

Judith Roy's Kitchen

Handwritten Recipes and Memories
from an Acadian Coastal Kitchen



Compiled and preserved by
Lorenz Plourde

Pain à la Viande

- 1 lb boeuf haché
- 1 oignon haché
- 1 tasse lait
- 1/2 tasse chapelure
- 1 oeuf
- 1 c. thé sel
- poivre

~~Profiter de la viande~~
~~de la viande~~
~~de la viande~~

Mélanger le boeuf, oignon, lait, chapelure, oeuf, sel et poivre.
Bien mélanger. Façonner en pain.
Déposer dans plat graissé.
Cuire 1 heure à 350° F.
Laisser reposer 10 min.

Bon avec purée de patates
et fèves jaunes.

350° F.
1 heure

très bon
réchauffer le
le lendemain

Angèle
été 1978

Tarte à la Morue

- 1/2 tasse lard salé, par
- 1/2 tasse beurre
- 1/2 tasse oignon
- 3/4 tasse farine
- 2 tasse patates, en
- 1/2 tasse lait
- morue émiettée
- sel & poivre

Faire revenir lard
Ajouter oignon par
Saupoudrer de
ajouter lait, etc
Cuire jusqu'à
Ajouter morue
Verser dans
Cuire 45 mi

DEDICATION

For Judith Roy,
whose kitchens preserved more than food.

And for George Plourde,
who built a small home beside the ocean
where much of this life quietly unfolded.



AUTHOR'S NOTE

This project began simply as an attempt to preserve a collection of handwritten recipes before time erased them completely.

The recipes belonged to Judith Roy of Le Goulet, New Brunswick, a small Acadian fishing community along the Gulf of St. Lawrence where I spent important years of my life after arriving there as a teenager from Ontario in the early 1980s.

At sixteen, I left Ontario and arrived in Le Goulet carrying far more uncertainty than belongings. George and Judith welcomed me into their small trailer home without hesitation, and over time that loud French-speaking kitchen beside the Gulf became one of the first places in my life that truly felt stable.

The adjustment was not perfect or immediate for everyone. Their son Eric, who was several years younger than me, understandably needed time to adapt to another teenage boy suddenly entering the household and family rhythm. But despite the challenges that naturally come with blended families, the home itself gradually became a place of routine, structure, humor, shared meals, fishing seasons, winter card games, and practical care.

Much of what survives in these recipes comes from that ordinary daily world.

At first, the recipes seemed valuable mainly for practical and family reasons: seafood dishes, preserves, desserts, winter foods, and handwritten recipes connected to a disappearing coastal generation.

But the longer I spent reading through the recipes, the more I realized they preserved something much larger than cooking instructions alone.

Inside the pages remained traces of:

- long Maritime winters,
- fishing seasons,
- small kitchens,
- changing grocery culture,
- women's domestic labor,
- hospitality,
- practical humor,
- and a way of life shaped closely by weather, work, and community rhythm.

The recipes were never created for publication.

They were working kitchen documents: rewritten, corrected, stained, folded, and used repeatedly over many years inside ordinary daily life.

That ordinary quality became the reason this project eventually felt important to preserve carefully rather than simply modernize or rewrite.

Many of the communities, routines, and domestic habits surrounding these recipes have changed significantly over time. Fish plants closed. Grocery culture transformed household cooking. Handwritten recipe exchange became less common. Younger generations increasingly moved toward different rhythms of life and work.

Yet the recipes survived.

And within them survived evidence of a world that once moved differently, more seasonally, more collectively, and often more slowly.

This book does not attempt to recreate that world perfectly or romantically.

It simply tries to preserve small parts of it honestly, through the recipes, the handwriting, the kitchens, and the lives quietly surrounding them.

The recipes remain the center of the project.

Everything else exists only to help illuminate the world that produced them.

INTRODUCTION

Why These Recipes Matter

There are cookbooks created for restaurants, television, and publishing markets, and then there are the handwritten recipes that quietly lived in ordinary kitchens for decades.

This book comes from the second world.

The recipes collected were created by Judith Roy of Le Goulet, New Brunswick. The recipes were never intended for publication. They were practical working documents — written, revised, stained, folded, corrected, and reused over many years inside a real kitchen.

That history matters.

A handwritten family cookbook preserves far more than instructions for food. It quietly records:

- changing decades,
- economic realities,
- domestic routines,
- seasonal habits,
- regional ingredients,
- and the invisible labor that held families and communities together.

Within these pages are recipes that reflect several generations of adaptation:

- older French-Canadian and Acadian traditions,
- practical Maritime preservation cooking,
- wartime and postwar economy baking,
- and eventually the arrival of modern supermarket ingredients into traditional homes.

Some recipes are written carefully. Others are rushed, abbreviated, or partially rewritten. Certain pages appear multiple times, suggesting favorite versions or evolving methods. Measurements occasionally shift. Instructions are sometimes assumed rather than explained. None of these imperfections were corrected aggressively for this project, because they form part of the notebook's authenticity and character.

These recipes were not written for strangers.

They were written for people who already understood kitchens:

- daughters,
- sisters,
- friends,
- neighbors,
- and family members.

In many cases, the recipes themselves carried memory. A single dish could recall a season, a gathering, a winter storm, a church supper, a card game, or a familiar kitchen table. For many Acadian and Maritime readers, the ingredients and shorthand alone may already evoke entire worlds without further explanation.

The recipes also reveal a changing domestic landscape. Older recipes rooted in preservation and winter survival exist beside recipes shaped by modern grocery culture:

- soy sauce,
- condensed milk,
- shortening,
- cream cheese,
- canned tomato products,
- and mid-century North American baking trends.

At the center of this collection remains Judith Roy herself. A nurse by profession and a cook by instinct, she preserved these recipes not as historical artifacts, but as part of ordinary daily life. Like many women of her generation, much of her labor existed quietly in the background:

- feeding people,
- preparing for winter,
- hosting gatherings,
- preserving food,
- and maintaining continuity through routine acts repeated thousands of times over decades.

Very little of that work was formally documented.

This book exists, in part, so that it is not entirely lost.

The reflections included throughout the following chapters are not intended to overshadow the recipes. They exist simply to illuminate the world surrounding them:

- the fishing towns,
- the winters,
- the kitchens,
- the changing decades,
- and the people who carried these traditions forward quietly by hand.

What survives here is more than food.

It is evidence of continuity.





Chow Chow

1/2 lb. Green Beans
1/2 lb. Yellow Beans
1/2 lb. Red Beans
1/2 lb. Lima Beans
1/2 lb. Kidney Beans
1/2 lb. Navy Beans
1/2 lb. Pinto Beans
1/2 lb. Black Beans
1/2 lb. Chickpeas
1/2 lb. Lentils
1/2 lb. Peas
1/2 lb. Corn
1/2 lb. Potatoes
1/2 lb. Onions
1/2 lb. Cabbage
1/2 lb. Carrots
1/2 lb. Celery
1/2 lb. Parsnips
1/2 lb. Turnips
1/2 lb. Radishes
1/2 lb. Cucumbers
1/2 lb. Pickles
1/2 lb. Apples
1/2 lb. Peaches
1/2 lb. Plums
1/2 lb. Nectarines
1/2 lb. Apricots
1/2 lb. Cherries
1/2 lb. Raspberries
1/2 lb. Blackberries
1/2 lb. Strawberries
1/2 lb. Blueberries
1/2 lb. Raspberries
1/2 lb. Blackberries
1/2 lb. Strawberries
1/2 lb. Blueberries

CHAPTER 1

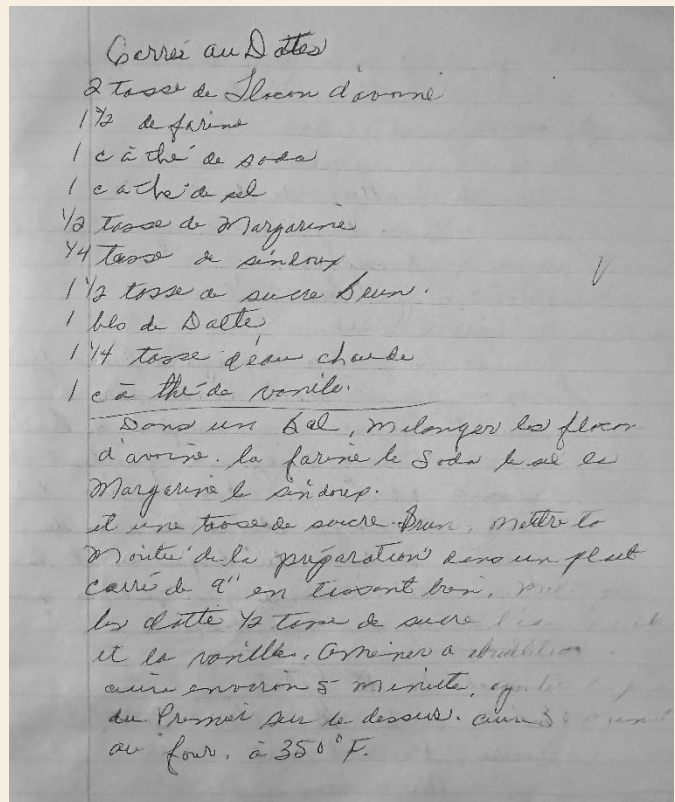
The Kitchen Notebook

Before the recipes themselves begin telling their stories, the recipes deserve to be understood as physical objects.

At first glance, they appear ordinary: aged paper, faded ink, crossed-out measurements, stained pages, and hurried handwriting pressed into margins wherever space remained.

But notebooks like these carried far more than recipes.

They functioned as working kitchen tools — active, evolving records of domestic life used over many years inside homes where cooking was not a performance, but part of everyday survival, hospitality, and routine. Unlike modern cookbooks designed for publication, handwritten recipes rarely aimed for perfection or consistency. They grew slowly over time, shaped by repetition, adaptation, memory, and use.



Some recipes in Judith Roy's notebooks are written carefully, almost formally. Others appear rushed, compressed into shorthand clearly intended for someone who already understood the basics of cooking. Certain pages contain corrections or substitutions. Some recipes appear multiple times in slightly different forms, suggesting evolving preferences or rewritten "clean copies" of older versions. Measurements occasionally shift. Instructions are sometimes incomplete. In many places, the writer assumed lived kitchen knowledge rather than step-by-step explanation.

These recipes were never meant to impress strangers. They existed to feed people.

The physical wear of the pages tells its own story:

- softened paper from repeated handling,
- stains from ingredients prepared countless times,
- folded corners,
- rewritten ingredient lists,
- and recipes copied from friends, neighbors, or relatives.

The recipes also document changing decades without ever intending to become historical records. Older recipes rooted in preservation culture and winter survival sit beside newer recipes using condensed milk, cream cheese, soy sauce, canned tomato products, and shortening. Traditional French-Canadian dishes coexist beside recipes shaped by mid-century North American grocery culture. The transition happens gradually, almost invisibly, page by page.

That quiet evolution may be one of the notebook's most remarkable qualities.

Rather than preserving a frozen moment in time, the recipes preserve adaptation itself.

Inside these pages are traces of:

- postwar modernization,
- changing supermarkets,
- shifting domestic expectations,
- evolving tastes,
- and the gradual blending of older Acadian and French-Canadian traditions with broader North American food culture.

Yet despite those changes, the spirit of the recipes remains remarkably consistent.

The recipes continue to prioritize:

- nourishment,
- practicality,
- generosity,
- seasonal awareness,
- and feeding people well.

Nothing here feels decorative or performative. Even desserts and celebration foods retain a sense of practical warmth rather than luxury. The recipes were written for kitchens connected to real weather, real work, and real households shaped by long winters and coastal life.

The recipes also preserve something modern culture often overlooks entirely: domestic intelligence.

Much of this knowledge historically lived almost entirely in women's hands, rarely archived formally and often disappearing once handwritten recipes were lost or discarded after death.



Recette de Pain

1. farine
 2. levure
 3. sucre
 4. lait
 5. beurre
 6. sel
 7. eau
 8. huile
 9. miel
 10. cacao
 11. vanille
 12. noix de muscade
 13. cardamome
 14. gingembre
 15. safran
 16. safran
 17. safran
 18. safran
 19. safran
 20. safran

CHAPTER 2

Winter Kitchens

In communities like Le Goulet and the surrounding Acadian Peninsula, winter was not simply a season. It shaped nearly every aspect of domestic life.

Snowstorms could bury roads and isolate homes for days at a time. Snowbanks sometimes rose nearly to the height of telephone poles. The Gulf winds remained rough through much of the colder months, and even small routines — driving, shopping, visiting, or getting supplies — depended heavily on weather conditions. Long before modern convenience culture normalized year-round abundance, households learned to prepare carefully for winter because they often had no choice.

The kitchen became the center of that preparation.

Many of the recipes preserved in Judith Roy's recipes reflect a world where:

- food needed to stretch,
- ingredients needed to last,
- and meals needed to provide warmth, comfort, and reliability through long cold months.

Preservation culture appears constantly throughout the recipes:

- chow chow,
- green tomato relishes,
- marinades,
- jams,
- preserves,
- winter salads,
- and practical pantry recipes designed to carry households through periods when fresh ingredients were limited or expensive.

These recipes were not hobbies.

They were systems.

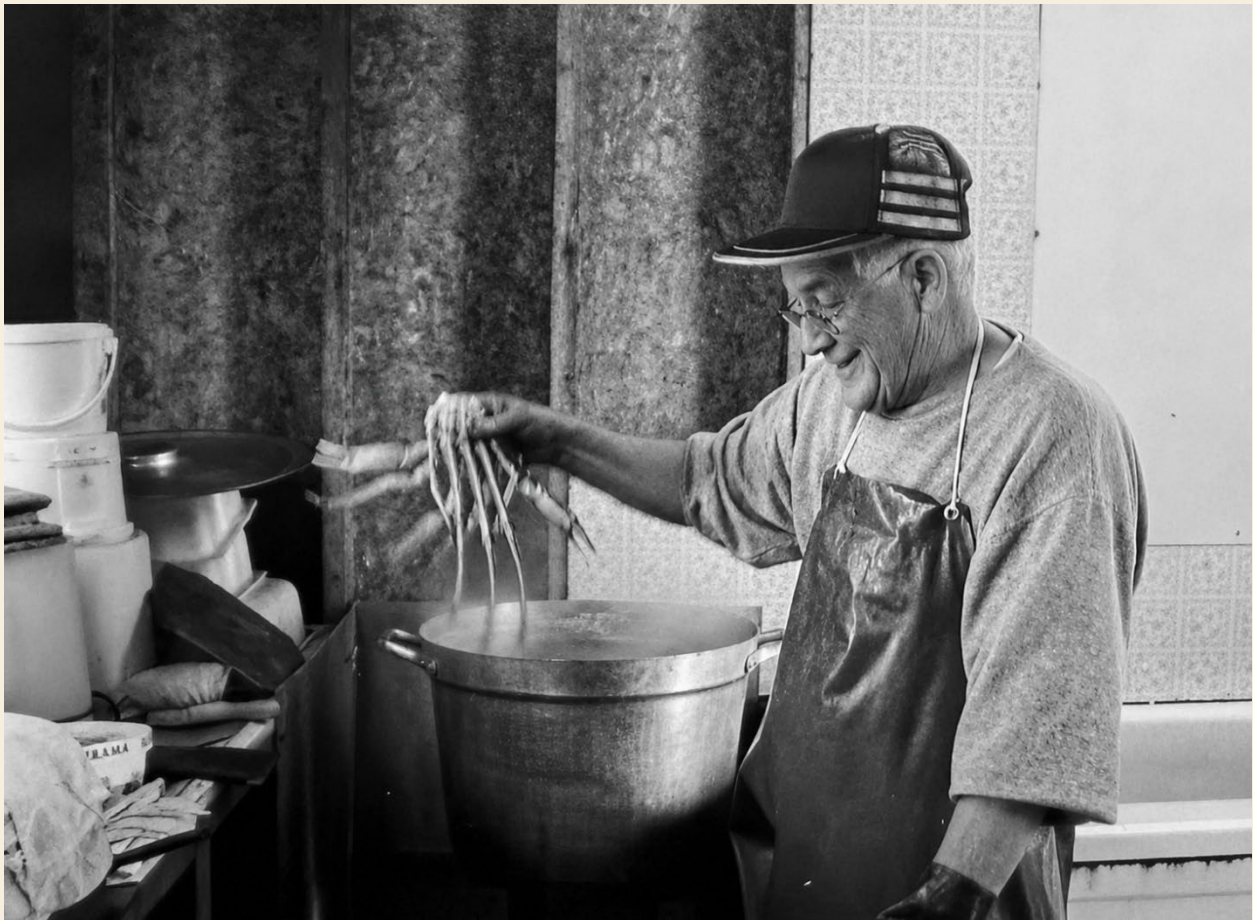
The preservation recipes found throughout Judith Roy's recipes reflect a kitchen culture organized around preparation rather than convenience.

In many Acadian and Maritime households, late summer and autumn became periods of intense domestic work:

- vegetables cleaned and chopped in large quantities,
- jars sterilized,
- relishes prepared,
- seafood frozen or canned,
- and shelves gradually filled for the colder months ahead.

This labor was repetitive and physically demanding, but it created stability during long winters when fresh ingredients were limited and weather could isolate households unexpectedly.

Many recipes were prepared collectively or alongside ordinary daily life: conversation continuing, tea brewing nearby, radios playing softly, and kitchens remaining active for hours at a time while preserves cooled across counters and tables.



Chow Chow Vert

(Green.Tomato.Chow.Chow)

Ingredients

- 8 cups green tomatoes, chopped
- 4 cups cabbage, chopped
- 2 cups onions, chopped
- 1 green pepper, chopped
- ¼ cup salt
- 4 cups vinegar
- 3 cups sugar
- 1 tablespoon mustard seed
- 1 teaspoon celery seed
- Optional: turmeric

Preparation

Combine chopped vegetables in a large bowl.

Sprinkle with salt and allow to stand overnight.

Drain thoroughly the next day.

In a large pot, combine vinegar, sugar, mustard seed, celery seed, and optional turmeric.

Bring mixture to a boil.

Add drained vegetables and simmer slowly until softened and well combined.

Pack hot mixture into sterilized jars and seal.

Allow jars to cool completely before storing.

Like many Maritime preserves, chow chow provided brightness and variety during winter months when fresh vegetables became scarce.

Vegetables harvested late in the season were transformed into relishes before frost arrived.

Seafood caught during warmer months was often frozen or canned for winter use. Large batches of preserves reduced waste while creating variety during months when gardens disappeared beneath snow and ice. The labor involved was repetitive and time-consuming, but it formed part of ordinary domestic rhythm throughout many Maritime households.

The recipes themselves still carry traces of that seasonal logic.

The repeated appearance of:

- molasses,
 - oats,
 - potatoes,
 - cabbage,
 - canned seafood,
 - brown sugar,
 - vinegar,
 - and preserved vegetables
- reflects a kitchen organized around practicality and endurance rather than luxury or fashion.

Certain ingredients appear so consistently throughout the recipes that they begin revealing the structure of the kitchen itself.

Molasses,
oats,
potatoes,
cabbage,
vinegar,
brown sugar,
and preserved vegetables were not occasional ingredients.

They formed part of a practical domestic system shaped by:

- affordability,
- storage life,
- winter endurance,
- and the need to feed people reliably through changing seasons.

Many Maritime kitchens developed naturally around foods capable of lasting well beyond harvest periods or fishing seasons. Reliability mattered as much as flavor.

The repeated appearance of soups, chowders, casseroles, baked dishes, and preserved condiments reflects households where meals were expected to:

- warm people,
- stretch ingredients,
- reduce waste,
- and sustain daily work through difficult weather.



Soupe de légumes

- 2 c. à soupe de beurre.
- 1 gros oignon haché
- 2 carottes en dés
- 2 branches de céleri
- 4 tasses de bouillon
- 2 pommes de terre
- 1 tasse de chou
- 1 tomate en dés
- 1/2 tasse d'orge ou macaronis
- sel et poivre

Faire revenir l'oignon,
ajouter les légumes,
le bouillon et l'orge.
laisser mijoter
jusqu'à ce que ce soit
bien tendre.

Soupe aux Légumes

(Vegetable.Soup)

Ingredients

- 2 tablespoons butter
- 1 onion, chopped
- 2 carrots, sliced
- 2 potatoes, diced
- 1 cup cabbage, chopped
- 1 can tomatoes or tomato juice
- 6 cups water or broth
- Salt and pepper
- Optional: barley or macaroni

Preparation

Melt butter in a large pot.

Add onion and cook slowly until softened.

Add carrots, potatoes, cabbage, tomatoes, and water or broth.

Season with salt and pepper.

Bring to a gentle boil.

Reduce heat and simmer slowly until vegetables become tender.

If using barley or macaroni, add during the final stage of cooking.

Serve hot.

Like many winter soups throughout Maritime households, the recipe was flexible and often adapted according to whatever ingredients remained available in the kitchen.

Potatoes especially appear not merely as side dishes, but as foundational foods. In many working households, they functioned as one of the cheapest and most reliable ways to feed families through difficult winters. The same was true for cabbage, soups, chowders, meat pies, and baked casseroles capable of feeding many people affordably while still providing warmth and comfort.

Many winter meals were designed not around individual servings, but around endurance.

Large pots simmered slowly for hours.

Soups stretched across multiple meals.

Meat pies fed entire families.

Leftovers were expected, reused, and rarely wasted.

The recipes repeatedly favor foods capable of reheating well and feeding many people economically.



Pâté à la viande

- 2 lbs boeuf haché
- 1 lb porc haché
- 1 gros oignon
- 1 el. poivre
- 1 1/2 tasse d'eau

Pâte à tarte

Pâté à la Viande

(Meat.Pie)

Ingredients

Filling

- 1 pound ground beef
- 1 pound ground pork
- 1 onion, chopped
- Salt and pepper
- Optional: cinnamon or savory seasoning
- Small amount of water or broth

Pastry

- Double pie crust

Preparation

Cook onion slowly until softened.

Add ground beef and pork.

Season with salt, pepper, and optional spices.

Cook slowly until meat is fully browned.

Add a small amount of water or broth if needed to keep mixture moist.

Allow filling to cool slightly.

Line pie plate with pastry.

Fill with meat mixture.

Cover with top crust and seal edges.

Cut small vents in the top crust.

Bake at 400°F until golden brown, approximately 35–45 minutes.

Serve hot.

Like many traditional Maritime meat pies, the recipe emphasized reliability and nourishment rather than refinement. Variations existed from household to household, often changing according to available meat, seasoning preferences, or seasonal circumstances.

One recipe in particular — cigare au chou, or cabbage cigars — captures much of this philosophy perfectly.

Ground meat, rice, tomato juice, and cabbage are transformed through slow cooking into a meal designed less for elegance than for nourishment. Like many recipes throughout the recipes, the dish reflects practical intelligence:

how to stretch ingredients,
feed multiple people,
and create warmth from simple foods during cold months.

Even the desserts reveal winter realities.

Molasses cakes, war cakes, sugar pies, oat-based baking, and date squares relied heavily on ingredients that stored well through colder seasons:

- brown sugar,
- dried fruit,
- spices,
- syrup,
- flour,
- and preserved pantry staples.

During long winters, sweetness itself became a form of comfort.

During long periods of snow, isolation, rough weather, and repetitive seasonal routine, meals helped structure emotional life as much as physical survival. Warm soups, meat pies, baked casseroles, preserves, and desserts created rhythm inside homes where daily routines often revolved around:

- weather reports,
- fishing conditions,
- road conditions,
- work schedules,
- and winter preparation.

The kitchen became more than a place to cook. It became a gathering place, workspace, refuge, social center, and source of continuity during difficult seasons.

Even ordinary meals could carry emotional significance because they repeated so consistently through family life that they eventually became inseparable from memory itself.

Potage au Poulet et Riz

(Chicken.and.Rice.Soup)

Ingredients

- 2 tablespoons butter
- 1 onion, chopped
- 2 stalks celery, chopped
- 1 carrot, sliced
- 6 cups chicken broth
- 1 cup cooked chicken
- ½ cup rice
- Salt and pepper
- Optional: parsley

Preparation

Melt butter in a large pot.

Cook onion, celery, and carrot slowly until softened.

Add chicken broth and bring to a gentle boil.

Add rice and simmer until tender.

Add cooked chicken.

Season with salt and pepper.

Continue simmering slowly until flavors combine fully.

Serve hot.

Optional parsley may be added before serving.

Like many winter soups throughout Acadian and Maritime kitchens, the recipe favored simplicity, warmth, and flexibility over strict precision.

In many homes throughout the Acadian Peninsula, winter also changed the pace of social life.

People gathered indoors more frequently because weather limited travel and outdoor activity for long stretches of time. Kitchens and living rooms became central gathering spaces where:

- stories repeated,
- card games lasted late into the evening,
- radios played softly,
- weather was discussed constantly,
- and meals moved gradually through long conversations.

The warmth inside these homes often contrasted sharply with the harshness outside:

snowbanks,
ice-covered roads,
wind from the Gulf,
and darkness arriving early during winter afternoons.

The recipes preserved in Judith Roy's recipes belong to that environment.

They were not written for ideal conditions.

They were written for real winters.



Pouding au Riz

(Rice.Pudding)

Ingredients

- 1 cup cooked rice
- 2 cups milk
- ¼ cup sugar
- 1 egg, beaten
- 1 teaspoon vanilla
- Optional: raisins
- Optional: cinnamon or nutmeg

Preparation

Combine cooked rice and milk in a saucepan.

Cook slowly over low heat until heated thoroughly.

Add sugar and stir gently.

Slowly add beaten egg while stirring continuously.

Continue cooking gently until mixture thickens slightly.

Add vanilla and optional raisins.

Pour into serving dish.

Sprinkle lightly with cinnamon or nutmeg if desired.

Serve warm or chilled.

Like many simple winter desserts, rice pudding provided warmth, comfort, and familiarity using inexpensive ingredients already present in most household kitchens.

Winter kitchens also developed their own forms of practical rhythm and humor.

Meals repeated seasonally.

Recipes returned year after year.

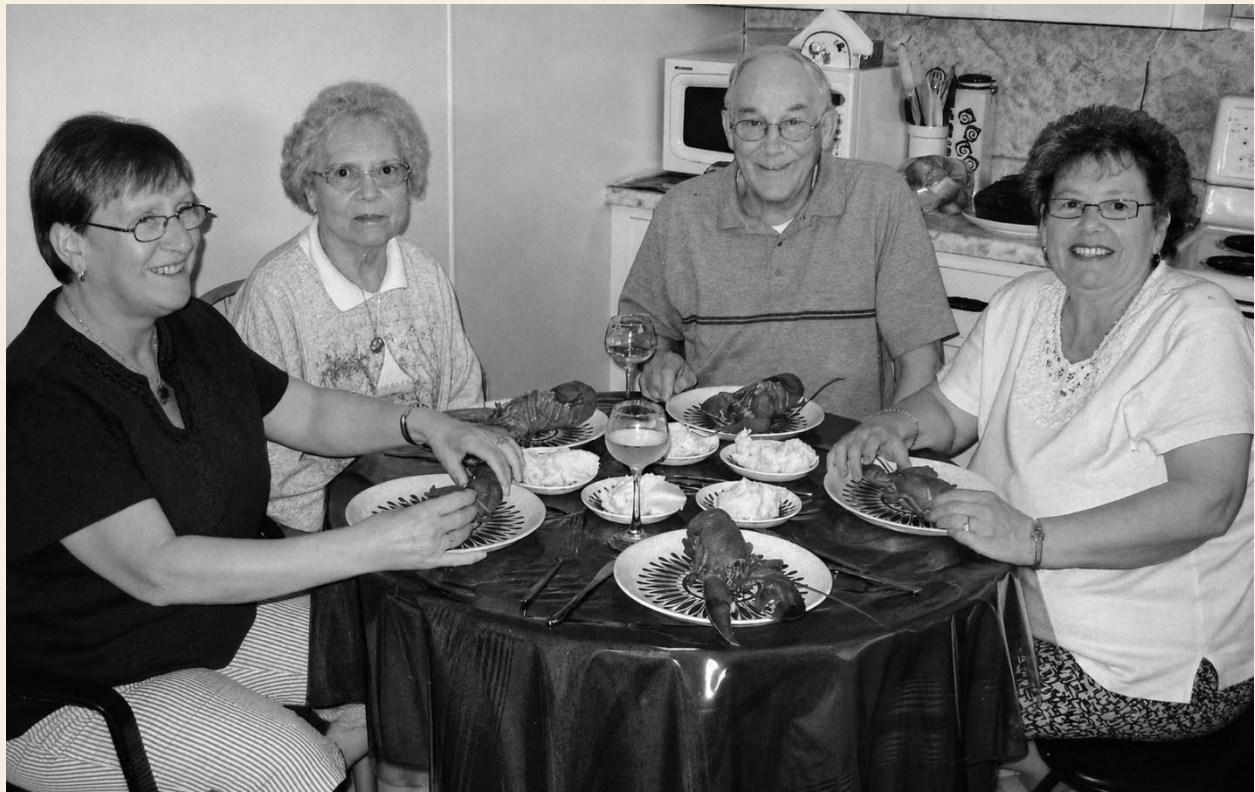
People joked about weather,

snowstorms,

road conditions,

and the endless routines of winter survival because repetition itself became part of life in small coastal communities.

Much of the emotional atmosphere surrounding these kitchens came not from dramatic events, but from ordinary continuity: pots simmering, teacups refilled, boots drying near doors, and familiar foods appearing so consistently that they eventually became inseparable from memory itself.



Galettes à la Mélasse

(Molasses.Cookies)

Ingredients

- ½ cup butter or shortening
- 1 cup brown sugar
- 1 egg
- ½ cup molasses
- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- Optional: cloves

Preparation

Cream butter and brown sugar together.

Add egg and molasses.

In a separate bowl, combine flour, baking soda, ginger, cinnamon, and optional cloves.

Add dry ingredients gradually to molasses mixture.

Mix until fully combined.

Drop spoonfuls onto greased baking sheet.

Bake at 350°F until lightly browned and soft in the center.

Allow cookies to cool before serving.

Like many traditional Maritime molasses recipes, the cookies remained soft, deeply flavored, and especially suited to colder months when warming spices and dark sweetness carried particular comfort.

Many kitchens of the period were modest in size. In Le Goulet, the small two-bedroom house built by George Plourde sat only a short distance from the rough Gulf waters. Inside homes like this, kitchens often became gathering places where adults played cards, visitors arrived without ceremony, and food moved naturally between daily necessity and hospitality. People drank tea, shared stories, laughed at simple things, and escaped the weather together while meals and desserts circulated through the room.

The recipes in Judith Roy's recipes belong to that atmosphere.

Nothing about them feels performative. Even celebration foods remain grounded and practical. Cakes are generous rather than delicate. Pies are filling rather than decorative. Preserves are made in large quantities. Instructions prioritize usefulness over precision.

Food remained closely connected to:

- weather,
- work,
- season,
- and community rhythm.

Many of these dishes improved after slow cooking, allowing warmth and flavor to develop gradually while households moved through ordinary winter routines nearby.

Cigare au Chou

(Cabbage.Cigars)

Ingredients

- 1 large cabbage
- 1 pound ground beef
- 1 cup cooked rice
- 1 onion, chopped
- Salt and pepper
- Tomato juice or tomato sauce

Preparation

Remove the cabbage leaves carefully and soften them in boiling water until flexible.

Combine ground beef, cooked rice, chopped onion, salt, and pepper.

Place portions of filling inside each cabbage leaf and roll tightly.

Arrange rolls in a large baking dish or heavy pot.

Cover generously with tomato juice or tomato sauce.

Bake slowly at approximately 325°F for 2–3 hours, or simmer gently until the cabbage becomes tender and the flavors fully combine.

Serve hot.

Like many winter dishes preserved throughout Acadian and Maritime kitchens, cabbage cigars emphasized nourishment, warmth, and practicality over presentation.



DIEU PROTÈGE
LE MARIN

CHAPTER 3

From the Water

In Le Goulet and the surrounding Acadian Peninsula, the sea was never far away.

The Gulf of St. Lawrence shaped:

- the economy,
- the weather,
- the routines of work,
- and the contents of many kitchen tables throughout the region. Fishing was not an abstract industry. It was woven directly into daily life, household schedules, seasonal rhythms, and community identity.



For generations, many local families depended heavily on:

- crab,
- lobster,
- scallops,
- shrimp,
- fish,
- and other seafood connected to the coastal economy.

The recipes preserved in Judith Roy's recipes reflect that reality clearly. Seafood appears not as occasional luxury food, but as ordinary domestic cooking seafood pies, clam chowders, salmon dishes, crab preparations, and recipes designed around ingredients that were regionally available and often preserved for winter use.

That distinction matters.

In many modern contexts, lobster or scallops suggest restaurants, tourism, or expensive dining. In coastal working communities, the relationship was often far more practical. Seafood was part of local labor systems and seasonal economies. Families froze, canned, shared, traded, and cooked what the region produced. Certain foods that later became associated with luxury once existed much closer to everyday life.

In many coastal Maritime households, seafood moved through kitchens with a familiarity that modern readers may find surprising. Lobster, crab, scallops, shrimp, and groundfish were often treated less as luxury ingredients than as part of seasonal regional life.

Families froze seafood for winter, shared catches between households, prepared large communal meals, and adapted recipes according to what had recently arrived from boats, plants, or local suppliers.

The fishing economy shaped not only income, but domestic rhythm itself.

Seasonal work determined:

- household schedules,
- freezer contents,
- meal planning,
- and even social atmosphere within many communities along the Acadian coast.

Recipes built around seafood reflected practicality first warm dishes, large servings, simple preparation, and ingredients capable of feeding multiple people comfortably after long days of physical labor.





Pâté au Fruits de Mer

- 1/2 tasse de beurre
- 1/2 tasse de farine
- 2 tasses de lait
- sel & poivre
- 1/4 c. thé (curry)
- 1/4 c. thé poivron

- 1 tasse de crabe
- 1 tasse de crevettes
- 1 tasse de pétoncles
- 1 pastèque

ACADIE
NOUVEAU-BRUNSWICK

Pâté aux Fruits de Mer

(Seafood.Pie)

Ingredients

- 1 prepared double pie crust
- 1 cup lobster or crab meat
- 1 cup shrimp or scallops
- 2 tablespoons butter
- 1 onion, chopped
- 2 tablespoons flour
- 1½ cups milk or cream
- Salt and pepper
- Optional: parsley

Preparation

Cook onion slowly in butter until softened.

Add flour and stir well to form a light roux.

Slowly add milk or cream while stirring continuously.

Cook gently until sauce thickens.

Add seafood and season with salt and pepper.

Cook only until seafood is heated through.

Allow mixture to cool slightly.

Line pie plate with pastry.

Fill with seafood mixture.

Cover with top crust and seal edges.

Cut small vents in the crust.

Bake at 400°F until golden brown.

Allow pie to rest briefly before serving.

Like many seafood dishes throughout the Acadian Peninsula, the recipe emphasized warmth, practicality, and generous portions rather than refinement.

The seafood pie recipes preserved in the recipes capture this especially well.

Lobster, crab, shrimp, scallops, and béchamel sauces appear beside practical instructions and pie crusts intended to feed families rather than impress guests. Like much of the notebook, they belong to kitchens shaped by work rather than performance.

Seafood meals in many Acadian homes were rarely treated as special occasions.

Fish, crab, lobster, and chowders often appeared simply because they were available, seasonal, and connected directly to local work. The recipes reflected kitchens where ingredients moved naturally from boats, wharves, plants, freezers, and local exchanges into ordinary family meals.

That familiarity shaped the cooking itself.

The dishes favored generous portions and simple preparation methods capable of feeding multiple people comfortably.

Many recipes also remained flexible, adapting according to what seafood happened to be available at the time.





Chaudrée aux Palourdes
à la façon de Maman

- Palourdes fraîches
- Pomme de terre
- oignon
- lard salé
- Crème
- persil
- sel & poivre

Faire revenir le lard émincé
Ajouter oignons, pommes de terre
la mijoter & laisser cuire à découvert
surtout pas couvrir à cause de la vapeur
écouler à l'eau de cuisson la soupe
mettre le lard de côté
quelques heures de cuisson

Chaudrée de Palourdes

(Clam Chowder)

Ingredients

- 2 cups clams with juice
- 4 slices bacon, chopped
- 1 onion, chopped
- 2 potatoes, diced
- 2 cups milk
- 1 cup cream or evaporated milk
- Salt and pepper
- Optional: butter

Preparation

Cook bacon slowly until lightly crisp.

Add onion and cook until softened.

Add diced potatoes and enough water to cover.

Simmer until potatoes become tender.

Add clams with their juice.

Stir in milk and cream.

Heat gently without boiling.

Season with salt and pepper.

Optional butter may be added before serving for additional richness.

Serve hot.

Like many traditional Maritime chowders, the recipe emphasized warmth, simplicity, and the ability to feed several people comfortably using locally available seafood.



The fishing economy itself could be difficult and unpredictable.

Behind many of the recipes preserved in Judith Roy's notebook existed physically demanding work that shaped daily life throughout the Acadian Peninsula.

Fishing seasons created intense bursts of labor followed by quieter months where households depended heavily on careful budgeting, preserved food, Employment Insurance, and practical domestic management to carry families through the rest of the year.

Many local people measured time seasonally:

- lobster season,
- crab season,
- plant work,
- winter shutdowns,
- and the gradual return of boats each spring.

The seafood appearing on kitchen tables often carried the physical memory of long hours, cold weather, rough water, and repetitive labor.

Processing plants became central employers throughout many coastal communities. Inside crab plants and fish plants, work remained physically exhausting: cold floors, wet surfaces, constant movement, heavy lifting, and repetitive processing carried out for long shifts at a time.

Yet humor persisted constantly inside these environments.

Simple jokes, pranks, storytelling, and teasing formed part of daily survival within difficult working conditions.

Saumon en Sauce Blanche

(Salmon.in.White.Sauce)

Ingredients

- 2 cups cooked salmon
- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups milk
- Salt and pepper
- Optional: peas or parsley
- Toast or biscuits for serving

Preparation

Melt butter in a saucepan.

Add flour and stir continuously to form a smooth roux.

Slowly add milk while stirring constantly.

Cook gently until sauce thickens.

Add salmon and optional peas or parsley.

Season with salt and pepper.

Heat carefully without boiling vigorously.

Serve hot over toast, biscuits, or potatoes.

Like many practical Maritime seafood dishes, the recipe transformed leftover or preserved fish into a filling meal capable of feeding several people economically.

Many people worked intensely during short seasonal windows and then relied heavily on Employment Insurance through parts of the year. Crab fishermen, for example, could earn significant money during productive seasons, yet the work remained physically demanding, economically unstable, and deeply tied to weather, regulations, and changing fish populations.

Some local workers joked that people could earn a year's money in a matter of weeks and spend it just as quickly before the next season arrived.

That instability formed part of the social rhythm of many Maritime fishing communities.

Processing plants also became central employers throughout the region. Work inside crab plants and fish plants was repetitive, cold, exhausting, and physically demanding, but it remained ordinary labor for many local families and young people.

For a period, I worked in the crab plants as a teenager after arriving from Ontario and adapting to life in the overwhelmingly French-speaking Acadian Peninsula.

Certain memories remain vivid:

- cooked crab that workers quietly ate throughout shifts whenever possible,
- shell piles that eventually carried a strong ammonia smell,
- unloading slippery fish from boats,
- cold holds beneath decks,
- and moments of humor shared among workers enduring long repetitive days together.

One memory involved tossing a fish upward from a boat hold only to have it stick directly to a friend's face while he leaned overlooking down. Like much Maritime humor, the moment was simple, physical, and immediately unforgettable.

Much of the seafood entering these kitchens was also preserved carefully for winter use.

Freezers, canning, shared catches, and practical storage systems allowed households to extend seasonal abundance far beyond the fishing months themselves. Crab, lobster, shrimp, scallops, and fish often reappeared throughout winter meals in soups, pies, casseroles, chowders, and simple reheated dishes prepared from whatever remained available.

Nothing about this process felt luxurious to the people living within it.

It was simply part of ordinary coastal life.

The recipes preserved in Judith Roy's notebooks repeatedly reflect that practical relationship with seafood: ingredients adapted according to availability, measurements remained flexible, and preparation focused primarily on warmth, nourishment, and feeding people well.

Coquilles aux Pétoncles

(Scallop.Shells.→Scalloped.Seafood.Gratin)

Ingredients

- 2 cups scallops
- 2 tablespoons butter
- 1 onion, finely chopped
- 2 tablespoons flour
- 1½ cups milk or cream
- Salt and pepper
- Bread crumbs
- Optional: grated cheese

Preparation

Cook onion slowly in butter until softened.

Add flour and stir to create a smooth base.

Slowly add milk or cream while stirring continuously.

Cook gently until sauce thickens.

Add scallops and cook only until lightly firm.

Season with salt and pepper.

Place mixture into individual shells or baking dishes.

Top with bread crumbs and optional grated cheese.

Bake at 375°F until lightly browned and bubbling.

Serve hot.

Like many Acadian seafood dishes, the recipe balanced simplicity and richness while remaining grounded in practical regional cooking traditions.

The recipes themselves quietly preserve this coastal world through food.

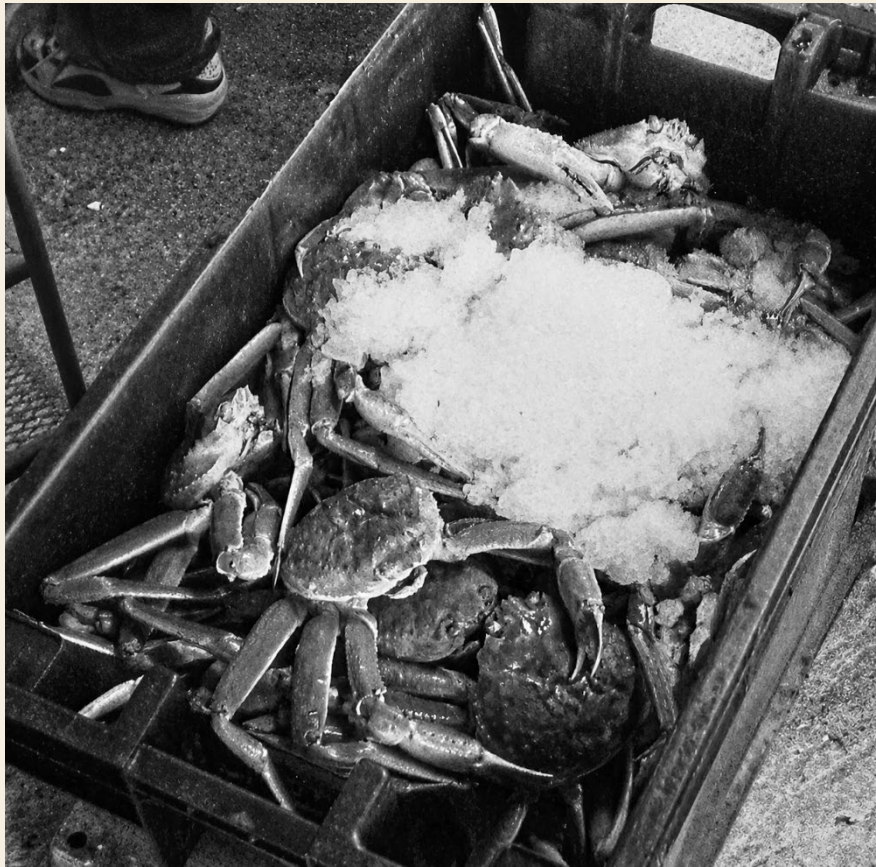
Clam chowders, seafood casseroles, salmon pies, and crab dishes appear naturally beside preserves, winter foods, and desserts. No explanation is needed because the recipes emerged from a region where seafood existed as part of ordinary household rhythm rather than specialized cuisine.

Even preservation methods reflect this connection to the sea.

Seafood was frequently:

- frozen,
- canned,
- shared,
- or incorporated into larger family meals capable of stretching ingredients through colder months.

These recipes belonged to kitchens where weather and labor remained closely connected to what people ate.



The sea itself could feel both ordinary and powerful at the same time.

Life beside the Gulf also created a particular relationship with uncertainty.

Weather changed quickly.

Fishing conditions shifted constantly.

Storms interrupted plans.

Ice affected movement and work.

Even successful fishing seasons carried physical danger and economic unpredictability beneath them.

Yet for many coastal families, this instability became normalized through repetition over generations.

People adapted practically.

Meals adjusted according to available seafood.

Work schedules changed according to weather.

Households learned to preserve abundance carefully because nobody assumed good seasons would last forever.



Croquettes de Saumon

(Salmon.Croquettes)

Ingredients

- 2 cups cooked or canned salmon
- 1 egg
- 1 cup bread crumbs
- 1 onion, finely chopped
- Salt and pepper
- Optional: parsley
- Butter or oil for frying

Preparation

Remove bones and skin from salmon if necessary.

Combine salmon, egg, bread crumbs, onion, salt, pepper, and optional parsley.

Mix thoroughly.

Form into small patties or croquettes.

Heat butter or oil in frying pan.

Cook croquettes slowly until golden brown on both sides.

Serve hot.

Like many practical seafood recipes throughout Maritime households, salmon croquettes allowed leftover or preserved fish to become filling meals with very little waste.

In Le Goulet, the rough Gulf waters sat only a short distance from the family home built by George Plourde. The sound and presence of the water became part of daily background life. Storms shaped travel, fishing schedules, and winter conditions. The environment was beautiful, but rarely romanticized by the people living beside it. Coastal life required adaptation more than admiration.

The recipes do not attempt to elevate seafood into something exotic or refined. Instead, they preserve a coastal domestic culture where food remained tied directly to:

- labor,
- season,
- geography,
- and survival.

In many ways, the seafood recipes preserved throughout Judith Roy's recipes also document the emotional atmosphere of coastal life itself.

Meals prepared from crab, lobster, salmon, scallops, and chowders rarely carried ceremony within working households because these foods remained tied so closely to ordinary routines: boats leaving early, workers returning tired, winter freezers filled carefully, and kitchens adapting continuously according to weather and season.

Even difficult labor environments often produced strong social bonds: shared jokes, storytelling, simple teasing, neighbors helping one another, and gatherings where food moved easily between households without much formality.

That spirit appears quietly throughout the recipes.

The recipes preserve not only ingredients, but an entire regional rhythm shaped by: the Gulf, the fishing economy, winter survival, and kitchens capable of transforming seasonal labor into daily continuity.



SAFETY
DEPENDS ON
ALL OF US

TIDE
HIGH 8:25 AM
LOW 2:45 PM
WATER TEMP.
32 °F

ACADIAN COAST
N.B.

ACADIAN COA
N.B.
1978

ACADIAN COAST
N.B.

Crabe Chaud au Four

(Warm.Baked.Crab.Dip)

Ingredients

- 2 cups crab meat
- 1 package cream cheese
- ½ cup mayonnaise
- 1 small onion, finely chopped
- Salt and pepper
- Optional: grated cheese

Preparation

Soften cream cheese thoroughly.

Combine cream cheese, mayonnaise, onion, crab meat, salt, and pepper.

Place mixture into baking dish.

Optional grated cheese may be added on top.

Bake at 350°F until hot and lightly browned.

Serve warm with bread or crackers.

Recipes such as warm crab dip reflect how later decades introduced newer ingredients and entertaining styles into Maritime kitchens while seafood itself remained deeply connected to regional identity and everyday life.

The sea fed the kitchen, and the kitchen, in turn, helped sustain the people living beside the sea.



CHAPTER 4

Sweetness & Hospitality

Not all comfort arrives through large events or dramatic memories.

Sometimes it appears quietly:

- in a pie cooling on a counter,
- a pan of squares waiting beneath a tea towel,
- muffins prepared before visitors arrive,
- or desserts carried to a kitchen table while adults played cards late into the evening.

The recipes preserved in Judith Roy's notebooks reveal a domestic culture where hospitality existed less as performance and more as ordinary expectation. People visited without much ceremony. Friends arrived at kitchens naturally. Coffee was poured repeatedly. Tea remained ready. Desserts were rarely extravagant, but there was usually something prepared to place on the table.

In many Maritime and Acadian homes of the period, especially during long winters, food helped create emotional warmth as much as physical nourishment.

The dessert recipes throughout the recipes reflect this clearly:

- sugar pies,
- date squares,
- emperor cookies,
- dream bars,
- molasses cakes,
- war cakes,
- muffins,
- pets-de-sœurs,
- and simple frosted cakes built from practical pantry ingredients.

These were not decorative bakery creations designed for display. Most relied on:

- flour,
- brown sugar,
- molasses,
- oats,
- syrup,
- dates,
- raisins,
- spices,
- and ingredients capable of lasting through colder seasons.

Yet despite their practicality, many of these desserts carried enormous emotional weight within households and communities.

A sugar pie was never simply sugar pie.

For many French-Canadian and Acadian families, recipes like tarte au sucre existed almost as cultural inheritance. The recipe itself connected generations through repetition: rolled dough, brown sugar, cream, butter, oven heat, and memory.

The same could be said for pets-de-sœurs, date squares, molasses cookies, and many of the notebook's other baked goods. These recipes survived because people continued making them repeatedly over decades, often without written instructions at all.

The recipes preserve only part of that knowledge.

Much of the real understanding lived in practice:

- how dough should feel,
- when batter looked correct,
- how long a pie should cool,
- what “slow oven” meant,
- or how sweetness balanced with texture.

Experienced home cooks rarely measured every decision carefully because repetition had already trained instinct into the hands themselves.

Judith Roy's recipes often reflect this confidence.

Some recipes feel compressed almost to shorthand:

“bien mélanger,”

“cuire lentement,”

“au goût.”

The recipes assumed familiarity with kitchens and domestic rhythm. They were written less as tutorials than as memory prompts for someone already living inside that world.

The baking itself also reflects social life.

In many households, desserts accompanied:

- card games,
- kitchen conversations,
- church gatherings,
- visitors stopping by unexpectedly,
- or evenings where adults remained around tables long after meals ended.

In Le Goulet, gatherings often involved simple pleasures: beer, cards, laughter, French folk music, conversation, and food moving naturally through the room while rough Gulf weather existed somewhere outside beyond the windows.

The recipes belonged to that atmosphere.





Tarte au Sucre

- 2 tasses de cassonade
- 1/2 tasse de beurre
- 3/4 tasse de crème 15%
- 3 c. à soupe de farine
- 2 oeufs
- 1 c. à thé de vanille

pâte à tarte

- 1- Battre les oeufs.
- 2- Ajouter la cassonade, le beurre.
- 3- Ajouter la crème, la farine, la vanille.
- 4- Verser dans la croûte
- 5- Cuire à 350°F pendant 45 à 50 min.

Tarte au Sucre

(Sugar.Pie)

Among the most enduring desserts throughout French-Canadian and Acadian kitchens is the sugar pie.

Simple in ingredients yet deeply tied to memory and family tradition, tarte au sucre existed in countless households across the Maritimes and Québec in slightly different forms. Some versions leaned toward syrup, others toward cream, brown sugar, or maple. The variations mattered less than the ritual itself: rolled dough, warm filling, oven heat, and a pie cooling slowly while the kitchen filled with sweetness.

Recipes like this survived because they were made repeatedly over generations, often becoming so familiar that measurements no longer needed to be consulted carefully.

Ingredients

- 1 unbaked pie shell
- 1 cup brown sugar
- 2 tablespoons flour
- 1 cup cream or evaporated milk
- 1 tablespoon butter
- Optional: small amount of vanilla

Preparation

Mix the brown sugar and flour together.

Add cream or evaporated milk and stir until smooth.

Pour into the unbaked pie shell.

Dot with butter.

Bake at 375°F until the filling is set and lightly browned on top, approximately 35–45 minutes.

Allow the pie to cool before serving.

Like many traditional sugar pies, the texture may continue settling as it cools.

Recipes like sugar pie often existed beside simpler everyday baking that filled kitchens almost constantly during colder months.

Squares, cookies, molasses cakes, and oat-based desserts could be prepared in large quantities using ingredients already present in most Maritime pantries. These recipes were practical, filling, and dependable, but over time they also became emotionally tied to: winter evenings, unexpected visitors, school lunches, card games, and family gatherings where desserts quietly circulated across kitchen tables without much ceremony.

Many of these desserts carried very little separation between “ordinary” and “special occasion” baking. A pan of date squares or molasses cookies might appear during an ordinary week just as naturally as during holidays or larger gatherings. Repetition itself helped transform these recipes into emotional memory.

Garniture de Tarte au Sucre

(Sugar.Pie.Filling.Variation)

Ingredients

- 1 cup brown sugar
- Flour
- 35% cream
- Cornstarch
- Butter
- Crushed oven-baked crumbs

Preparation

Combine brown sugar with flour and cornstarch.

Add cream gradually until mixture reaches smooth filling consistency.

Add butter and mix gently.

Pour into prepared pie shell.

Top with crushed baked crumbs if desired.

Bake until filling sets and crust is lightly browned.

Like many handwritten family recipes, measurements were often guided partly by experience rather than strict precision, especially for fillings repeated regularly over many years.



Carrés aux Dattes

- 2 tasses de dattes
- 1 tasse d'eau
- 1 c. à thé bicarbonate

- Pâte:
- 2 tasses de farine
 - 1 tasse de gruau
 - 1 tasse de cassonade
 - 1 tasse de beurre

• Cuire les dattes dans leur
de l'eau si on ne les a pas
mélanger farine, sucre et
20 tasses de farine, sucre et
Cela se fait en 25 minutes.
Laisser 25 à 30 à four c. 25.

Carrés aux Dattes

(Date.Squares)

Ingredients

Bottom and Top Crumble

- 1½ cups rolled oats
- 1½ cups flour
- 1 cup brown sugar
- 1 teaspoon baking soda
- ¾ cup butter

Filling

- 2 cups chopped dates
- ¾ cup water
- 2 tablespoons sugar

Preparation

Combine the dates, water, and sugar in a saucepan.

Cook slowly over medium heat until the mixture softens into a thick paste. Allow to cool slightly.

In a separate bowl, combine oats, flour, brown sugar, and baking soda.

Cut in butter until the mixture becomes crumbly.

Press approximately two-thirds of the crumble mixture into a greased baking pan.

Spread the cooled date filling evenly over the base.

Sprinkle remaining crumble mixture over the top.

Bake at 350°F for approximately 30 minutes or until lightly browned.

Allow to cool before cutting into squares.

Many older Maritime desserts also reflected periods when households needed to create comfort economically.

Recipes were expected to:

- stretch ingredients,
- store well,
- feed many people,
- and still provide moments of sweetness during difficult times.

In coastal and working-class households, practicality and emotional comfort often existed together rather than separately. A simple cake could carry enormous emotional value not because it was expensive, but because it appeared reliably during ordinary life.

Some recipes survived specifically because they remained dependable during periods of financial hardship, rationing, or uncertain seasonal income. Over time, these dishes became woven into family memory so completely that later generations often remembered the feeling surrounding the food as strongly as the ingredients themselves.

Muffins au Son

(Bran.Muffins)

Ingredients

- ¼ cup oil
- ½ cup honey or molasses
- ¾ cup buttermilk
- 1 egg
- 1½ cups flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 cups bran cereal

Preparation

Combine oil, honey or molasses, buttermilk, and egg in large bowl.

Mix flour, baking soda, baking powder, salt, and bran cereal separately.

Add dry ingredients gradually to wet mixture.

Mix only until combined.

Fill greased muffin tins.

Bake at 400°F for approximately 15–18 minutes.

Makes about 12 muffins.

Recipes such as bran muffins reflected the practical everyday baking that filled Maritime kitchens between larger family meals, holidays, and seasonal gatherings.

War Cake

Ingredients

- 2 cups flour
- 1 cup brown sugar
- 1 cup raisins
- 1 cup water
- ½ cup butter or shortening
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon cloves
- Optional: nutmeg

Preparation

Combine water, raisins, brown sugar, butter, cinnamon, cloves, and optional nutmeg in a saucepan.

Bring slowly to a boil and simmer for several minutes.

Allow mixture to cool slightly.

Add baking soda.

Stir in flour until fully combined.

Pour into a greased cake pan.

Bake at 350°F until the cake is fully set and lightly browned, approximately 35–45 minutes.

Allow to cool before serving.

Like many traditional war cakes, the texture improves after resting for several hours.

Even cakes with names like “War Cake” carry emotional history within them. Originally shaped by periods of economic hardship and rationing, recipes like these survived because they provided sweetness and comfort affordably during difficult times. Ingredients such as:

- molasses,
 - spices,
 - raisins,
 - brown sugar,
 - and syrup
- allowed families to create warmth and celebration even when resources remained limited.

Other recipes reveal later decades entering the kitchen: cream cheese frostings, dream bars, cranberry-orange muffins and desserts shaped by growing supermarket culture.

Yet even as ingredients modernized, the emotional role of the baking changed very little.

The desserts still existed primarily to:

- feed people,
- welcome visitors,
- comfort families,
- and create moments of warmth during ordinary life.

The recipes repeatedly favor generosity over elegance.

Large pans.

Multiple pies.

Big batches of muffins.

Community-sized desserts.

These recipes were built for: families, visitors, church suppers, neighbors, and gatherings where food circulated freely rather than being carefully portioned or displayed.

Nothing here feels minimalist.

And perhaps that is part of what makes the recipes emotionally powerful today.

They preserve a domestic culture where kitchens still functioned as social centers rather than private workspaces hidden behind modern schedules and isolation. Food was expected to move outward toward other people: through sharing, hospitality, and routine generosity repeated so often that it rarely required comment.

Much of that culture disappeared gradually and quietly.

But within these handwritten recipes, traces of it still remain:

- warm kitchens during winter,
- card games continuing late into the evening,
- desserts waiting beneath tea towels,
- and the simple expectation that nobody visiting the house should leave hungry.

Hospitality in many Acadian and Maritime homes was rarely formal.

People often arrived without extensive planning or invitation. Friends, neighbors, relatives, and coworkers moved naturally through kitchens and living rooms, especially during winter months when weather and isolation made social gatherings feel especially valuable. Food became part of maintaining social continuity during long stretches of cold, darkness, and repetitive seasonal routine.

The desserts preserved in Judith Roy's recipes reflect that culture clearly.

Many recipes were designed less for individual portions than for shared tables: large pans, multiple pies, cookie tins, and cakes capable of feeding visitors over several days.

The baking often balanced economy with generosity.

Ingredients remained practical, but quantities remained abundant.

That balance appears repeatedly throughout the recipes and may explain why so many of the recipes still feel emotionally familiar decades later.

Pets-de-Sœurs

(Nun's.Farts.—Cinnamon.Pastry.Spirals)

Among the most recognizable French-Canadian comfort pastries preserved throughout many Acadian households are pets-de-sœurs — simple rolled pastries traditionally made using leftover pie dough, butter, and brown sugar.

The recipe reflects an older kitchen culture where very little was wasted and even scraps could become something warm, sweet, and memorable.

Ingredients

- Pie dough scraps or prepared pastry dough
- Butter
- Brown sugar
- Optional: cinnamon

Preparation

Roll the pastry dough into a rectangle.

Spread lightly with butter.

Cover generously with brown sugar and optional cinnamon.

Roll the dough tightly into a log.

Slice into rounds approximately 1 inch thick.

Place in a greased baking dish or on a baking sheet.

Bake at 375°F until golden brown and bubbling.

Serve warm.

Like many traditional household desserts, pets-de-sœurs were valued less for refinement than for warmth, sweetness, and the comfort of familiarity.



Pain de ménage

Pain de ménage

- 1 livre de beurre
- 2 tasses de farine
- 1/4 tasse de sucre
- 1/4 c. à thé de sel
- 1/4 tasse de graisse

On chauffe le beurre dans une casserole
 de fer de 2 litres et on y ajoute la farine
 et le sucre et on mélange bien avec
 le bois de fer jusqu'à ce qu'il soit
 bien cuit.

On y ajoute le sel et la graisse
 et on continue à mélanger jusqu'à
 ce que le pain soit bien cuit.



CHAPTER 5

A Changing Kitchen

The notebooks preserved more than recipes.

Page by page, they quietly record a household moving through changing decades.

At first glance, the transitions appear small:

- soy sauce appears beside traditional meat dishes,
- cream cheese enters dessert recipes,
- shortening replaces older fats in pie crusts,
- condensed milk becomes common,
- canned tomato products begin appearing regularly,
- bran muffins and cranberry-orange baking arrive beside molasses cakes and sugar pies.

But taken together, these small details document something much larger: the gradual modernization of domestic life inside traditional Maritime and French-Canadian kitchens.

What makes the recipes remarkable is that none of these transitions were treated as dramatic.

The changes simply entered quietly, ingredient by ingredient, recipe by recipe, year after year.

One of the most fascinating qualities of handwritten cookbooks is how casually they document cultural change.

No announcement appears.

No dramatic shift is declared.

Instead, new ingredients simply begin appearing quietly beside older ones:

- soy sauce beside traditional meat dishes,
- canned tomato products beside preserves,
- cream cheese beside molasses cakes,
- supermarket baking products beside recipes inherited through generations.

Women adapted recipes continuously according to: availability, affordability, changing grocery stores, evolving schedules, and the growing influence of postwar North American food culture entering even relatively isolated Maritime communities.

Sauce à Spaghetti

Ingredients

- 2 pounds ground beef
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 can tomatoes
- 1 can tomato paste
- Salt and pepper
- Oregano
- Basil
- Optional: celery or green pepper

Preparation

Cook onion and garlic slowly until softened.

Add ground beef and cook until browned.

Drain excess fat if necessary.

Add tomatoes and tomato paste.

Season with salt, pepper, oregano, and basil.

Optional celery or green pepper may be added for additional flavor.

Simmer slowly for several hours, stirring occasionally.

Serve over cooked spaghetti.

Like many recipes entering Maritime kitchens during the postwar decades, spaghetti sauce reflected the growing influence of broader North American grocery culture while still remaining deeply homemade in character.

Older preservation-based cooking rooted in:

- winter survival,
- local ingredients,
- and inherited domestic habits
slowly began sharing space with:
- supermarket culture,
- packaged foods,
- commercial baking products,
- and broader North American food trends.

The recipes preserve that blending process naturally.

Traditional dishes never disappear entirely. Instead, they adapt.

Sugar pies remain.

Preserves remain.

Seafood pies remain.

Molasses baking remains.

But beside them now appear:

- spaghetti sauce,
- soy-based marinades,
- cream cheese fillings,
- cranberry-orange muffins,
- and recipes shaped by postwar grocery expansion.

The transition reflects changing North American households during the mid-20th century.

As supermarkets expanded and industrial food companies marketed convenience products aggressively, kitchens across Canada gradually absorbed new ingredients into older traditions.

Products such as:

- shortening,
- canned soup,
- condensed milk,
- packaged baking powder,
- and branded cream cheese
became normalized within home cooking.

For many women, these ingredients represented:

- speed,
- consistency,
- affordability,
- and adaptation to changing household expectations.

The recipes never frame these ingredients as replacements for tradition.

Instead, they become additions folded carefully into an already existing domestic system.

That distinction matters.

As grocery culture expanded through the 1950s, 1960s, and 1970s, many kitchens also began absorbing ingredients heavily promoted through magazines, packaging, television advertising, and supermarket displays.

Products such as:

- condensed milk,
- packaged cream cheese,
- shortening,
- canned soups,
- and prepared baking ingredients
gradually became normalized within home cooking throughout Canada, including small Maritime communities that had previously relied more heavily on seasonal or locally preserved foods.

Yet the recipes reveal something important, these ingredients rarely replaced homemade cooking entirely.

Instead, they became folded into existing domestic traditions.

Women adapted continuously, blending: older methods, regional recipes, modern convenience, and practical household needs into kitchens that still remained deeply personal and handmade.



Gâteau au fromage

- 2 paquets de fromage à la crème
 - 1 tasse de sucre
 - 2 œufs
 - 1 c. à thé de vanille
 - 1/2 tasse de crème sûre
- mélanger le tout
verser dans croûte

Cuire 350° 45 à 55 min.
Laisser refroidir

Gâteau au Fromage à la Crème

(Cream.Cheese.Cake)

Ingredients

- 1 package cream cheese
- ½ cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 prepared pie crust or graham crust
- Optional: fruit topping

Preparation

Beat cream cheese until softened.

Add sugar gradually.

Add eggs one at a time and mix until smooth.

Add vanilla.

Pour mixture into prepared crust.

Bake at 350°F until center is nearly set.

Allow to cool completely before serving.

Optional fruit topping may be added after cooling.

The appearance of cream cheese desserts within the recipes reflects how postwar supermarket culture entered traditional kitchens gradually while still remaining integrated into homemade domestic cooking.

The recipes still remain overwhelmingly homemade in spirit. Even modernized desserts and casseroles preserve the same core priorities visible throughout the recipes:

- feeding people generously,
- practicality,
- warmth,
- reliability,
- and making ordinary life more comfortable.

Nothing about the recipes feels cynical or industrialized despite the arrival of packaged ingredients.

The kitchens themselves remained deeply personal spaces.

The modernization visible throughout the recipes rarely erased older traditions completely.

Instead, recipes from different decades began existing side by side:

traditional sugar pies beside cream cheese desserts,

preserves beside canned products,

molasses cakes beside packaged baking ingredients,

and practical wartime recipes beside increasingly convenience-oriented dishes.

The result was not cultural replacement, but layering.

Many Maritime kitchens evolved gradually through adaptation rather than reinvention.

The handwritten recipes preserve that evolution beautifully because they never attempt to separate “traditional” from “modern.” Both simply became part of ordinary household cooking over time.



Muffins aux canneberges
et à l'orange.

2 t. farine
1 t. sucre
2 c. thé poudre à pâte
1/2 c. thé sel
zeste d'orange
1/2 t. jus d'orange
1/2 t. huile
2 oeufs
1 t. canneberges

.. Cuire 20 min à 375°F
donne 12 muffins

Muffins aux Canneberges et Orange

(Cranberry.Orange.Muffins)

Ingredients

- 2 cups flour
- $\frac{3}{4}$ cup sugar
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 egg
- $\frac{3}{4}$ cup milk
- $\frac{1}{4}$ cup melted butter
- Zest of 1 orange
- 1 cup cranberries

Preparation

Combine flour, sugar, baking powder, and salt.

In a separate bowl, mix egg, milk, melted butter, and orange zest.

Add wet ingredients to dry ingredients and stir gently.

Fold in cranberries.

Fill greased muffin tins approximately two-thirds full.

Bake at 375°F until lightly browned and fully baked.

Allow to cool slightly before serving.

Recipes such as cranberry-orange muffins reflect the gradual arrival of broader North American baking culture into Maritime kitchens while still remaining firmly rooted in homemade domestic tradition.

One of the clearest examples of modernization entering the notebook appears through pie crust recipes.

The evolution of baking ingredients may seem subtle on the surface, but within handwritten cookbooks it often reveals changing domestic expectations very clearly.

Earlier generations relied heavily on:

- lard,
- butter,
- seasonal preservation,
- and labor-intensive preparation methods learned gradually through repetition.

Later recipes increasingly emphasized:

- consistency,
- speed,
- reliability,
- and ingredients promoted as modern household conveniences.

The recipes preserve that transition quietly through changing pastry methods, dessert textures, and baking shortcuts that gradually entered ordinary kitchens throughout the postwar decades.

Muffins Gruau et Dattes ou Bleuets

(Oat.[™].Date.or.Blueberry.Muffins)

Ingredients

- 1 cup oatmeal
- 1 cup sour milk
- 1 cup flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup lightly packed brown sugar
- 1 beaten egg
- ¼ cup melted butter or margarine
- Dates or blueberries

Preparation

Combine oatmeal and sour milk.

Allow mixture to rest for approximately one hour.

In separate bowl, combine flour, baking powder, baking soda, salt, and brown sugar.

Add beaten egg and melted butter to oatmeal mixture.

Combine wet and dry ingredients gently.

Fold in dates or blueberries.

Fill greased muffin tins approximately three-quarters full.

Bake at 400°F for 15–22 minutes.

Like many handwritten muffin recipes from later decades, these recipes reflect changing North American baking habits while still remaining closely tied to practical home kitchens and handwritten family adaptation.

Croûte à Tarte au Shortening

(Shortening.Pie.Crust)

Ingredients

- 2 cups flour
- 1 teaspoon salt
- $\frac{3}{4}$ cup shortening
- Cold water

Preparation

Combine flour and salt.

Cut shortening into flour mixture until crumbly.

Add cold water gradually, mixing lightly until dough begins to hold together.

Divide dough into portions and roll gently on floured surface.

Use for pies, tarts, or meat pies.

Like many mid-century pastry recipes, shortening crusts were valued for consistency, ease of handling, and dependable texture. Their appearance throughout handwritten recipes reflects changing household cooking culture as commercial baking products became increasingly common in Canadian kitchens.

Earlier generations often relied heavily on:

- lard,
- butter,
- and inherited pastry methods.

Later recipes increasingly favor shortening, reflecting a major North American domestic shift promoted heavily during the mid-century period. Shortening was marketed as:

- modern,
- cleaner,
- easier,
- and more dependable than traditional fats.

The recipes quietly record that transition without commentary.

The same pattern appears in dessert recipes using:

- Philadelphia cream cheese,
- marshmallow-style fillings,
- canned fruit products,
- and processed baking ingredients.

These recipes reveal not the disappearance of tradition, but the growing influence of larger consumer culture entering even relatively isolated Maritime communities.

And yet the emotional atmosphere of the notebook remains remarkably stable.

The recipes still belong to:

- kitchens filled with conversation,
- practical hospitality,
- winter preparation,
- family gatherings,
- and handwritten adaptation.

Even the newer recipes continue to feel homemade rather than commercial.

That continuity may be one of the notebook's most important qualities.

The kitchens changed.

The grocery stores changed.

The ingredients changed.

But the deeper purpose of the cooking remained largely the same:

- nourish people,
- gather people,
- prepare for winter,
- welcome visitors,
- and maintain stability through ordinary daily routines.

The recipes also reveal another important truth about domestic life:

traditional households were rarely frozen in time the way nostalgia sometimes imagines them.

People adapted constantly.

Women especially adapted constantly.

New ingredients were tested.

Recipes were revised.

Methods evolved.

Old dishes survived beside newer influences without requiring ideological debate or cultural purity.

The recipes preserve adaptation rather than resistance.

And perhaps that flexibility explains why so many of these recipes survived across generations in the first place.

The kitchens remained rooted,
even while the world around them slowly changed.

Recettes de Grand-Mère.

Pain de ménage

- 2 tasses de farine.
 - 1 c. à soupe de sucre.
 - 1 c. à soupe de sel.
 - 1 œil susse de levure.
 - 1/2 tasse de farine.
- bien mélanger, pétrir.
laisser lever, laisser faire à la vapeur.
Après le crêper doit.

Ragoût de boulettes

Passer à la vapeur
à la vapeur à la vapeur de viande
à la vapeur de viande de viande.
Après le crêper doit.

CHAPTER 6

The Women Behind the Recipes

Most handwritten family cookbooks were never created with the expectation that anyone outside the household would ever read them.

That fact matters.

The recipes preserved by Judith Roy belong to a domestic tradition carried primarily by women whose work often remained visible only within kitchens, family gatherings, church communities, and daily routines repeated so consistently that they were rarely formally acknowledged.

Yet much of what held households together lived inside that labor.

The recipes themselves reveal only part of the story.

Many handwritten family cookbooks evolved collectively over time.

Recipes were copied:

- from relatives,
- neighbors,
- coworkers,
- church acquaintances,
- friends,
- and visiting family members whose dishes became memorable enough to preserve by hand.

A recipe often carried the name of the person who shared it because the food itself remained connected to relationship and trust. Certain dishes became associated permanently with specific women, kitchens, or gatherings long after the original moment itself had passed.

The recipes preserve traces of those informal networks everywhere.

What survived was not simply cooking knowledge, but social continuity carried quietly between women over many years through repetition, memory, and domestic exchange.

Judith carried enormous energy into even the smallest kitchen spaces. She spoke rapid Acadian French far more comfortably than English, laughed loudly, remembered stories from decades earlier in remarkable detail, and rarely tolerated foolishness for very long. She worked for many years as a nurse caring for elderly residents in a local retirement home, bringing the same combination of toughness, humor, and practical compassion into both her work and home life.

The kitchen itself was small — a trailer kitchen warmed by a wood stove during long Maritime winters — but it rarely felt emotionally small. Meals were simple, filling, and deeply connected to

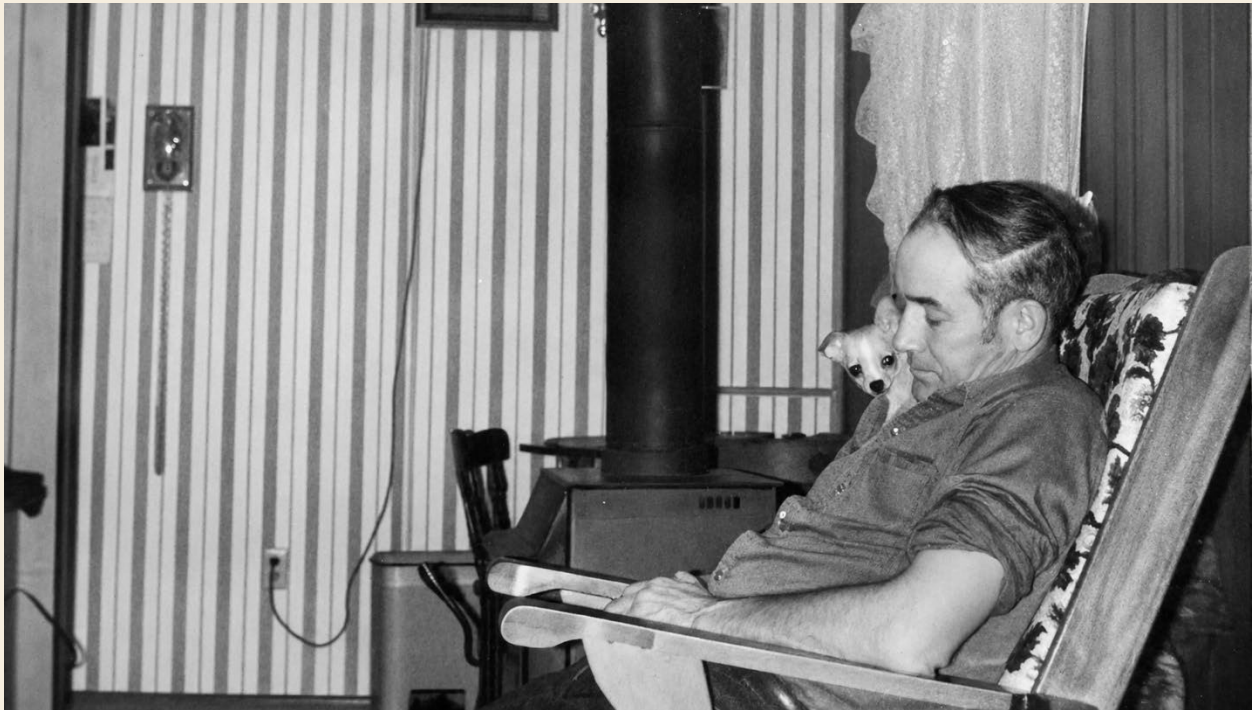
the rhythm of local life: seafood during fishing seasons, freezers packed for winter, stews, casseroles, homemade soups, card games, strong tea, and stories repeated late into the evening.

Like many women of her generation, Judith cooked largely from memory rather than strict measurements. The handwritten recipes often captured only part of what she already carried instinctively through repetition, experience, and years of feeding people.

George carried a quieter presence through the household. He had an easy sense of humor, a noticeable twinkle in his eye when telling stories, and seemed most comfortable within the practical seasonal rhythms of Maritime life rather than speaking loudly about himself. Fishing, hunting, card games, and time outdoors were not hobbies in the modern sense so much as part of ordinary life and community connection.

Much of the family's food followed the rhythm of the seasons. During fishing periods, freezers were filled with lobster, crab, fish, and other seafood that would help carry households through winter months. Hunting season brought deer and moose. Meals were rarely elaborate, but they were hearty, practical, and shared regularly around the table after work, storms, or long days outside.

Together, George and Judith created a home shaped less by comfort or luxury than by routine, resilience, humor, food, and the ordinary stability that repeated daily life can quietly provide.



Recette à Léona

(Léona's Recipe)

The appearance of named recipes within handwritten recipes often reveals how strongly food remained tied to personal relationships and community memory.

Even a small handwritten note identifying the source of a recipe preserves evidence of trust between kitchens and the informal social networks through which domestic knowledge traveled.

Ingredients

- 2 cups flour
- 1 cup brown sugar
- ½ cup butter
- 1 egg
- 1 teaspoon baking powder
- Milk as needed
- Optional spices or raisins depending on version

Preparation

Combine flour, brown sugar, and baking powder.

Cut in butter until crumbly.

Add egg and enough milk to form soft dough or batter depending on desired consistency.

Optional spices or raisins may be added.

Bake at moderate temperature until fully cooked and lightly browned.

As with many handwritten household recipes, variations likely existed between kitchens and over time.

The importance of recipes such as “Recette à Léona” lies not only in ingredients, but in the preservation of relationship itself through handwriting.

One small notation — “Recette à Léona” — carries particular emotional weight because it reveals how recipes moved socially between women rather than emerging anonymously from printed books alone.

Recipes were exchanged:

- during visits,
- after church,
- through neighbors,
- between coworkers,
- among relatives,
- and across kitchen tables where conversation and cooking naturally overlapped.

A trusted recipe often carried the name of the person who shared it because the recipe itself remained connected to memory and relationship.

In this way, handwritten cookbooks became collaborative domestic archives built slowly over years through networks of women whose knowledge was practical rather than formally institutionalized.

Very little of this knowledge was preserved academically.

Much of the expertise preserved throughout handwritten cookbooks existed outside formal recognition entirely.

Women learned:

- by watching,
- repeating,
- correcting mistakes,
- feeding families daily,
- and gradually absorbing instinctive understanding through years of practice inside working kitchens.

Measurements were sometimes approximate because experience itself became the real guide.

Texture, temperature, timing, and seasoning often depended less on written instruction than on familiarity developed slowly through repetition.

That confidence appears repeatedly throughout Judith Roy’s recipes.

Many recipes assume the cook already understands: how dough should feel, when batter looks correct, how slowly something should simmer, or when a pie has properly set.

The recipes preserve domestic knowledge shaped through lived experience rather than formal culinary training.

Pain Maison

(Homemade.Bread)

Ingredients

- 6 cups flour
- 2 tablespoons sugar
- 1 tablespoon salt
- 2 tablespoons yeast
- 2 cups warm water
- 2 tablespoons butter or shortening

Preparation

Dissolve yeast in warm water with sugar.

Allow mixture to rest briefly until active.

Combine flour and salt in large bowl.

Add yeast mixture and butter or shortening.

Mix until soft dough forms.

Knead thoroughly until smooth and elastic.

Place dough in greased bowl and allow to rise until doubled.

Punch dough down and shape into loaves.

Allow second rise.

Bake at 375°F until loaves are golden brown and sound hollow when tapped.

Allow bread to cool before slicing.

Homemade bread recipes often carried especially strong emotional memory within households because the process itself became woven into ordinary daily rhythm through repetition over many years.

The writer assumed the reader already understood:

- texture,
- timing,
- dough consistency,
- seasoning,
- and kitchen rhythm.

That confidence did not emerge from culinary schools or professional kitchens. It came through repetition, observation, and years of daily practice.

The recipes also reveal something else:
adaptation.

The women preserving these recipes were also constantly balancing practicality with care.

Meals needed to:

- fit budgets,
- feed multiple people,
- adapt to changing schedules,
- use available ingredients,
- and still create some sense of comfort within ordinary household life.

Much of this labor remained invisible precisely because it became routine.

The cooking repeated daily, weekly, seasonally, and eventually across decades until recipes themselves became part of family structure rather than isolated events.



Gâteau aux pommes.

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Gâteau aux Pommes

(Apple.Cake)

Ingredients

- 2 cups flour
- 1 cup sugar
- ½ cup butter
- 2 eggs
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 3 cups apples, sliced
- Optional: brown sugar topping

Preparation

Cream butter and sugar together.

Add eggs and mix thoroughly.

Combine flour, baking soda, and cinnamon separately.

Add dry ingredients gradually to mixture.

Fold in sliced apples.

Pour into greased baking dish.

Optional brown sugar may be sprinkled on top before baking.

Bake at 350°F until fully cooked and lightly browned.

Serve warm or cooled.

Recipes such as apple cake often became deeply tied to household memory because they appeared repeatedly during ordinary family life rather than only during special occasions.

The women preserving these recipes were not frozen in tradition. They adjusted constantly:

- trying new ingredients,
- rewriting recipes,
- simplifying methods,
- incorporating supermarket products,
- and blending older French-Canadian cooking with newer North American influences.

The recipes changed because life changed.

Yet the underlying purpose remained remarkably stable:

- feed people,
- prepare for winter,
- create comfort,
- welcome visitors,
- and maintain continuity through ordinary routines.

Judith Roy herself appears throughout the recipes not through autobiography, but through the cooking itself.

Her cooking reflects a world where care was often expressed through routine acts repeated consistently over many years:

- meals prepared after work,
- baking for visitors,
- preserving for winter,
- feeding family,
- and maintaining continuity inside a small coastal household shaped by weather, work, and changing decades.

The recipes never attempt to dramatize this labor. That quietness may be part of their emotional power.

Carrés aux Pommes

(Apple.Squares)

Ingredients

- 2 cups flour
- 1 cup oats
- 1 cup brown sugar
- $\frac{3}{4}$ cup butter
- 4 cups apples, sliced
- Cinnamon to taste

Preparation

Combine flour, oats, and brown sugar.

Cut in butter until mixture becomes crumbly.

Press half the mixture into greased baking pan.

Arrange sliced apples evenly over base.

Sprinkle with cinnamon.

Cover with remaining crumble mixture.

Bake at 350°F until apples soften and top becomes golden brown.

Allow to cool before cutting into squares.

Like many recipes preserved in handwritten family recipes, apple squares balanced simplicity, economy, and comfort while remaining closely tied to ordinary domestic life.

Biscuits à la Mélasse

(Molasses.Biscuits)

Ingredients

- 2 cups flour
- ½ cup brown sugar
- ½ cup molasses
- ½ cup butter or shortening
- 1 egg
- 1 teaspoon baking soda
- 1 teaspoon ginger
- Optional: cinnamon

Preparation

Cream butter and brown sugar together.

Add molasses and egg.

Combine flour, baking soda, ginger, and optional cinnamon separately.

Add dry ingredients gradually to mixture.

Mix until soft dough forms.

Drop spoonfuls onto greased baking sheet.

Bake at 350°F until lightly browned.

Allow to cool before serving.

Like many traditional Maritime molasses recipes, these biscuits remained closely associated with colder months, warm kitchens, and the practical comfort foods repeated throughout ordinary family life.



CHAPTER 7

What the Notebook Preserved

At first glance, the recipes appear modest.

They contain:

- pies,
- preserves,
- chowders,
- cakes,
- relishes,
- seafood dishes,
- handwritten corrections,
- and recipes passed quietly between kitchens over many years.

Nothing about them announces historical importance.

And yet recipes like these often preserve forms of memory that disappear almost completely once they are no longer used.

The recipes document far more than food.

The older the recipes become, the more visible certain forms of ordinary life suddenly appear.

Things once considered too routine to notice:

- preserving vegetables,
- baking bread,
- freezing seafood,
- preparing desserts for visitors,
- copying recipes by hand,
- or feeding families through long winters
gradually begin revealing themselves as forms of cultural memory.

Not official history.

Not public achievement.

But the quiet continuity of everyday life repeated often enough to shape entire communities across generations.

Confiture à la Rhubarbe

(Rhubarb Jam)

Ingredients

- 4 cups rhubarb, chopped
- 3 cups sugar
- Optional: strawberries or orange zest

Preparation

Combine rhubarb and sugar in large pot.

Allow mixture to rest briefly until juices begin forming.

Cook slowly over medium heat, stirring regularly.

Continue simmering until mixture thickens.

Optional strawberries or orange zest may be added during cooking.

Pour hot jam into sterilized jars and seal.

Like many preserve recipes throughout Maritime kitchens, rhubarb jam reflected seasonal rhythms and the practical desire to carry summer flavor forward into colder months.

Page by page, they quietly preserve:

- domestic rhythms, seasonal labor,
- regional ingredients,
- economic realities,
- changing grocery culture,
- women's invisible work,
- and the emotional architecture of ordinary households.

They also preserve an entire relationship between people and daily life that has changed significantly over time.

In the world surrounding these recipes, kitchens functioned differently than many do today.

Food remained closely tied to:

- weather,
- season,
- local work,
- family structure,
- preservation cycles,
- and community routines.

People prepared differently because winters demanded preparation. Seafood was handled differently because the fishing economy shaped household rhythms directly. Desserts carried emotional importance because sweetness itself became part of comfort during long cold months. Recipes were shared socially because domestic knowledge moved through relationships rather than digital systems or professional media.

Nothing here was created for branding, performance, or public attention. The recipes existed because they were useful. They fed people repeatedly through ordinary years filled with:

- work,
- winter,
- visitors,
- celebrations,
- exhaustion,
- adaptation,
- and routine.

Much of that ordinary world leaves very little formal historical record behind.

Governments preserve laws.

Businesses preserve transactions.

Newspapers preserve major events.

But domestic life — especially women's domestic labor — often disappears almost entirely once the people themselves are gone.

Handwritten cookbooks sometimes become one of the few surviving records of how households actually lived.

The recipes also preserve adaptation itself.

The kitchens changed.
The grocery stores changed.
The economy changed.
Fishing communities changed.
Even the towns themselves slowly changed over time.

Yet certain foods continued appearing anyway.

Sugar pies,
soups,
preserves,
molasses baking,
seafood dishes,
and practical family meals remained connected to emotional continuity long after the world surrounding them had begun shifting.

Pain aux Bananes

(Banana.Bread)

Ingredients

- 2 cups flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup butter
- 1 cup sugar
- 2 eggs
- 3 ripe bananas, mashed
- Optional: nuts or raisins

Preparation

Combine flour, baking soda, and salt.

Cream butter and sugar together.

Add eggs and mashed bananas.

Add dry ingredients gradually and mix gently.

Optional nuts or raisins may be added.

Pour into greased loaf pan.

Bake at 350°F until fully baked and lightly browned.

Allow loaf to cool before slicing.

Recipes such as banana bread reflect how later generations of home baking entered handwritten recipes naturally while still becoming part of ordinary household continuity and emotional memory.

For readers who grew up within similar Acadian or Maritime communities, many of these details may require very little explanation. The recipes themselves often carry enough emotional weight to trigger entire remembered worlds:

- sugar pies after supper,
- preserves lining basement shelves,
- handwritten recipe cards,
- seafood prepared as ordinary food rather than luxury,
- and kitchens where measurements were sometimes remembered more by instinct than by cups and spoons.

For younger readers, the recipes may offer something different: a glimpse into a domestic culture built around patience, repetition, and continuity rather than speed and convenience.

Many of the routines preserved within these recipes once felt so ordinary that few people imagined they might someday disappear or become historically meaningful.

Recipes were copied quickly because someone needed them.

Preserves were prepared because winter was coming.

Seafood was frozen because the season would end.

Desserts appeared because visitors were expected.

Bread was baked because households depended on it.

The labor repeated so consistently that it often became invisible to the people living inside it.

And yet over time, those ordinary repetitions slowly became memory itself.

The recipes now preserve traces of worlds that have changed significantly:

- smaller coastal communities,
- fish plants that closed,
- kitchens centered around seasonal work,
- handwritten domestic knowledge,
- and generations who measured time differently through weather, labor, gatherings, and routine.

What remains within the recipes is not simply nostalgia.

It is evidence that ordinary life once moved at a different human rhythm.

Marinade de Betteraves

(Pickled.Beets)

Ingredients

- 4 cups cooked beets, sliced
- 2 cups vinegar
- 1 cup sugar
- 1 teaspoon cloves
- 1 teaspoon cinnamon
- Optional: onions

Preparation

Cook beets until tender.

Peel and slice.

Combine vinegar, sugar, cloves, cinnamon, and optional onions in saucepan.

Bring mixture to a boil.

Pour hot liquid over sliced beets.

Store in sterilized jars.

Allow flavors to develop before serving.

Like many preserved foods throughout Maritime households, pickled beets carried both practical and emotional value, reappearing throughout winter meals long after harvest season had ended.



Soupe aux pois

- 2 tasses pois cassés
- 1 oignon haché
- 2 carottes en dés
- 1 morceau de jambon
- Sel et poivre
- 6 tasses eau
- Laisser cuire lentement.
- Jusqu'à ce que les pois soient bien tendres.
- Servir avec du bon pain et du beurre.

Soupe aux Pois

(Pea.Soup)

Ingredients

- 2 cups dried peas
- 1 onion, chopped
- 1 carrot, chopped
- Salt pork or ham bone
- Salt and pepper
- Water

Preparation

Rinse dried peas thoroughly.

Combine peas, onion, carrot, salt pork or ham bone, and water in large pot.

Bring slowly to a boil.

Reduce heat and simmer gently for several hours until peas soften completely.

Remove bone if used.

Season with salt and pepper.

Serve hot.

Like many traditional soups throughout Maritime households, pea soup reflected economy, nourishment, repetition, and the ability to feed families reliably through long winters and changing seasons.



CLOSING REFLECTION

Handwritten cookbooks rarely survive because someone considered them historically important.

Most survive accidentally. They remain tucked into kitchen drawers, stored in boxes, placed on shelves, or carried quietly from one household to another until enough time passes for the handwriting itself to begin feeling fragile. By then, many of the people who once used the recipes daily are already gone.

What remains are traces:

- folded pages,
- familiar dishes,
- corrections written in margins,
- ingredient substitutions,
- and recipes repeated often enough to carry memory long after ordinary moments themselves have disappeared.

The recipes preserved by Judith Roy belong to that fragile category of ordinary history that rarely receives formal attention.

Yet within these pages survives an entire domestic world shaped by:

- Acadian coastal life,
- fishing seasons,
- long winters,
- practical kitchens,
- changing decades,
- hospitality,
- repetition,
- and the quiet labor required to hold ordinary life together over many years.

Much of that world changed gradually. Some communities became smaller.

Some industries disappeared.

Many handwritten recipes stopped being copied by hand.

Life accelerated. Cooking changed.

Households changed. But the recipes remained.

For me personally, these recipes also remain connected to a period of life when ordinary routines began quietly rebuilding stability. The small trailer kitchen where much of this cooking took place was rarely peaceful in a romantic sense. It was loud, crowded, practical, and busy with work, stories, cooking, card games, fishing seasons, and winter preparation. But it was also steady.

ACKNOWLEDGEMENTS

My deepest gratitude goes first to Judith Roy, whose handwritten recipes made this project possible, and to George Plourde, whose small home beside the Gulf became part of the world preserved within these pages.

Thank you as well to the Acadian and Maritime communities whose kitchens, traditions, humor, labor, and hospitality helped shape the atmosphere surrounding these recipes over many generations.

I am also grateful for the ordinary domestic knowledge carried quietly forward by countless women whose work often remained undocumented despite sustaining families and communities through changing decades.

And finally, thank you to the readers who continue to value:

- handwritten recipes,
- family memory,
- slow kitchens,
- seasonal life,
- and the preservation of ordinary history before it disappears completely.





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