



Create a feel for baking in the past by memorizing recipes like folks used to do.

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TEACHER PAGE

ACTIVITY: Cranberry Froth

OBJECTIVES:

- To examine an early to mid-1800s recipe
- To work as a team or individually to find a way to remember the recipe (e.g., verse, song, mnemonic device)
- To memorize the recipe and practice sharing it with others
- To cook the old recipe at home



MATERIALS: Student page for Cranberry Froth.

DIRECTIONS:

1) Hand out the Cranberry Froth student page. Read through the recipe and discuss how it could be memorized. Are there parts of it that are common knowledge? Are some amounts the same?

2) If students need examples, share an idea below to get creative juices flowing!

EXAMPLE 1: Written in verse with accented words underlined.

PIZZA CRUST

Why make a pizza *from scratch* when you can go out and buy one? Good question.

- **Quality and Nutrition:** Basically, homemade pizza is healthier. Pile it high with fresh vegetables, meat with no antibiotics, and a bit of cheese. To be utterly frank, frozen store-bought or fast-food pizza is filled with unhealthy fat, colorings, preservatives, salt, and processed meat.
- **Affordability:** It's cheaper to make.
- **Companion:**



MORE OLD RECIPES

PREVIEW

BREAD PUDDING

Back in the day, people did not waste food because every bit of food was needed to live. Because bread easily went stale and there was often a surplus of eggs and milk, making bread pudding was perfect for a hearty dessert. Your task, individually or as a group, is figure out a way to memorize the recipe. Finding similarities helps.

Bread Pudding

~ Contributed by B. Eldredge Stevenson

1/2 cup brown sugar

3 slices bread (plain or raisin), buttered then broken into small pieces

3 eggs

1 cup milk

Pinch of salt

1/2 tsp. vanilla

In a buttered a 2-quart glass casserole dish, combine brown sugar and bread. Beat eggs and milk. Add salt and vanilla. Pour over bread.

in a basket
top, grate,





SQUASH CASSEROLE

Wash!
 and yellow crookneck are incredibly useful. No
 you will have too many. So, grate the squash and flatten
 in freezer bags to use throughout the winter.
 Use it where?
 Take out a bag of squash and cook it along with other pizza
 vegetable toppings. Add a bag to any soup you make or to
 spaghetti sauce. If you put zucchini in your freezer bags
 measured in two cups, then take out a bag for zucchini bread.
 Save fresh squash for Squash Casserole. The great thing
 is that you don't need a recipe. Just know the basics.



PREVIEW

Squash Casserole
 ~ R. Locklear
 Wash and cut up 4 crookneck (or other) squashes. In a pot with an
 inch of water, cook the squash along with some onion until it's
 tender. (About 15 minutes or so.) Drain well. Mash with a fork, then



*Open your mouth and
 close your eyes,
 And I will give you a big
 surprise!*



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