

The Enslaved People of Van Cortlandt Plantation
Curriculum for Grades 6, 7, 8
Additional Recipes

Malinda Russell, 1866

Chicken Soup

Chicken Soup.

Boil one or two chickens whole with half a pint of rice until tender. Take out the chickens; make a batter of sour milk, two or three eggs, a little soda, with flour; drop this into the soup in spoonfuls; pepper and salt to taste. To dress the chickens, drawn butter and pepper. Boil three or four eggs hard and slice them, laying them over the chicken, with gell, sprigs of parsley.

Gingerbread

Soft Ginger Bread.

Two quarts flour, 3-4ths lb lard, 3-4ths lb sugar, three teaspoonfuls cinnamon, two of ginger, one of allspice, one pint sour milk, molasses to make a stiff batter, one teaspoonful soda dissolved in milk.

Soft Ginger Bread.

One quart molasses, one cup sugar, 1-4th lb lard, three eggs; beat sugar and eggs well together; one gill sour milk, one tablespoonful soda dissolved in warm water, two tablespoonfuls ginger, flour enough to make a soft dough. Knead well, roll, and bake in a quick oven.

Grated Bread Cake

Grated Bread Cake.

Grate one quart stale bread, six eggs, one and a half cup butter, three cups sugar, one pint milk, two teaspoons cream tartar, one teaspoon soda, one grated nutmeg, three tablespoons flour; bake in a moderate oven.

Washington Cake

Washington Cake.

Three cups sugar, six eggs, one cup butter, one cup sour milk, one teaspoon soda, three cups flour, one teaspoon cream tartar; flavor with lemon to your taste.