

## **Rye and Indian Bread**

“Sift two quarts of rye and 2 quarts of Indian meal, and mix them well together.

Boil three pints of milk; pour it boiling hot upon the meal and two-teaspoons of salt, and stir the whole very hard. Let it stand till it becomes of only a lukewarm heat and then stir in half a pint of good fresh yeast; if from the brewery and quite fresh, a smaller quantity will suffice.

Knead the mixture into a stiff dough and set it to rise in a pan. Cover it with a thick cloth that has been previously warmed, and set it near the fire.

When it is quite light, and has cracked all over the top, make it into two loaves, put them into a moderate oven, and bake them two hours and a half.”

Eliza Leslie, 1828

## **Scotch Barley Broth**

“Take a leg of beef, chop it all to pieces, boil it in three gallons of water with a piece of carrot and a crust of bread, till it is half boiled away; then strain it off, and put it into the pot again with a half pound of barley, four or five heads of celery washed clean and cut small, a large onion, a bundle of sweet herbs, a little parsley chopped small, and a few marigolds; let this boil an hour.”

Hannah Glasse, 1747

## **Suggested Reading:**

**Cooking with Fire** by Helen Brody

**From Hardtack to French Fries** by Barbara Haber

**American Food, the Gastronomic Story** by Evan Jones

**Perfection Salad -Women and Cooking at the Turn of the Century** by Laura Shapiro

**The American Heritage Cookbook and Illustrated History of American Eating and Drinking** by the Editors of American Heritage

**Albion’s Seed-Four British Folkways in America** by David Hackett Fischer

**The New England Cookbook** by Brooke Dogny