

A Busy Hearth

Cooking in the Colonial Kitchen



Essential Questions: *What foods do you eat and why? In what ways is your diet similar and different from the diet of Pieter, Grietje, and other Dutch settlers?*

Here are some more specific questions to consider. Think about how you answer these today as compared to how a 17th-Century Dutch farmer in New Netherland might answer them.

- What ingredients can you produce yourself? What ingredients do you need to buy?
- How does your diet change from season to season?
- What role does food preservation play in your diet?

Dutch Recipes of the Netherlands and New Netherland

From *The Sensible Cook*, translated and edited by Peter G. Rose (1989)

Recipes were written differently in the 17th century than they are today. The recipe to the left below might look familiar to you, but the one to the right is written differently. It is a recipe from the once-popular Dutch cookbook, The Sensible Cook.

Cabbage Salad

From the diary of Peter Kalm, a Swedish botanist who traveled in New Netherland in 1749. Adapted for the modern kitchen by Peter G. Rose.

2 C. green cabbage, cut into thin strips
2 C. red cabbage, cut into thin strips
1/3 C. wine vinegar
1/4 C. vegetable oil or 1/4 C. melted butter
Salt and freshly ground pepper

Mix the above ingredients well ahead of dinner time so that the flavors can marry.

To prepare raw Salads.

Take Head Lettuce, Leaf Lettuce, Curly Lettuce, Lamb's Lettuce, also the shoots of the Dandelions or wild Chicory, also the shoots of Chicory roots, Endive, or red and white Cabbage or Cucumbers, whatever one has on hand that is best or that is in season and all well cleaned is eaten with a good Oil of Olives, Vinegar, and Salt. On some [vegetables] additional herbs are used according to everyone's desire, but the usual are Cress, Catnip, Purslane, Burnet, Rocket, Tarragon, Buttercup, one may also add the flowers of Bugloss, Borage, Rose, and Calendula. This salad is also eaten with melted Butter and Vinegar gently heated together instead of Oil and Vinegar, according to everyone's desire.

To fry Waffles.

For each pond* of Wheat-flour take a pint of sweet Milk, a little tin bowl of melted Butter with 3 or 4 Eggs, a spoonful of Yeast well stirred together.

*A pond, or English pound, is approx. 454 grams.

From Peter G. Rose (p. 27): "The Dutch learned how to cook some Indian dishes and fit them into their daily fare. For lovers of porridge it was not hard to get used to *sappaen*, a cornmeal mush; and the pumpkin easily fitted into a common Dutch meal as pumpkin pancakes."

Pumpkin Cornmeal Pancakes

1 C. all-purpose flour
1 C. yellow cornmeal
1 C. confectioners' sugar, plus extra sugar for topping
½ tsp. dried ground ginger
½ tsp. cinnamon
1 C. mashed pumpkin, or use canned pumpkin
2 eggs, lightly beaten with a fork
2 ½ – 3 C. milk or more for thinner pancakes
Butter for frying

Combine dry ingredients in a large mixing bowl. Combine eggs and pumpkin. Beat into dry ingredients. Add milk slowly to make a smooth pancake batter. Heat some butter in a frying pan and pour some of the batter in. Swirl the batter around to make an evenly thick pancake. Cook on both sides until nicely browned. Serve hot, heavily dusted with confectioners' sugar.

Sappaen

2 quarts water
1 tsp. salt
1 C. yellow corn meal

Bring the water and salt to a boil in a heavy pan over high heat. Stirring constantly, pour in the corn meal in a slow, thin stream so that the water continues to boil. Reduce the heat to low and, stirring frequently, simmer for 8 to 10 minutes. Serve with hot or cold milk poured over it. Sugar or maple syrup may be added for flavor.