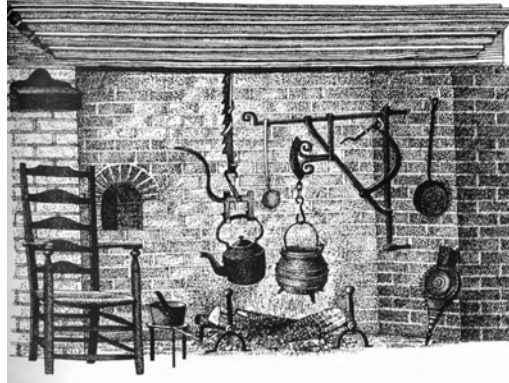


*Meals Prepared for the Officers & Ladies of the 1812 Grand Tactical,
Jefferson Patterson Park, MD, 2008*

Historical and Culinary Notes:
(The dishes served were documented to pre-1812)



Corn chowder: Beans and maize were the most common ingredients in Native American cooking pots. Both were used in their fresh (green) state and dried. They were used alone or combined, and with or without bits of game or fish. Various wild pot-herbs were added, as available, for flavor. Until the discovery of Indian corn, all grains were universally referred to as *corn*.

Those soups and stews, which evolved simultaneously in various cultures, were the ancestors of seafood and vegetable chowders which came to include milk and some form of fat, whether it was salt pork, bacon, ham, or bear fat.

Fish and clams combined with salt pork and ship's biscuits were the main ingredients in the first chowder pots. Later additions included potatoes, onion, and eventually tomatoes. The term chowder appeared in Europe before it did in America, but it seems to be the English speaking areas of New England, Newfoundland, and New Brunswick that made it a staple.

Initially the method of preparation was to layer the ingredients, add liquid, and allow the chowder to simmer until done, never stirring to disturb the layers.

The first American published recipe for chowder is believed to be the version published by the *Boston Evening Post* in 1751.

First lay some Onion s to keep the Pork from burning,
Because in Chouder there can be no turning:
Then lay some Pork in Slices very thin,
Thus you in Chouder always must begin.

Then season well with Pepper, Salt, and Spice;
Parsley, Sweet-Marjoram, Savory and Thyme,
Then Biscuit next which must be soak'd some Time.
Thus your Foundation laid, you will be able
To raise a Chouder, high as Tower of Babel:
For by repeating o're the Same again,
You may make Chouder for a thousand Men,
Last Bottle of Claret, with Water eno' to smother 'em
You'l have a Mess which some call *Omnium* gather 'em.

Whether based on taste or availability of ingredients, the early chowders were soon found without the fish and seafood and versions such as corn chowder began to stand in their own right.

Recipe: Corn Chowder, based on various 19th century receipts including that used by the City Tavern. (Recipe increased for quantity)

4 oz. salt pork, diced, 1 large onion, chopped, 1 rib celery chopped, 1 ½ cups potatoes, diced, 2 cups chicken stock, 2 cups cut corn kernels or cream-style corn, 2 cups milk, ¼ c. butter, 1 tablespoon chopped fresh thyme, 1 tablespoon chopped fresh parsley, salt and pepper to taste.

Fry the salt pork until browned. Add the onion, sauté approximately 5 minutes. Add the celery, potatoes, corn cobs (if using fresh corn), and chicken stock and simmer until the potatoes are tender. Remove and discard the corn cobs. Add the corn and simmer for five minutes, stirring occasionally so it does not stick. Add the milk, butter, salt and pepper to taste, and the herbs.

Chicken salad: The origins of salads made from cooked fish, lobster, turkey, or chicken are rooted in the Renaissance kitchens of Europe. William Rabisha included a receipt for “Flesh sallet of a Capon or Turkey” in his 1661 cookery book. Mary Kettilby’s [later Rundell] 1728 version included sliced turkey or chicken, anchovies, cucumbers, and lemon. Pickled mushrooms or, “any pickle you like” was added at the discretion of the salad maker. Lettuce was used only as a garnish around the edge of the dish, unlike sallets such as salmagundi in which salad greens were an essential part of the dish.

Recipe: Modern palates expect a creamy dressing on meat salads, therefore, the salad was dressed with an early 19th century boiled dressing found in *Victoria’s Home Companion*.

Boil half a pint of cream; thicken with the yolk of an egg; a teaspoonful of mustard, and a small piece of butter, mixed together from the cream on them. Cayenne, salt, pepper, and vinegar to taste.

Salmagundy:

Salmagundy, in its various spellings, was a composed salad made primarily of cold chicken, anchovies, boiled eggs, salad greens, green beans, grapes, and dressed with vinaigrette. It was popular during the 17th and 18th centuries. The dish incorporated various greens and items such as pickled red cabbage as its base. The meats varied from the usual chicken to pickled herring, duck, turkey, and veal.

Hannah Glasse's 1747 version was very similar to that of Henry Howard published in 1726.

Salads were at first merely greens or herbs eaten with salt by the Romans. By 1390 Samuel Pegge published a cookery book containing an actual receipt for *salat* made from various herbs and dressed with oil, vinegar, and salt. His pronunciation [sallet] is sometimes still used in the American South, especially in areas that have a deeply rooted Celtic culture.

Recipe: "*To Make Salamongundy*"

Take two or three *Roman* or Cabbage Lettice, and when you have washed them clean, swing them pretty dry in a Cloth; then beginning at the open End, cut them cross-ways, as fine as a good big Thread, and lay the Lettices so cut, about an Inch thick all over the Bottom of the Dish. When you have thus garnished your Dish, take a Couple of cold roasted Pullets, or Chickens, and cut the Flesh off the Breasts and Wings into Slices, about three Inches long, a Quarter of an Inch broad, and as thin as a Shilling; lay them upon the Lettice round the End to the Middle of the Dish and the other towards the Brim; then having boned and cut six Anchovies each into eight Pieces, lay them all between each Slice of the Fowls, then cut the lean Meat of the Legs into Dice, and cut a Lemon into small Dice; then mince the Yolks of four Eggs, three or four Anchovies, and a little Parsley, and make a round Heap of these in your Dish, piling it up in the Form of a Sugar-loaf, and garnish it with Onions, as big as the Yolk of Eggs, boiled in a good deal of Water very tender and white. Put the largest of the Onions in the Middle on the Top of the Salamongundy, and lay the rest all round the Brim of the Dish, as thick as you can lay them; then beat some Sallat-Oil up with Vinegar, Salt and Pepper and pour over it all. Garnish with Grapes just scalded, or *French* beans blanched, or Station [nasturtium] Flowers, and serve it up for a first Course." This is one of the three receipts given by Hannah Glasse in 1747.

Trifle:

The term trifle was occasionally used interchangeably with Fool, a dessert made of fruit and cream. Trifle contained cake, often drizzled with sherry or liqueur, custard, and whipped cream. Mention of these desserts cropped up in the early to mid-1700's. Hannah Glasse's 1751 edition contained a receipt, as did the first American cookery book, that of Amelia Simmons, 1798.

Since Simmons' recipes relied heavily on English versions with the addition of purely American ingredients, it is not surprising her version was little different from that of Glasse.

By 1861, trifle had grown in importance to the point Oliver Wendell Holmes proclaimed it, "that most wonderful object of domestic art", and it generally contained fruit in the form of jam or marmalade.

Pickles:

Pickled vegetables were initially considered salads and in keeping with 18th century tradition various home-made pickles and relishes were served during the tactical weekend. Each was based on an early recipe found in one or more of the early receipt books. I used primarily Hannah Glasse (1747), William Rabisha (1661,1682), Amelia Simmons (1798), Maria Ketelby Rundell (1808, 1824, and 1840), *Adam's Pleasure and Eve's Cookery* (1744), Thomas Cooper (1824), Frances Collingwood (1806), E. Smith (1753) and a host of 18th century gardening treatises to compile the Bill of Fare and prepare the various dishes.

The highlight of the weekend meals was the formal dinner served on Saturday night:

Cherry soup, served chilled
Dinner salad with dried cranberries and pecans with a light onion vinaigrette
Roasted beef tenderloin
Horseradish sauce & Madeira sauce
Green beans seasoned with ham
Glazed carrots with ginger
Raspberry Trifle

- Victoria Rumble,

www.thistledewbooks.com

