

Colonial Apple Pie

Put a crust in the bottom of a dish, put on it a layer of ripe apples pared and sliced thin, then a layer of powdered sugar; do this alternately till the dish is full; put in a few teaspoonsful of rose-water and some cloves; put on a crust and bake it.

Randolph, Mary. *The Virginia House-wife: With Historical Notes and Commentaries* by Karen Hess. Columbia, SC: USCP, 1984. p. 152.



Modern Adaptation

1 pie crust recipe, enough for a 9" double crust (homemade or purchased)

5-6 apples

1-1 1/2 C caster sugar or white granulated sugar*

2 tsp. rose water (available in Middle-Eastern groceries, specialty shops, and in the international or baking sections of some grocery stores)

1/2 tsp. cloves

2 tsps. cinnamon (optional)**

1/4 tsp. nutmeg (optional)**

1/4 tsp. allspice (optional)**

Pre-heat your oven to 350 degrees F. Place your bottom crust into a 9" pie pan, gently pressing it into the bottom and corners and leaving a 1/2" overhang around the edges. Peel, core, and thinly slice the apples. Toss the apple slices with the cloves, cinnamon, nutmeg, and allspice. (If cloves is the only spice you are using, you may want to increase the quantity to a generous 1 tsp.) Place a layer of apples in the crust, then sprinkle with sugar. Alternate layers of apples and sugar until all of both have been used. Sprinkle the rose water evenly over the pie. Put the top crust over the pie and roll the edges around and over the bottom crust, tucking them inside the pie plate. Use a fork to press down on the edge of the crust all the way around, to seal the top and bottom crusts together, or use your fingers to crimp the edges together in a decorative, triangular pattern. Cut 4-6 holes in the top crust to act as steam vents. Place the pie plate on a cookie sheet to catch any spills. Bake for one hour, or until the juices in the pie bubble thickly.

*Although the historical recipe calls for powdered sugar, modern confectioners' sugar has cream of tartar added to it, which would not have been done in the 18th century. To get a more accurate pie, use caster sugar, or make your own powdered sugar by pulsing regular white sugar in a food processor until it is fine.

**These spices are not included in Mary Randolph's version of apple pie, but are common in other 18th century apple pie recipes and in modern apple pies. Use as desired. Another common flavor combination of the Colonial period was to use about 1 tsp. cloves with 1 tsp. lemon zest and 2 Tbsp. lemon juice, omitting the rose water and other spices.

GEORGE WASHINGTON'S
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A "Pompkin" (Pumpkin) Pudding

No. 1. One quart stewed and strained [pumpkin], 3 pints milk, six beaten eggs, sugar, mace, nutmeg and ginger, laid into paste No. 7, or 3, cross and chequer [sic] it, and bake in dishes three quarters of an hour.

No. 2. One quart of milk, a pint pompkin [sic], 4 eggs, molasses, allspice and ginger in a crust, bake 1 hour.

Simmons, Amelia. *American Cookery: A Bicentennial Facsimile of the Second Edition*, Albany [1796], with an Introduction by Karen Hess. Bedford, MA: Applewood Books, 1996.



Modern Adaptation

1 pie crust recipe, enough for a 9" single crust (homemade or purchased)

1 small sugar pumpkin or pie pumpkin, or 1 (15-oz) can pumpkin puree

2 C half-and-half or whole milk (2% or skim milk will not hold the pie together)

3 large eggs, beaten

1 C dark brown sugar

2 tsp. cinnamon

1 1/2 tsp. ginger

1/2 tsp. each nutmeg and allspice

1/4 tsp. mace

Pre-heat your oven to 400 degrees F. Place your crust into a 9" pie pan, gently pressing it into the bottom and corners and leaving a 1/2" overhang around the edges. Roll the edge of the crust over, tucking it inside the pie plate. Use a fork to press down on the edge of the crust all the way around, to seal the rolled portion together, or use your fingers to crimp the edge together in a decorative, triangular pattern. Set the pie crust aside. If you are using a whole pumpkin, peel it with a vegetable peeler. Slice it in half and discard the seeds and guts. Chop the halves into pieces roughly 2"x2". Put the pumpkin into boiling water and cook 15-20 minutes, or until very soft when pierced with a fork. Drain the water and put the pumpkin in a large bowl, then mash the pumpkin with a potato masher or a large wooden spoon. If using canned pumpkin, put it into a large bowl. Stir in the milk, eggs, sugar, and spices, mixing after each addition to incorporate fully. Pour the mixture into the prepared pie crust, filling it to 1/2" below the top of the crust. Discard any excess pumpkin mixture if necessary. Place the pie on a baking sheet to catch any spills. Bake 45 minutes to an hour. Jiggle the pie pan gently to test for doneness. The outside should be set, but the center should still wobble a little, without being liquid. Place on a wire rack and cool 2-3 hours. The filling will firm up as it cools. Wait until completely cool to serve, or, once cool, cover tightly with plastic and refrigerate several hours or overnight before serving.

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