

Foods & Feasts of Colonial Virginia
Jamestown Settlement & American Revolution Museum at Yorktown
November 28-30, 2019 & November 26-28, 2020

Colonial Receipts

17th-Century Recipes

Period dishes prepared by historical interpreters in Jamestown Settlement's outdoor re-creations of a Powhatan Indian village and 1610-14 English fort

The Lord of Devonshire his Pudding

Take manchet and slice it thin, then take dates the stones cut out, & cut in pieces, & reasins of the Sun the stones puld out, & a few currance, & marrow cut in pieces, then lay your sippets of bread in the bottome of your dish, then lay a laying of your fruit & mary on the top, then antoher laying of sippets of briad, so doo till your dish be full, then take crame & three eggs yolds & whites, & some Cynamon & nutmeg grated, & some sugar, beat it all well together, & pour in so much of it into the dish as it will drinke up, then set it into the oven & bake it.

Elinor Fettiplace's Receipt Book, 1604

A blood pudding

Take the blood of hog whilst it is warm, and steep it in a quart, or more, of great oatmeal grits, and at the end of three days with your hands take the greits out of the blood, and drain them clean; then put to those grits more than a quart of the best cream warmed on the fire; then take mother of thyme, parsley, spinach, succory, endive, sorrel, and strawberry leaves, of each a few chopped exceeding small, and mix them with the grits, and also a little fennel seed finely beaten; then add a little pepper, cloves and mace, salt, and great store of suet finely shred, and well beaten; then therewith fill your farmes, and boil them, as hath been before described.

The English Housewife, 1615

A French Custard

Take almonds, blanch them & beat them single, then put to them the yelks of eggs, then straine it with thick creame, then season with rosewater, sugar & synamon & nutmeg & some dates cut in smale peeces, harden you cofen, thn put in you stuff, & so bake it.

Elinor Fettiplace's Receipt Book, 1604

A Fryed Meate in Haste

For the Second Course

Take almonds, blanch them & beat them single, then put to them the yelks of eggs, then straine it with thick creame, then season with rosewater, sugar & synamon & nutmeg & some dates cut in smale peeces, harden you cofen, thn put in you stuff, & so bake it.

Elinor Fettiplace's Receipt Book, 1604

A Grand Sallet of Beets, Currants and Greens

Take the youngest and smallest leaves of spinage, the smallest also of sorrel, well washed currans, and red beets round the center being finely carved, oyl and vinegar, and the dish garnished with leamon and beets.

The Accomplisht Cook, 1685

Banbury Cake

To make a good Banbury Cake, take four pounds of Currants... then take three Eggs, and put away one yolk, and beat them, and strain them with Barm [yeast], putting thereto Cloves, Mace, Cinamon, and Nutmeggs, then take a pint of Cream, and as much milk, and set it on the fire till the cold be taken away; then take Flower, and put in good store of cold butter and sugar; then put in your eggs, barm, and meal, and work them all together...; then save a part of the paste, and the rest break in pieces, and work in your Currants; mould your cake... of whatever quantity you please, and then with that paste which hath not any Currants, cover it very thin... And so bake it according to bigness.

The English Housewife, 1615
Gervase Markham

An excellent boiled sallat

To make an excellent compound boiled sallat: take of spinach well washed two or three handfulls, and put it into fair water, and boil it till it be exceeding soft, and tender as pap; then put it into the colander and drain the water from it; which done, with the backside of your chopping knife chop it, and bruise it as small as may be: then put it into a pipkin with a good lump of sweet butter, and boil it over again; then take a good handful of currants clean washed, and put to it, and stir them well together; then put to as much vinegar as will make it reasonable tart, and then with sugar season it according to the taste of the master of the house, and so serve it upon sippets.

The English Housewife, 1615

How to Stew Oysters

Straine the liquor from the Oysters, then wash them very clean, and put them into a pipkin with the liquor, a pinte of Wine to a quarter of Oysters, two or three whole Onions, large Mace, Pepper, Ginger; let all the spices be whole, they will stew the whiter; put in Salt, a little Vinegar, a piece of butter and sweet Herbs; stew all these together till you think them enough, then take out some of that liquor and put to it a quarter of a pound of butter, a Lemon minced, and beat it up thick, setting it on the fire, but let it not boyle; dreine the rest of the liquor from the Oysters thorow [through] a culender, and dish them; pour this sauce over them; garnish your dish with searced [sieved] Ginger, Lemmon, Orange, Barberries, or Grapes scalded; sippit it, and serve it up.

The Art of Cookery Refin'd and Augmented, 1654
Joseph Cooper

Of Making Manchets

Mix yeast, sugar, and warm water. Set aside to allow yeast to activate. Mix flour and salt. When yeast solution begins to bubble, add to the flour and mix thoroughly. Begin kneading dough and adding small amounts of flour until dough no longer feels sticky. Set aside in a warm place in order for the dough to rise. When dough has risen double in size, punch it down and form into loaves. Place loaves into a pan and allow to rise a second time. When dough has risen double in size, cook at approximately 350 degrees until done.

The English Housewife, 1615

Soops of Butter'd Carrots

Take fine young carrots and wash them clean; Then have a skillet or pan of fair liquor [water or broth] on the fire, and when it boils, put in the carrots, give it a walm or two [parboil] and take them out into a cullender; let them drain, then mince them small, and put them in a pipkin [small pan] with some slic't dates, butter, white wine, beaten cinnamon, salt, sugar, and some boild currants, stew them well together, and dish them on sippets finely carved [toast].

The Accomplisht Cook, 1660

Robert May

To Bake a Rabbet

Take the flesh of two rabbets, and a piece of the leafe of a hog, and lay them both together, then with a wooden pestill beat them well together, then season it with some nutmeg & pepper and salt, & some sugar, & then beat it well with the meat, then bake it in a pie, & when it is cold serve it.

Elinor Fettiplace's Receipt Book, 1604

To Dress a Crab

First take away all the legges and heads / and then take all the fische out of the shelle & make the shelle as cleane as ye can and put the meate in to a disshe and butter it upon a chafying dishe of coals [low heat] and put there to sinamon and suger and a little vinegar, and when ye have chafed it and seasoned it / then put the meate in the shelles again and set them upon the dishe side and serve it.

A, Propre new Booke of Cookery, 1545

Powhatan Bread

The manner of making their bread is thus:

After they pound their wheat into flour, with hot water they make into a paste, and work it into round balls and cakes; they then put it into a pot of seething water; when it is sod thoroughly, they lay it on a smooth stone; there they harden it as well as in an oven.

“Observation gathered out of a discourse of the plantation of the southern colony in Virginia...” — Master George Percy

For to make Flaumpeyns

Curye on Inglysch, Forme of Cury

Take clene pork and boile it tender, thenne hewe it small and bray it small in a mortar. Take fyges and boile hem tender in smale ale, & bray hem, & tender chese therewith; thene waische hem in water & then bray hem alle togider with ayren. Thenne take powduor pepir, or els powdour marchaunt, & ayren, and a porcioun of safroun and salt: thenne take blank suger, eyren & flour, & make a past with a rollere. Thenne make therof smale palettes, & fry hem broun in clene grece, & set hem aside. Thenne make of that oother deel of that past long coffins, & dothat comade therin, and close hem faire with a couertour, & pynche hem smale about. Thanne kyt aboute foure other sex wayes. Thanne take every of that kuttyng up & thenne colour it with zolkes of ayren, & plaunt hem thick in to the falaumpeyns above ther thou kutttest hem, & set hem in an ovne and lat hem bake eselich, and thane serue hem forth.

The English Housewife, 1615

18th-Century Recipes

Period dishes prepared by historical interpreters in the American Revolution Museum at Yorktown's outdoor re-creations of a Revolution-era farm and Continental Army encampment

Field Peas

There are many varieties of these peas, the smaller kind are the most delicate. – Have them young and newly gathered, shell and boil them tender, pour them in a colander to drain; put some lard in a frying pan, when it boils, mash the peas, and fry them in a cake of a light brown; put it in the dish with the crust uppermost, garnish with thin bits of fried bacon. They are very nice when fried whole, so that each pea is distinct from the other, but they must be boiled less, and fried with great care. Plain boiling is a very common way of dressing them.

The Virginia Housewife, 1824
Mary Randolph

Kyenam or Kenan Fried Fish

Take some fresh fish, scaled and cleaned, and cut off the fins and tails. Lie the fish flat on your chopping board and make two deep but short cuts on each side at a diagonal, leaving a thumbs width between the cuts. Mix ginger root, finely grated, with two long peppers [red chilies] mashed to a pulp. Add salt to your taste and mix all seasonings into a paste and stuff some well into the cuts on both sides; then rub the remaining paste on the fish all over. Heat your lard until it is boiling and fry each fish until it is crisp and golden; then serve it up hot.

Traditional West African – Ghana, Angola

Pears Stewed Purple

Pare six large winter pears, and either quarter them or do them whole: they make a pretty dish with one whole, the rest cut in quarters, and the cores taken out; lay them in a deep earthen pot, with a few cloves, a piece of lemon-peel, a gill of red wine, and a quarter of a pound of fine sugar; if the pears are very large, they will take half a pound of sugar, and half a pint of red wine; cover them close with brown paper, and bake them till they are enough.

Serve them hot or cold (just as you like them), and they will be very good with water in the place of wine. To Stew Pears in a Sauce pan put them into a sauce-pan with the ingredients as before; cover them and do them over a slow fire; when they are enough take them off, add a pennyworth of cochineal, bruised very fine.

The Art of Cookery Made Plain and Easy, 1745
Hannah Glasse

Pumpkin Pudding

Stew a fine sweet pumpkin till soft and dry; rub it through a sieve, mix with the pulp six eggs quite light, a quarter of a pound of butter, half a pint of new milk, some pounded ginger and nutmeg, a wine glass of brandy, and sugar to your taste. Should it be too liquid, stew it a little drier, put a paste round the edges, and in the bottom of a shallow dish or plate – pour in the mixture, cut some thin bits of paste, twist them, and lay them across the top, and bake it nicely.

The Virginia Housewife, 1824
Mary Randolph

Queens Cake

Whip half pound butter to a cream, add 1 pound sugar, ten eggs, one glass wine, half gill rose water, and spices to your taste, all worked into one and a quarter pound flour, put into pans, cover with paper, and bake in a quick well heat oven, 12 or 16 minutes.

American Cookery, 1796
Amelia Simmons

To Make Mince Pies the Best Way

Take three pounds of suet shred very fine, and chopped as small as possible; two pounds of raisins stoned, and chopped as fine as possible; two pounds of currants nicely picked, washed, rubbed and dried at the fire; half a hundred of fine pippins, pared, cored and chopped small; half a pound of fine sugar pounded fine; a quarter of an ounce of mace, a quarter of an ounce of cloves, two large nutmeg, all beat fine; put all together into a great pan, and mix it well together with half a pint of brandy, and half a pint of sack. Put it down close in a stone pot and keep it for four months.

The Art of Cookery Made Plain and Easy, 1776 edition
Hannah Glasse

To Make Oyster Loaves

Take little round loaves, cut off the tops, scrape out all the crumbs, then put the oysters into a stew pan with the crumbs that came out of the loaves, a little water, and a good lump of butter; stew them together ten or fifteen minutes, then put in a spoonful of good cream, fill your loaves, lay the bit of crust carefully on again, and set them in the oven to crisp. Three are enough for a side dish.

The Virginia Housewife, 1824
Mary Randolph

Roots a la Crème

Take some large roots scraped and washed; boil them half an hour; cut them in large slices, and put them into a stew pan, with a bit of butter, a bunch of parsley, scallions, a clove of garlic, two shallots, two cloves, and some basil; turn them a few times over the fire, and put in a little flower, salt and whole pepper, with some good broth; let them boil and reduce to a thick sauce: then take out the bunch of herbs, and add the yolks of three eggs beat, and some cream. Thicken it over the fire, taking care that it does not boil, and, before it is used, add a little vinegar.

The French Family Cook, 1746
Menon

Tourte de Chocolate

Mix a little flour with a pint of cream, and chocolate in proportion, a little sugar, and four eggs; boil it about a quarter of an hour, stirring it continually for fear it should catch at bottom; then put it in the paste [pastry], and the whites of four eggs beat to a snow upon it, glaze it with sugar and bake it.

N.B. Coffee-Pie is made after the same manner, boiling two or three dishes of clear coffee with cream instead of Chocolate, as the proceeding, they are both to be done with top crusts.

The Practise of Modern Cookery, George Dalrymple, 1781