easy by Hannah Glasse, first published in 1747



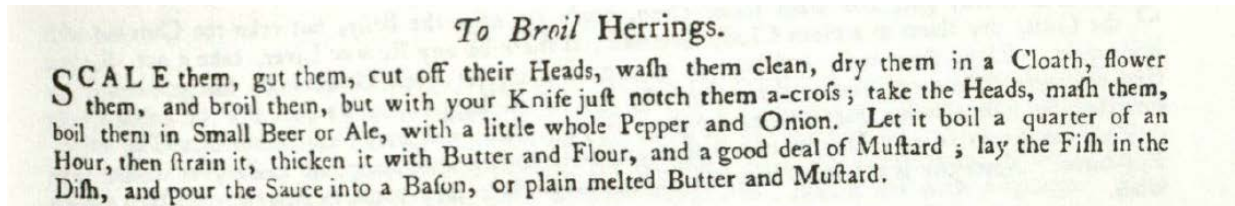
Ice Cream Recipe

The Art of Cookery, Made Plain and Easy by Hannah Glasse, first published in 1747

1 To make ice cream
2 TAKE two pewter-basons, one larger than the other; the
3 inward one must have a close cover, into which you are to put
4 your cream, and mix it with raspberries, or whatever you like
5 best, to give it a flavour and a colour. Sweeten it to your pa-
6 late; then cover it close, and set it into the larger bason. Fill it
7 with ice, and a handful of salt: let it stand in this ice three
8 quarters of an hour, then uncover it, and stir the cream well
9 together; cover it close again, and let it stand half an hour
10 longer, after that turn it into your plate. These things are made
11 at the pewterers.

Broiled Herring Recipe

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Broiled Herring Recipe

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- 1 Scale them, gut them, cut off their Heads, wash them clean, dry them in Cloath, flower
- 2 them, and boil them, but with your Knife just notch them a-cross; take the Heads, mash them,
- 3 boil them in Small Beer or Ale, with a little whole Pepper and Onion. Let it boil a quarter of an
- 4 Hour, then strain it, thicken it with Butter and Flour, and a good deal of Mustard; lay the Fish in the
- 5 Dish, and pour the Sauce into a Bason, or plain melted Butter and Mustard.