**Mushroom Ketchup**  
2 pounds fresh mushrooms  
2 tablespoons kosher or sea salt  
2 bay leaves  
1 large onion, chopped  
zest of 1 lemon  
1 tablespoon grated horseradish  
1/4 teaspoon ground clove  
1/2 teaspoon ground allspice  
pinch of cayenne  
1/2 cup cider vinegar

1. Wipe the mushrooms clean and chop them or break them into small pieces. Combine the mushrooms, salt, and bay leaves in a large non-metallic bowl. Mash for a few minutes with a big spoon or masher. Cover and let sit overnight. (I mashed it a few more times during the night for good measure.) The mushroom mixture will reduce in size considerably.

2. Transfer the mixture to a Dutch oven or other big cooking pot and stir in the remaining ingredients. Bring to a boil over medium-high heat, reduce heat to low, and simmer the mixture for about 30 minutes, stirring often. The longer you cook it, the more concentrated the flavor will be.

3. Remove the pot from the heat and allow the mixture to cool, then place it in a large piece of muslin-type cloth or a double layer of cheesecloth, and squeeze the cloth over a bowl to remove as much liquid as possible. (I put a sieve under the cheesecloth, just in case.)

4. When you’re done squeezing, you should have about 2 cups of liquid — your ketchup! Store it in a glass bottle with a cork or other stopper.

5. Don’t throw out the wrung-out mushroom bits! Spread them on a baking sheet and dry thoroughly in a 200°F oven. This may take up to several hours, depending on how much liquid you managed to squeeze out. The mixture can be ground into a powder and used for seasoning or left as is and added to soups and other dishes.

**Martha Washington’s Great Cake**  
10 eggs, separated  
1 pound butter  
1 pound sugar  
20 ounces all-purpose flour  
20 ounces assorted fruits and nuts (see above)  
1 tablespoon ground mace  
1 tablespoon ground nutmeg  
2 ounces wine (cream or regular sherry works well)  
2 ounces brandy, preferably French

1. Preheat the oven to 350°F. Lightly grease and flour a 10-inch springform pan.

2. Beat the egg whites to a soft peak. Cream the butter, then slowly mix in the beaten egg whites, one large spoonful at a time. Gradually add the sugar, one spoonful at a time, to the batter. Add the egg yolks and blend, then gradually add the flour and blend well. Add the fruits and nuts, mace, nutmeg, wine, and brandy. (My mother-in-law, a superb chef, will not like this picture since it shows that I am not chopping my fruit up uniformly. Guilty as charged.)

3. Pour the batter into the prepared pan and bake for about 75-85 minutes. Using a toothpick, check carefully for doneness in the center of the pan — this is a big cake and the center won’t cook as fast as the rest. After baking, allow cake to cool on a rack. If you plan to ice the cake, wait until it’s almost cooled.

**Chocolate Puffs**

2 egg whites  
1 cup superfine sugar  
1/2 ounce grated American Heritage or other dark chocolate

1. Preheat oven to 200°F.

2. Beat the egg whites until stiff, using an electric mixer. Add the superfine sugar gradually, beating well. Then, with the mixer speed on low, blend in the chocolate.

3. Line two cookie sheets with parchment paper, dabbing a little meringue on the corners of the sheets to secure the paper to them. Drop about two teaspoons of batter per cookie onto the baking paper, leaving a few inches between each.

4. Bake for one hour. Remove cookies from paper immediately with a thin spatula. Makes about 24 puffs.

**Icing**

3 egg whites  
1 1/2 cups powdered sugar  
1 teaspoon grated lemon peel  
1 tablespoon orange-flower water or rose water

1. Preheat oven to 200°F.

2. Using a mixer, beat egg whites to a froth, then add 2 tablespoons of powdered sugar and continue mixing. Gradually add the remaining sugar, about 2 tablespoons at a time.

3. Add grated lemon peel and orange-flower or rose water. Beat for several minutes, until the icing is very stiff. Smooth onto entire cake or, if you’re feeling less ambitious, just the top. (But the cake will stay fresh longer if completely iced.) Let it dry and harden in the oven for 1 hour

**Anadama Bread**

2 (1/4-ounce) packages active dry yeast  
2 cups warm water (110°F-115°F)  
3/4 cup coarse yellow cornmeal, plus extra for coating the pan  
1/2 cup dark molasses  
6 tablespoons unsalted butter, at room temperature  
1 teaspoon salt  
5 1/2 cups bread flour

1. In a large bowl, gently whisk the yeast in the warm water and let stand for about 10 minutes.

2. Beat in the cornmeal, molasses, butter, and salt. Mix in the flour, one cup at a time, blending well after each addition, to make a moderately stiff dough.

3. Turn the dough out onto a lightly floured surface and knead for 6 to 8 minutes, until smooth and elastic; add a little flour if necessary to prevent sticking.

4. Transfer the dough to a large bowl lightly coated with vegetable oil, and turn the dough to coat with the oil. Cover with a slightly damp towel and let rise in a warm, draft-free location for 1 to 1 1/2 hours, until approximately doubled in size.

5. Punch down the dough. This is a good job for kids, if you have any lying around saying they’re bored.

Turn the dough out onto a lightly floured surface and divide it in half. Cover, and let rest for 10-15 minutes.

6. Lightly grease a very large baking sheet with butter, then sprinkle with cornmeal. Shape each half of the dough into a ball. Place the balls, smooth sides up, on the baking sheet. Flatten each into a 6-inch round loaf. Cover with towel and let rise for 30 to 45 minutes, until almost doubled in size. Meanwhile, preheat the oven to 375°F.

7. Bake for 25 to 30 minutes, until the bread is golden and sounds hollow when tapped on the bottom. Remove the bread from the baking pan and cool on wire rack. Serve warm if possible.

**Hasenpfeffer**

2 cups good red wine  
1/2 cup red wine vinegar  
1 carrot, roughly chopped  
1 cup onion, roughly chopped  
Several sprigs of fresh parsley  
1  rabbit or hare, cut into serving pieces  
1 teaspoon kosher salt, plus more to taste  
1 teaspoon pepper, plus more to taste  
4 thick slices bacon, diced  
2 cups onion, chopped  
1 cup carrot, diced  
1 cup celery, diced  
1/2 pound button mushrooms, chopped  
1 cup all-purpose flour  
1 ounce unsweetened chocolate, grated

1. Mix the first five ingredients in a large bowl. Add the rabbit, 1 teaspoon salt, and 1 teaspoon pepper. Marinade in the refrigerator, turning the rabbit pieces occasionally, for at least 8 hours.

2. Strain the marinade, reserving it, and dry the rabbit pieces. Cook the bacon over medium-low heat in a Dutch oven or large skillet. When it is crisp (5-10 minutes), remove it and add to the pan the remaining two cups onion, diced carrot, celery, and mushrooms. Cook, stirring, over medium-low heat.

When vegetables are soft (about 10 minutes), remove them from the pan with a slotted spoon and add to the bacon.

3. Increase heat to medium. Dredge the rabbit pieces in the flour, and brown them in the fat remaining in the pan (add a little olive oil if necessary), turning occasionally and adding a little salt and pepper as they brown. When the rabbits are browned, put the vegetables and bacon back in the pan and stir. Add the reserved marinade, bring to a boil, stir, and add the chocolate and about 1/2 teaspoon each salt and pepper.

4. Lower the heat, cover, and cook until the rabbit is tender and the sauce is thick, about an hour. Add salt and pepper to taste and serve hasenpfeffer with noodles, rice, or bread.

**Mary Ball Washington’s Gingerbread**

1/2 cup butter, softened  
1/2 cup light brown sugar  
1/2 cup molasses  
1/2 cup cane syrup, golden syrup, or honey  
1/2 cup warm milk  
2 tablespoons powdered ginger  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
1/2 teaspoon mace  
1/4 cup brandy  
3 cups flour, plus 1 tablespoons flour  
1 teaspoon cream of tartar  
3 large eggs  
Juice and rind from one orange (about 1/4 cup juice)  
1 teaspoon baking soda  
1/4 cup warm water  
1 cup raisins

1. Preheat oven to 350°F. Butter a 13-x-9-inch baking pan; set aside.

2. In a large bowl, cream butter and sugar with an electric mixer on medium-high speed until light and fluffy. Add molasses, syrup or honey, milk, and spices, and beat well. Add the brandy and mix well.

3. In a separate bowl, beat eggs until very light and thick. Sift 3 cups flour with the cream of tartar twice. On medium-low speed, incorporate the flour mixture into the batter alternately with the beaten eggs. Mix in the orange juice and rind.

4. Dissolve the baking soda in warm water, then add to batter and beat well.

5. Mix the raisins with the remaining 1 tablespoon flour and fold into the batter.

6. Spread the batter in the prepared pan and bake at 350°F for 35 to 45 minutes, until a toothpick inserted in the center of the cake comes out clean.

7. Cool in the pan on a wire rack. Serve with whipped cream, lemon sauce, or sprinkled with confectioner’s sugar.

**Cheshire Pork Pie**

pastry for a double-crusted pie   
1 pound pork tenderloin  
1 tablespoon butter  
1 tablespoon olive oil  
1/4 teaspoon salt  
1/4 teaspoon nutmeg  
1/2 teaspoon pepper  
2 large Granny Smith apples  
1 large Macintosh apple  
2 tablespoons sugar  
1/2 cup white wine (Rhine wine, and a sweetish chardonnay)

1. Preheat the oven to 350°F.

2. On a lightly floured surface, roll out half of the dough (recipe below) into a 12-inch circle.

3. Wrap the dough around the rolling pin to transfer into a 9-inch pie pan. Unwrap the dough from the rolling pin into the pan and press lightly to fit the pan. Return pie pan to the refrigerator until needed.

4. Slice the tenderloin into 1/4-inch thick slices. Season on both sides with salt, nutmeg and pepper. Melt the butter and oil in a large preheated frying pan and sear the slices for several minutes on each side, until mostly cooked; set aside.

5. Peel, core, and slice the apples 1/4-inch thick.

6. Remove the pie pan from the refrigerator. Fill the pie bottom with a layer of pork slices, followed by a layer of apple slices, then a tablespoon of sugar. Repeat layers.

7. When the pie is filled, pour in wine. (Do not forget this step until 5 minutes later, as I did. If you do, first scream, then remove pie from oven, peel off the top, pour in wine, and put it back, cursing yourself.)

8. Roll the second piece of dough into a 12-inch circle. Wet the bottom edges of the dough and place the top piece over the filling. Trim the dough so it is flush with the edge of the pie pan. Flute the edge or press with a fork to seal. With a knife, cut 4-5 slits on the top of the pie.

9. Place a rimmed baking sheet on the middle rack of the oven, and place the pie in the middle of the sheet. Bake at 350°F for 35-45 minutes

**Pie Pastry**

2 cups flour  
1 teaspoon salt  
1/3 cup unsalted butter, cut into small pieces and chilled  
1/3 cup chilled vegetable shortening or lard  
1/3 cup ice water, or more as needed

1. Into a large bowl, sift the flour with the salt. Add the butter and shortening and cut into small pieces with two knives or a pastry cutter.

2. Make a well in the center of the mixture and add the water. Mix quickly with a fork to form a soft dough. Add another 1-2 tablespoons cold water if the dough looks dry. Turn out onto a floured surface and work gently into a rough ball. Wrap in plastic wrap and refrigerate for at least 30 minutes. (The dough can be made up to a day in advance.)

**Pastry Dough**

2 cups flour  
1 teaspoon salt  
1/3 cup unsalted butter, cut into small pieces and chilled  
1/3 cup chilled vegetable shortening or lard  
1/3 cup ice water, or more as needed

1. Sift the flour into a large bowl, and whisk in the salt. Add the butter and shortening and blend until pea-sized clumps form.

2. Make a well in the center of the mixture and add the water. Mix quickly with a fork to form a soft dough. Add another 1-2 tablespoons of cold water if the dough looks dry. Turn out onto a floured surface and work gently into a rough ball. Wrap in plastic wrap and refrigerate for at least 30 minutes. (The dough can be made up to a day in advance.)

**Apple Dumplings**

Pastry recipe (see below)  
4 baking apples, peeled and cored  
1/3 cup granulated white sugar  
3/4 teaspoon ground cinnamon, divided  
1/4 teaspoon ground nutmeg  
3 tablespoons butter, divided  
1 1/2 cups light brown sugar, lightly packed  
2 cups hot water

1. Make pastry (recipe below). Refrigerate for at least 1/2 hour.

2. Peel and core the apples.

3. Roll out the pastry dough about 1/8″ thick and cut into four 7-inch squares. (The pastry size may need to be revised depending on the size of your apples.) Place an apple in the center of each square.

4. Mix together the white sugar, 1/2 teaspoon cinnamon, and 1/4 teaspoon nutmeg and put a few tablespoons of the mixture inside each apple, topped with a teaspoon of butter.

5. Moisten the edges of each pastry square with cold water and fold the pastry up around the apple, pressing firmly to seal. (I did some more elegantly than others, as you can see below.) Place apples in baking dish and chill in refrigerator for 1 hour.

6. Preheat oven to 375°F. Grease a 9″ X 9″ inch baking dish and place the apples in it.

7. Combine the brown sugar, hot water, and remaining 1/4 teaspoon cinnamon in a saucepan and bring to a boil. Lower heat and simmer for 3 minutes. Remove from heat and stir in remaining butter. Pour syrup over apples.

8. Bake apples for 40 to 45 minutes until the pastry is golden brown, basting with syrup every 15 minutes.

**Shrewsbury Cakes**

1/2 cup (1 stick) unsalted butter, softened  
1/2 cup plus 2 tablespoons sugar  
1/8 teaspoon freshly grated nutmeg or ground mace  
1 large egg  
1 cup all-purpose flour

1.  In a small bowl, beat the butter until light. Gradually add in the sugar and nutmeg or mace and beat until light and fluffy. Beat in the egg, then add the flour and beat just until blended.

2. On a sheet of wax paper, roll the dough into a long, 2-inch diameter log. Wrap in the wax paper and refrigerate until firm, at least 1 hour. (It is important to use wax paper as this dough is very sticky.)

3. Preheat the oven to 350°F. Butter four baking sheets (or two sheets twice).

4. Cut the dough log into 1/4-inch-thick slices. Place the slices about 2 inches apart on the prepared baking sheets. Bake until the cookies are light golden around the edges, about 8 minutes. The dough will spread — be careful not to crowd the cookies or you’ll end up with this:

eight per sheet, like so:

5. Cool on baking sheets for 2 minutes, then transfer to a wire rack and cool completely. Store in an airtight container.

**Chicken Pot Pie**

1 3-pound broiler-fryer chicken   
2 celery ribs, coarsely chopped  
1 medium onion, sliced  
1 bay leaf  
1 teaspoon salt  
1/2 teaspoon pepper

For the filling:  
2 tablespoons butter  
2 tablespoons flour  
1 10-ounce package frozen cubed carrots and peas, thawed  
2  celery ribs, sliced  
1 medium russet potato, diced and briefly boiled  
1 egg, lightly beaten  
salt and pepper to taste

1. Place the chicken in a large covered soup pot. Add celery, onion, bay leaf, salt, and pepper. Add enough water to cover and bring to a boil over high heat. Reduce the heat to medium low and simmer, partially covered, until the chicken is very tender, about 1 1/2 hours. Skim the broth. Remove the chicken and cool.

2. When the chicken has cooled, remove skin, bones, and gristle and cut into large pieces. Strain the broth and discard the solids.

3. In a medium saucepan over medium-high heat, melt the butter. Add the flour and stir until well blended and lemon colored, about 2 minutes. Slowly add 1 1/2 cups chicken stock, stirring constantly. Reduce heat to medium and simmer a few minutes, until slightly thickened. Whisk a little of the sauce with the beaten egg in a small bowl, then add that mixture back to the sauce, blending well and cooking briefly.

4. In a large bowl, combine the carrots and peas, remaining 2 celery ribs, and potatoes. Add the chicken pieces and sauce. Season with salt and pepper to taste, and stir.

5. Preheat oven to 375°F. Butter six 12-ounce ramekins (I used two 12-ounce soufflé ramekins and one quart-size soufflé dish.) Divide the chicken mixture evenly among the dishes. In a small bowl, beat the egg with the milk until blended. Roll out the pastry dough 1/8-inch thick. (The rolling job below is by my seven-year-old — this dough is very easy to work with.)

Cut out circles slightly larger than the ramekins, then place on top of the filling, pressing the edges to the sides of the dishes. Use a sharp paring knife to cut a small hole in the center of each dish to allow steam to escape. Prick the pastry with a fork. Brush the dough with the beaten egg mixture, and bake until crusts are golden brown and the filling is bubbling, about 35-40 minutes. Serve hot.

**Hoe Cakes**

1 cup all-purpose flour  
1 cup stone-ground cornmeal (I used white)  
1 tablespoon baking powder  
1/4 teaspoon salt  
1 tablespoon sugar  
2 eggs  
3/4 cup buttermilk  
1/3 cup plus 1 tablespoon water  
1/4 cup vegetable oil  
oil or butter for frying

1. In a large bowl, mix the dry ingredients well. Beat the eggs and add to the flour-cornmeal mixture, along with the buttermilk, water, and vegetable oil. Blend well.

2. Heat the oil or butter (I used a combination) in a large skillet over medium heat. For each hoe cake, drop about two tablespoons of batter into the skillet. Fry the cakes until brown and crisp on the bottom, about three minutes.

Turn with a spatula, and brown on the other side another few minutes.  Remove cakes to drain on a paper towel-lined plate. Add more frying butter or oil to pan as needed to make the remaining cakes.

Serve with butter and maple syrup or jam.

**Baked Macaroni and Cheese**

3 cups whole milk  
3 cups water  
12 oz. elbow macaroni  
½ teaspoon salt  
2 tbs. unsalted butter, cut into small pieces  
6 oz. freshly grated Parmesan cheese

1. Preheat the oven to 375°F. In a large pot, bring the milk and water to a boil. Add the macaroni, stir well, and return to a boil; then reduce the heat and cook the pasta until tender (about 8 minutes), stirring occasionally. Drain the pasta but reserve about 1/2 cup of the cooking liquid. Add the salt to the pasta and blend well.

2. Butter a 1½-quart casserole dish. Place one third of the macaroni in the dish and top with one third of the butter pieces and one third of the cheese. Pour one third of the reserved cooking liquid over the top. Repeat with two more layers of macaroni topped with butter and cheese, drizzling cooking liquid over each layer.

3. Bake casserole, uncovered, for about 20 minutes, until golden brown. Serve warm.

**Hasty Fritters**

1 – 12oz. bottle of any Light\* Ale or Hard Apple Cyder  
approximately 2 cups All Purpose Flour  
1/4 – 1/3 cups Zante Currants or 1 Apple (diced) or both

About 2-lbs Lard (or or other fat\*\*, e.g., shortening or vegetable oil) for frying

\*Hard apple cyder adds a wonderful taste to this recipe. If you chose to use an ale instead, use one that is not heavily hopped or bitter. Any off-the-shelf brand-name “lite” American beer will work, however, you’ll be missing out on some of the flavor that a nice honey brown ale, for instance, can add.

Pour your ale into a large mixing bowl and sift the flour into it, stirring until a sticky dough forms. It may take a little more or a little less than 2 cups of flour.

Blend in your diced apple and/or your Zante currants. I prefer using both simply for the additional flavor and sweetness. Some recipes for apple fritters suggest a little ground nutmeg or cinnamon. You can also add a pinch of salt of you wish. That’s your call. I love the simplicity of this recipe, and chose to leave those seasonings out. I did not regret my decision.

Carefully drop in dollops of the batter, about the size of a walnut or small egg, into your hot frying fat, making sure they don’t stick together. Fry them for 4 or 5 minutes, or until they are golden brown on the bottom side. The recipe suggests turning the fritters with an “egg slice.” If in case you’re like us and had never heard of an egg slice before, it’s simply a spatula.  Fry the fritters for 3 to 4 minutes longer, or until they are an even gold brown. If your dollops are too big, you will likely end up with a nicely browned fritter that’s still doughy on the inside.

Ale in this recipe acts as a leavening agent. The ale’s carbonation will puff up the dough while it fries.

Carefully remove the fritters from your hot fat, and drain on layers of paper or a clean cloth. Dust with powdered sugar and stand aside before you’re trampled.

Beef Steak Pie

* Puff Paste Pie Crust
* ¼ pound Butter
* 2 pounds Shoulder Beef Roast
* White Onion
* Salt
* Pepper
* Flour
* Liquid of choice

To prepare this pie, I’m using a 9 inch red ware pie plate. Line the outside of the pie plate with puff paste which is a typical instruction you’ll get in 18th century cookbooks. You can use either puff paste that you buy at the store in the frozen food section or

placing a tablespoon and a half of butter in the bottom of my pie pan. I’ve taken a 2 pound shoulder roast and sliced it into about ½ inch thick slices and trimmed all the gristle out. I’m going to put a layer of steak in the pie pan and follow this with a little bit of salt and pepper, then sprinkle a nice bit of flour on top of that. We want a good layer of flour here to make a great gravy.

Next, I’ve got some nice big slices of white onion and top off this layer with another tablespoon of butter. You should be able to repeat this step for about 3 layers. Don’t make your layers too thick so that they can cook evenly. Once our pie has all the layers built together, now it’s time to put in some liquid. We can use a couple of different liquids such as water, hard cider, a small beer or light beer, or even mushroom ketchup. Anything is going to make a good liquid for our pie. It’s best to pour in some of the liquid around the edges right now before you put the top on, because it can be hard to get all the liquid that we want into the pie.

Now it’s time to put on our puff paste top and pinch it down. You definitely want a good seal between the body of the pie crust and this lid so make sure to wet the edge if the top isn’t going to seal well. Once the lid is down nice and tight, then we’re going to cut a little hole in the top and pour in another tablespoon or two of our liquid and then we’re ready to bake.

Gently place the pie into your preheated Dutch oven and replace the lid. We want maybe a scoop and a half of coals around the bottom edge of this Dutch oven and maybe two scoops on top, two and a half scoops max. We don’t want to overdo this or else our meat will be tough if we cook this at too high a temperature. We also want to make sure to remember that we need to continue to rotate this oven 90 degrees every 15 or 20 minutes and rotate the lid separately, because our coals might be hotter on one spot than the other and we don’t want to overcook one spot over another.

No Knead French Bread

* 3 Cups Flour
* 1 ½ tsp. Salt
* Barm or barm substitute:
  + ½ cup water
  + 1 heaping tbsp. Flour
  + ¼ – ½ tsp. Instant Yeast
* 1 Egg White
* 2 Egg Yolks
* ¾ cup Milk
* 2 tbsps. Melted Butter

In a large bowl, put 3 cups of flour, bread flour or all-purpose flour will do, and about 1½ teaspoons of salt.

The original recipe calls for barm and since nobody has barm, which is the foam from the top of beer, instead we’re going to make a substitute barm. In a separate container, let’s start with a half a cup of water. To that, add a heaping tablespoon of flour and a half a teaspoon of instant yeast, then we can stir this all together and let it rest.

Now for the rest of the wet ingredients, take just one egg white and add that to ¾ of a cup of milk and [whisk](http://www.townsends.us/birch-twig-whisk-tw338-p-1279.html) together.

Now take 2 tablespoons of melted butter and put that in with the 2 egg yolks and whisk those together.

Now let’s add all the wet ingredients together including the barm mixture, then mix the wet ingredients with the dry ingredients.

As soon as the dough is formed and all the flour is absorbed, it’s time to stop mixing because they call for this dough not to be kneaded. It makes a very wet and sticky dough, a very light paste.

Cover the bowl with a damp cloth and set it aside 12-24 hours. You could divide this dough up and put it into smaller, well-floured bowls to make rolls as well.

Once it has a nice spongy texture to it, it’s time to preheat your Dutch oven. Don’t skimp on preheating this or your bread won’t turn out right. Once it is preheated, sprinkle some cornmeal into the bottom to keep it from sticking. If your Dutch oven is preheated correctly you should see the cornmeal brown up just a hair. If you’re going to bake this in your home oven, you’re going to want to set your oven to 450 degrees.

Turn your dough out onto a liberally floured surface. Now your dough may be very sticky, but that’s okay. It’ll help to flour your hands so that it doesn’t stick. Pat down the dough a little bit, then fold it a third of the way then fold the other side over on top of that, turn it and fold it over again the same way so that you folded it four times then place it in the Dutch oven.

You want to keep a close eye on this while it’s cooking. It’s going to take 25-30 minutes. You want it to be a nice deep golden brown without burning on the bottom.

You want to make sure that your bread is completely cooled before you rasp or chip off the outer crust. The crust and also the French bread as it is, is used in many 18th century recipes.

Fried Chicken

* Whole Chicken Quartered
* Oil for frying
* Parsley Sprigs

Marinade

* 2 Large Lemons
* Equal amount Distilled Vinegar
* 2 Bay Leaves
* 1 tsp. Salt
* 1 tsp. Black Pepper
* ¼ tsp. Cloves
* ½ cup Green Onions or Shallots

Batter

* 1 ½ cups all-purpose Flour
* White Wine like Rhine Wine
* 3 Egg Yolks
* 1 tsp. Salt

Now this recipe is actually pretty simple. It starts off with a very basic marinade of lemon juice and verjuice or vinegar. Verjuice is actually a very common ingredient you’ll find in early 18th century recipes. It comes from the juice of unripe unfermented grapes, and while it’s very sour, actually has a very mild flavor. If you’re going to use vinegar, what would have been typical in an 18th century English setting would be malt vinegar, but the time period, it was called wine vinegar. If you can’t find malt vinegar or you are looking for a milder flavor you can use cider vinegar or even distilled vinegar.

We are going to use the juice of two large lemons and an equal amount of distilled vinegar. To that, I am going to add two bay leaves, a teaspoon of [salt](http://jas-townsend.com/pocket-spice-p-1066.html), a teaspoon of black pepper, and a quarter of a teaspoon of cloves. The last ingredient is something called chaebols and we had to look that one up. We found out that it is a spring onion or as we would call it, green onions and we are going to use a half a cup. You could substitute this with shallots as they were also very common in the 18th century and it would probably make a very interesting flavor addition.

The recipe calls for quartering your chicken. I’ve actually cut it up into individual pieces so that it’ll go a little farther. The recipe suggests marinating this chicken for 3 hours and you should probably stick to that. Some of the more powerful ingredients, like the malt vinegar, can really enhance the flavor too much if you marinate for too long.

# Tasty Fish Cakes

* 6 oz Salted Fish
* 6 oz Boiled Potatoes
* 1 egg
* Butter
* Spices to taste

Salted fish doesn’t need to be refrigerated or cooled making it something you can easily take to events. It is something that you can purchase locally that makes a delicious 18th century dish.

The salted fish right out of the box is much too salty to cook with. To draw the salt out, start soaking your fish the day before you want to use it. You want to change the water 3 or 4 times and, after it’s soaked overnight, it should be ready to use. Be aware that you can soak your fish too long causing it to lose all of the flavor and saltiness. Make sure to taste your fish before you use it so you know if you need to add spices to bring that flavor back.

Shred about 6 ounces of fish into little pieces making sure to remove any bones or skin you may find. Mash up about the same amount of boiled potatoes and add your fish. If potatoes weren’t available, it’s likely they would have tried to use bread crumbs or possibly flour as a good substitute for the potatoes.

Add your egg to the mixture and create small patties.

Make sure the butter in your pan is nice and hot.

Place your fish patties into your butter and [fry](http://jas-townsend.com/folding-frying-p-103.html) until golden brown on both sides.