

Historic Foodways Glossary ©

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The glossary contains the most commonly used terms throughout historic cookery. For recipes and more in-depth information on ingredients, sorts of foods and vegetables available through the 19th century, and cooking techniques please see *Victoria's Home Companion; Or The Whole Art of Cooking* available at www.thistledewbooks.com. Kitchen utensils are listed on the website in a separate article, and in the *Home Companion*.



Accompaniment: A dish served alongside the main dish,

A la: *In the style of*

Ale: Liquor made by infusion of malt by fermentation, a smaller portion of hops than beer thus usually sweeter and lighter in color. It had two forms – pale and brown. Ale was the common drink of ancient Europeans.

Alewife: 1. Woman who kept an alehouse. 2. The Indian name of a fish.

Allspice: A spice berry from the West Indies thought to represent the three flavors of cinnamon, nutmeg, and cloves.

Anchovy: A small herring-like fish approximately 3 in. long, caught and pickled in the Mediterranean and exported as a sauce or flavoring.

Anise: Plant named by Linnaeus that grew naturally in Egypt and was cultivated in Spain and Malta from whence the seeds were exported.

Aspic: French culinary term – A savory jelly, sometimes transparent gelatin around meat, or used as garnish.

Bacon: Flesh, usually from the hog, but sometimes of bears &c. which was salted, pickled, smoked to preserve it.

Bain-marie: A sort of double boiler whereby saucepans were placed into a larger container of hot water to keep sauces, soups, etc. hot until served.

Baker: One whose occupation was baking. **Bakery:** The trade of the baker. A place occupied with the trade of baking. **Bakehouse:** House or building for baking.

Baking Soda/Powder: Pearl ash or potassium carbonate for leavening, recommended by Amelia Simmons in the first American cookbook published in 1796. Pearl ash is the residue left after leaching from wood ashes or other plants. It was purified by heating and recrystallizing it. Recipes were available for making baking powder at home, but it was available commercially by the early 19th century. Baking powder contains baking soda and cream of tartar suspended in cornstarch. Baking soda does not contain an acid like baking powder so it is better suited to mixtures that contain an acid such as buttermilk or lemon juice. Both replace yeast in leavening breads, both begin to act immediately when combined with wet ingredients, thus require no rising time. Baking powder can be made at home using the ratio of approximately three parts baking soda to two parts cream of tartar.

Bannock: A cake made of oat, rye, peas, or barley meal baked on an iron plate over the fire, used in Scotland and northern counties in England.

Banquet: A feast, rich entertainment. **Banquet-room:** A saloon or spacious hall for public entertainments. **Banquet-house:** house where entertainments are made.

Barbecue: Method of North American natives of roasting meat. Technically it meant roasting a whole animal – cow, hog, or wild game. By the early 1800's the term also referred to any large gathering where an animal was roasted whole and consumed with other dishes.

Barrel: 1. Wooden container round vessel or cask of more length than breadth and bulging in the middle, made of staves bound with hoops. 2. Quantity of a barrel – English barrels contained 31 ½ gallons of wine, 35 gallons of beer, 32 gallons of ale, and 34 gallons of beer-vinegar.

Baste: The spooning of juices, butter, or drippings over roasting meat to keep it moist.

Batter: A mixture of ingredients – flour, eggs, salt, sugar, etc., with some liquid. It is thinner than dough and used for pancakes, cakes, etc. which do not need as much structure as bread dough.

Bechamel: French white sauce, named for the steward of Louis XIV who invented it. It is made by stirring milk into a flour and butter mixture.

Betty: A baked dessert dating from the Colonial era.

Biscuit: Twice baked. A hard bread baked for seamen. In England it referred to a mixture of flour, eggs, and sugar. In the U.S. it was a bread made from flour and butter or lard.

Bisque:

Bitters: A liquor in which herbs or roots were steeped.

Blackcock: Black grouse, black-game.

Black pudding: Food made from blood and grain.

Blackstrap: liquor drunk by the vulgar. Probably made from molasses.

Bladder: bag that held fluid, gallbladder, urinary bladder. Bladders were used to seal bottles and containers.

Blancmange, blancmanger: Preparation of dissolved isinglass, milk, sugar, cinnamon, &c., boiled to a thick consistency.

Bolt: Separate bran from flour by passing it through a cloth.

Bonbon: Sugar confectionery, a sugarplum.

Bonnyclabber: Cottage cheese. Word used in Ireland for sour buttermilk. In America any milk that had turned or become thick in the process of souring, and applied only to that part that was thick.

Braise: To stew meat with bacon until tender.

Brawn: Flesh of a boar. Pork. The word referred to the collared pork, squeezing out much of the fat, boiling, and pickling. Also referred to the animal (boar).

Bread-corn: Corn initially referred to any grain, bread was made from wheat, rye, barley, oat, etc. and wasn't made from maize until the discovery of the new world and colonists were instructed how to make it from the Native Americans.

Bruised: Crushed, as in crushing fresh ginger to allow the flavors to steep.

Brunswick stew: a sort of hunter's stew. Several areas claim to be the origin, as far back as the 1820's, however, the earliest known recipe by that name appears in the 1850's.

Buttermilk: Liquid left in the churn after churning butter. It does not have the characteristic sharp flavor of modern purchased buttermilk which has been treated with culture to achieve that taste.

Candy: To conserve or dress with sugar; to boil in sugar, a method of preserving (as in peels). A species of confectionery, or compound of sugar, with some other substance, as sugar candy, molasses candy, &c. Candying meant conserving with sugar – candied sweet potatoes, for example.

Caper: Unopened buds from a species of bush pickled in vinegar.

Capon: A castrated chicken. *A cock chicken gelded as soon as he quits his dam or as soon as he begins to crow.* The process was done to render the meat more tender and flavorful. The process began in the Roman era when eating fowl other than hens was not allowed.

Caramel: anhydrous or burnt sugar, dark brown, used to color spirits and other foods.

Cardoon: Species of *Cynara*, similar to an artichoke but larger.

Carob: carob-tree, native of Spain, Italy, and Levant. Pods are filled with a mealy pulp of sweetish taste eaten by poor people in times of scarcity. Today sometimes used as a substitute for chocolate.

Cashew-nut: In *Webster's* 1857, fruit of the cashew-tree.

Cassia: A genus of bark from the species *Laurus*, usually passed under the name *cinnamon*. It differs from real cinnamon in the strength of its qualities. The flavor is somewhat different from true cinnamon, however, most cinnamon sold in the U.S. is actually cassia.

Caviar: Considered a delicacy by some in Shakespeare's time. Roe of large fish, the best considered by mid-19th century from the lakes or rivers of Russia.

Celeriac: *Turnip rooted celery.* – *Webster's* 1857.

Charlotte: Charlotte Russe is an elegant dessert. Brush ladyfingers with egg white, and bake to firm (about 5 minutes). Use them to line a dish which is then filled with a custard mixture, traditionally made with isinglass.

Cheese: Made from milk solids, after which the remaining liquid is whey.

Chicory: An herb root used to brew a beverage similar to coffee. The dried, parched roots may be ground and mixed with actual ground coffee or used alone.

Chocolate: A mixture made from roasted cocoa kernels, sugar, cinnamon or vanilla. It was a popular drink by the 16th century. Milk chocolate was not available until late in the 19th century. American Heritage Chocolate produces an accurate reproduction of period (18th and 19th century) chocolate. 1-800-518-7275.

Cider: Juice from pressed fruit – usually apples by the 19th century. It might or not be fermented per the preference of the maker. When pears are used the product is perry. It was perhaps the most common drink in the colonies until methods of producing beer improved the quality of that beverage. One who made it was called a ciderist. The liquor made from the apple solids and water after the juice was extracted was called ciderkin.

Cold Slaw: coleslaw, a cold salad of shredded cabbage with a boiled or mayonnaise type dressing.

Colcannon: a long loved Irish dish of potatoes and cabbage or kale, known as rumbledethumps in Scotland and bubble and squeak in England.

Collar: To roll meat closely and bind it with string.

Collop: Small slices of meat.

Compote: Stewed as fruit or pigeons.

Condiment: Seasoning sauce, to season, pickle, or preserve.

Confit: *A sweetmeat.*

Coney: Cony. A rabbit, quadruped of the genus *Lepus*. Wild rabbits had brown fur, domestic rabbits varied in color.

Cordial: A sweet spirit made from fruit, sugar, and spices and brandy or other liquor.

Corned: A method of preserving beef by curing it in salt.

Cottage cheese: originally called bonnyclabber by the Gaels, also called pot cheese. A soft cheese, easy to make without rennet, however, it did not keep as well as harder cheeses. *Cottage cheese* is not in *Webster's 1857*.

Crackling: Rind of roasted pork.

Crumpet: Soft cake baked on an iron plate.

Dinner: Principal meal of the day – taken about noon through the 19th century. A luncheon, later shortened to lunch meant any food, a slight repast or snack, taken other than at mealtime.

Draw: To remove the entrails from game or poultry.

Entrees: French term, small side or corner dishes served with the first course.

Entremets: French term, small side dishes served with the second course.

Farce: To stuff, to fill with mingled ingredients or forcemeat. Stuffing.

File: powder from saffron leaves, used in gumbo and called gumbo file. Native American seasoning, now commonly associated with Cajun Creole food.

Finnan Haddie: Smoked haddock.

Firkin: Measure, fourth part of a barrel. It is 9 gallons of beer, 8 gallons of ale, soap, or herrings. In the U.S. it most often referred to a cask of butter or lard.

Flip: Mixed liquor of beer and spirit, sweetened, and warmed with a hot iron.

Flummery: Welsh food made from oatmeal steeped in water until it turns sour. 2. A sort of jelly made of flour and water – for children.

Forcemeat: meat chopped finely and highly seasoned, served alone or as stuffing.

Fricandeau: Ragout or fricassee of veal. *The name is sometimes improperly applied to stewed beef, highly seasoned.*

Fricassee: Stew, or dish of food, made by cutting up chickens, rabbits, &c. into pieces and dressing them in a frying pan or similar utensil.

Fritter: To cut meat in small pieces for frying. Small pancake of fried batter. Fritters were also made of various kinds of fruit.

Frost: To sprinkle with sugar. Cakes were sprinkled with sugar fresh from the oven, and the sugar melted, perhaps with a salamander. **Frosting:** Covering on a cake resembling frost. In French cooking *glacer* meaning to glaze, referred to the practice of spreading sugar with a feather or brush to ice fruits and pastry which upon hardening had a glistening appearance.

Froth: Bubbles, cause to foam.

Fruментy: food (sauce, almost like soup) made of wheat boiled in milk, dates from the Medieval era, still common in the 19th century.

Galette: A broad thin cake, French term.

Gateau: A French term, a cake, but also denoted a pudding or tart.

Gelatin: gelatinous. Resembling jelly, moderately stiff and cohesive. Gelatin came from bones and connective tissue which were boiled to extract the substances. Calves feet were popularly used.

Gill: A measure, one fourth of a pint.

Ginger beer: Ginger beer was made from ginger, sugar, lemon, and yeast. Nonalcoholic versions are still sold in England. Through the 19th century Webster's defined it as beer impregnated with ginger signifying a low alcoholic content.

Gingerbread: A kind of cake of flour, butter, pearlsh, sugar, and ginger. Other leavenings replaced pearlsh after the mid-1800's.

Girdle: A round iron plate for baking. Sometimes called a bake stone.

Graham flour. Unsifted whole wheat flour, part of a healthy foods movement in the 19th century begun by Rev. Graham. Graham crackers date from the late 1880's.

Haggis: Very traditional Scottish dish made from sheep's offal (windpipe, heart, lungs, liver), oatmeal and spices. In previous decades the mixture was sewn into the sheep's stomach in which it was baked. The latter is less commonly done today. Usually served with neeps (turnips) and tatties (potatoes). *The Form of Cury*, 1390, contains a recipe for Afronchemoyle, which is in essence haggis. Considered Scotland's national dish by some.

Hardtack: More than the army staple. Referred to as sea biscuits, ship biscuits, etc. It was made with flour and water with no shortening, salt, or yeast. Its one saving grace was that it kept almost indefinitely making it popular on the seas.

Haricot: Bean. Kidney bean – *Webster's 1857*. 2. A ragout of meat and roots.

Hartshorn. Ground or very thinly sliced male deer's antler used to jelly or congeal liquids. It was later of less significance after isinglass.

Hash: To mince or chop into small pieces, a dish of meat and vegetables chopped into small pieces and mixed.

Haunch: The rear, hind part, lying between the ribs and thigh. (A cut of meat)

Indian meal: Cornmeal. So named because it was made of Indian corn or grain (maize)

Isinglass: Substance chiefly gelatin, firm texture, whitish color, prepared from sounds or air-bladders of certain fresh-water fish, particularly husso, a fish of the sturgeon kind. Isinglass was used to make jellies (gelatins) and in fining wine.

Jelly: Jelly, jam, preserves, butter, honeys, and marmalade were all produced through history, and were ways of combining fruit or fruit juice with sugar to preserve it. The difference in each of these is mainly the thickness and whether or not the product contains actual pieces of fruit.

Jujube: an expectorant made of gum Arabic, and sweetened. 2. A fruit not much used by the 1860's.

Julienne: to cut into thin sticks resembling matchsticks.

Jumble: Small cake in the shape of a ring, a cookie. Jumbles had become widely popular by the 1800's.

Juniper: oil was used to flavor gin.

Ketchup: It wasn't until the first tomato ketchup was bottled in the 1870's that the word came to be associated with just the tomato based product. Prior to that time it was made from several main ingredients – mushrooms, small green walnuts, etc.

Knuckle: Knee joint of a calf. Knuckle of beef.

Lard, to: To insert thinly cut pieces of hard fat or suet into meat for roasting. See Needle.

Larder: A room where meat and other articles are kept prior to being cooked.

Larderer: One who has charge of the larder.

Lardon: *A bit of bacon*

Lemons: Lemons were being used by the Medieval era in cooking. Because they did not keep over long periods of time they were often preserved and added to dishes as needed.

Macaroni: Macaroni, vermicelli, etc. were being used in European countries before Thomas Jefferson promoted the products in the U.S. They are made of flour, salt, and either eggs or milk. When dried kept well. They were often used in soups or combined with cheese, the forerunners of today's macaroni and cheese. *Dough of wheat flour made into a tubular or pipe form, of the thickness of a goose quill; Italian or Genoese paste.*

Macaroon: Small cake composed chiefly of almonds and sugar.

Mace: *The second coat which covers the nutmeg, a thin and membranaceous substance, of an oleaginous nature and yellowish color, being in flakes divided into many ramifications; it is extremely fragrant and aromatic.*

Madeira: *A rich wine made on the island of Madeira.* Today defined as a fortified dessert wine. Often used in period cookery.

Maigre: French term, meatless. The term often applied to meatless dishes in eras when fasting was imposed upon the diets of the people.

Mango: The fruit of the mango tree was listed in *Webster's* 1857, but they were not common, especially away from coastal areas. Mango also referred to a pickled green muskmelon.

Maple: Syrup or sugar made from the sap of the maple tree. Native Americans were enjoying this sweetener prior to the arrival of the Europeans. The high duties the English placed on sugar increased the importance of maple products in the U.S.

Margarine: Not in Webster's 1857 unabridged. A replacement for butter. Oleomargarine was created in 1869 after Napoleon offered a prize for a successful replacement of butter for the army and the lower classes.

Marinate: *To salt or pickle fish, and then preserve them in oil or vinegar.* – Webster's 1857.

Marshmallow: The white fluffy confection we know today originated sometime during the mid-19th century in France. Prior to that it was a confection made by boiling pieces of root from the marsh mallow plant in sugar to *candy* and preserve it. That practice dates to ancient Egypt. Ca. 1850 the French still used the sap of the marsh mallow to thicken the confection, however, today the plant extraction has been replaced by unflavored gelatin. Today it takes a heavy duty stand mixer to whip enough air into the sweetened gelatin mixture to produce a marshmallow, so early versions may have been less fluffy.

Mayonnaise: Historians date early versions to about 1756 with it being improved upon by the French chef, Careme. Recipes for a mayonnaise-like product to dress salads appeared in the U.S. before the use of the actual term *mayonnaise*. It was difficult and time consuming to make, and kept poorly until it was sold in jars after the turn of the century.

Menu: Listed as a French term for the American *Bill of Fare*.

Meringue: A French term (not in *Webster's 1857*) for a kind of icing, made of egg whites and sugar, well beaten.

Milk: The ability to have milk any time it was needed was made possible by Gail Borden who invented a process for putting it into cans in 1856. The patent was approved in 1856, but it was the soldiers' need of milk during the Civil War that made the product a success. **Milkmaid:** Woman who milks or is employed in a dairy. **Milkman:** A man who sells milk or carries milk to market. **Milkscore:** An account of milk sold or purchased. **Milkwoman:** A woman who sells milk.

Miller: One whose occupation is tending a grist mill.

Mince: Mincemeat. A process of preserving meat dating from the Medieval era by adding spices and alcohol. It usually took the form of a pie when served. Eventually when better methods were available for preserving meat mincemeat became a mixture of fruit, spices, and alcohol.

Molasses: Syrup that drains from muscovado sugar when cooling.

Moorcock, moorfowl: Red grouse.

Muscovado: Unrefined sugar. Raw material from which loaf and lump sugar are procured by refining. Obtained from the juice of sugar-cane by evaporation and draining off the molasses.

Muscovy: Species of duck often raised in poultry yards. Larger than common ducks. Sometimes called musk-duck.

Mustard: Ancient Romans made a preparation from dried ground mustard seeds not unlike the condiment we know today. Through the 19th century it was hugely easier to make than mayonnaise, quicker to make than the variety of ketchups, and thus was the single most commonly used condiment.

Nectar: Any highly sweetened drink.

Needle: A larding needle was used to insert thinly cut pieces of fat into a joint of meat for roasting. When roasting before the fire this process produced a moist, perfectly browned piece of meat in instances where the meat did not contain enough fat in itself to produce this delicate roasting.

Oil: Olive oil was much used in cooking in previous centuries, and oils expressed from various substances such as citrus peel were used as flavorings.

Panada: A kind of food made by boiling bread in water to the consistency of pulp.

Pancake: *A thin cake fried in a pan or baked on an iron plate - Webster's 1857.* Also called flapjacks, griddle cakes, hoecakes, etc.

Paste: A moist composition such as flour, fat, and milk to make pie crust. *Webster's unabridged, 1857,* does not define crust as we think of pie crust, it does, however, refer to a crust of bread.

Pasty: *A pie made of paste and baked without a dish.*

Pastille: A sugar confection, candy.

Pasteurization: a variety of products can be pasteurized to prolong shelf life, the best known of which is milk. The concept of pasteurizing milk was born in the late 1880's. In some markets pasteurized eggs are available for use in foods reducing the chances of salmonella when the food isn't cooked to kill any bacteria that might be contained in the eggs.

Pastry: Food encased in a crust in which the paste or dough plays an important part – pies, tarts, &c. 2. The place where pastry is made. **Pastry-cook:** One whose occupation is to make and sell food made of paste.

Pease: Early spelling of peas.

Peck: Measurement, one fourth of a bushel.

Pickle: A brine, solution of salt and water, sometimes with vinegar, sometimes flavored with spices used to preserve vegetables, fish, and meat. A vegetable or fruit preserved in a pickle. **Pickled:** preserved in brine.

Picnic: Dates to ancient times. A meal in which each person contributes a dish, also by the 19th century it referred to the party itself in which such food was served.

Piggin: Smaller wooden vessel with an erect handle used as a dipper.

Pig-nut: ground-nut, root of a plant of the genus *Bunium*, also a tree and its fruit in the genus *Carya*, a species of hickory.

Pinion: Joint of a fowl's wing farthest from the body.

Pinion nut: Pine nut. The American version grows in and around Arizona. The nuts were much consumed by Native Americans, explorers, and others.

Pipkin: Small earthenware boiler.

Pippin: a kind of apple, name given to several varieties of tart apple.

Piquant: sharp to the tongue, pungent.

Piscatory: Relating to fish.

Poach: To cook, like eggs or vegetables, by placing into a vessel of boiling water.

Poached: slightly boiled.

Polenta: Pudding made of flour of maize or formerly before maize was known in Europe chestnuts were used to make it in Italy.

Popcorn: Popcorn could be ground into meal just as any other corn.

Porridge: Broth, food made by boiling meat in water. In America porridge usually referred to boiled grain served as oatmeal.

Porter: blend of ale and beer, slightly sweet in flavor.

Posset: To curdle. Milk curdled with wine or other substance.

Pot. To preserve fish or fowl seasoned in pots. **Potted:** Preserved or enclosed in a pot, likely an earthen vessel. The process was sometimes referred to as *jugged*.

Pot-herb: herbs added to soup, stew, and other dishes to give them flavor.

Poteen: Irish whiskey.

Pottage: Food made by boiling meat in water and adding vegetables and herbs.

Pothook: *A hook on which pots and kettles are hung over the fire.*

Pothouse: An ale-house

Potstone: Steatite material sometimes made into culinary vessels. Not as durable as cast iron.

Pottle: liquid measure, 4 pints.

Poult: young chicken, partridge, &c, thus a **poulterer** was one whose business it was to sell fowls for the table. **Poultry:** Domestic fowls raised for eggs, feathers, and food for table. **Poultry-yard:** Area where fowls were kept in preparation for sending to table.

Pudding: Some foods we would today think of as a pie were in earlier times referred to as puddings.

Pullet: A young hen or female domestic fowl.

Puree: A French term, to reduce cooked vegetables or meat to a pulp and mix with enough liquid to render it the consistency of a thick soup. Many soups were pureed so as to be of a smooth texture without chunks of meat or vegetables.

Ragout: highly seasoned stew.

Ramekin: Ramequin. Small slices of bread covered with a farce of cheese and eggs.

Ramps: Wild leeks, *rampion* in *Webster's* 1857, but eaten by Native Americans and since in the U.S. Also grown as an herb in Europe.

Ramson: Species of garlic.

Rape: A green, a brassica, French turnip, from the seeds of which oil was extracted.

Rasher: *Thin strip of bacon, a thin cut.* – *Webster's* 1857.

Ratafia: Fine spirituous liquor flavored with kernels of several kinds of fruits, particularly cherries, apricots, and peaches.

Render: To melt fat, as in rendering lard or tallow. To boil down and clarify.

Renderer: One who renders fat.

Rennet: To curdle or coagulate. Initially the stomach of calves or other suckling quadrupeds, still containing the stomach acids, dried, and used in pieces when needed. It was used to coagulate milk in making cheese.

Rissoles: French term, puff-paste cut into shapes, filled with a mixture of fish, meat, or sweets, and fried.

Rocket: A genus of brassica or *Eruca*. *Hesperis matronalis* and other species of *hesperis*. Sometimes called Arugula today.

Rosewater: Popular flavoring, tincture made from rose petals and water.

Roux: French term for flour and fat browned to a dark brown and used as thickening.

Rusk: A sort of cake. Hard bread for stores. Rusks were baked, then put back into the oven to dry for storage.

Sack: *Spanish wine of the dry kind supposed to be sherry.* Sweet wine.

Saddle: A cut of meat consisting of the ribs on both sides, and not cut through (separated) the backbone.

Saffron: A spice from the crocus, actually the three yellow/orange stigmas of the crocus. It takes approximately 5000 flowers to produce an ounce of saffron. Perhaps the world's most expensive spice.

Saleratus: Baking powder. Carbonated potash, sometimes called "aerated salt", or sodium bicarbonate, came on the market about 1830. It contained a greater amount of carbonic acid than potash and was purchased like loaf sugar and pounded before use.

Salmi: Ragout of game, previously roasted, to prepare a new dish from previously cooked meat.

Salt-rising: Bread made from a yeast or sponge made of milk or water, cornmeal, flour, sugar, cornmeal, and kept at a warm enough temperature for fermentation to take place. It was being made by the first third of the 19th century.

Sandwich: Named for the Earl of Sandwich. *Two pieces of bread and butter, with a thin slice of ham or other salt meat between them.*

Sangree: Sangria – wine sweetened and flavored with fruit.

Scald: to expose to boiling or violent heat.

Scallion: *allium ascalonicum*, a species of the garlic and onion genus, grown from cloves of its bulbs.

Seapie: A dish of meat and paste boiled together, common at sea.

Sear: *applied primarily to animal flesh, and has special reference to the effect of heat in making the surface hard.* To quickly seal or brown the outside of meat while leaving the inside uncooked to seal in its juices.

Semolina: Durham wheat ground to a coarse flour.

Shallot: an eschalot, bulbous plant resembling garlic.

Shrub: A liquor composed of acid and sugar with spirit to preserve it.

Sippet: Small sop (Bread dipped into a food with the intent of eating it. Crouton)

Skim: To remove floating matter or foam from boiling foods, or to take off the thick cream as it rose to the top of milk.

Sourdough: The term is not in *Webster's unabridged 1857*. The yeast most families kept to make bread was basically a sourdough starter, but it was used before the bread took on the characteristic sourdough flavor.

Souse: Pickle made with salt – characteristically the ears, feet, head, &c. of hogs cooked and preserved in a brine solution.

Sowans: A nutritious food in Scotland made from the husk of oats, in England called flummery.

Spatchcock: Fowl killed and immediately broiled for some sudden occasion.

Spelt: a species of grain much cultivated in Germany. German wheat.

Spicer: One who deals in or seasons with spice. **Spicery:** spices in general, or a repository for spices.

Spider: kitchen utensil resembling a frying pan with legs, a trivet to support vessels over a fire (for cooking).

Sponge-cake: Sweet cake, very light and spongey.

Stuffing: filling for meat to give it more relish, seasoning for meat.

Succotash: Native American dish made of boiling beans and green (meaning fresh) corn together.

Suet: *Fat of an animal, especially the harder sort and less fusible around the kidneys and loins.*

Sugar: Sugar came in loaves of varying size, it was not granulated. To powder the sugar was to pound it for use. Sugar nippers were used to clip off pieces from the loaf.

Sugarbaker: One who makes loaf sugar. **Sugar-house:** Building in which sugar is refined. **Sugar-loaf:** Conical mass of refined sugar. **Sugarplum:** species of sweetmeat in small balls.

Sweetmeats: Fruit preserved with sugar – stewed or brandied, or the drier sorts such as candied peels.

Sweetbread: Pancreas of calf or other animal.

Switchel: Beverage made of molasses and water (nonalcoholic)

Syllabub: Compound drink made of wine and milk.

Tafia: A rum, made from molasses, so called by the French.

Tamarinds: Preserved seed-pods of the tamarind.

Tapioca: Made by scraping the roots of the cassava or cassada plant.

Tripe: Large stomach of ruminating animals prepared for food.

Vanilla: In addition to its use as a flavoring it was also at one point thought medicinal. Thomas Jefferson brought vanilla beans back from France in 1789. It was first used in baking by soaking the beans in grain alcohol and water. The same can be done today by placing split vanilla beans into a bottle and filling with brandy.

Vegetable marrow: Beeton defined it as a gourd brought from Persia by an East-Indian ship and in 1861 only “recently” introduced to Britain. It was fried in butter, stewed, boiled, and made into pies. In recent years some food historians determined this to be the zucchini, which does not figure into period cooking, however, the illustrations from period sources do not resemble the zucchini, being more the shape of a melon or gourd, and very large in proportion to the leaves, flowers, and flower buds shown in the illustrations.

Verjuice: Made from semi-ripe unfermented fruits, used from the Medieval era to season foods such as soups and ragouts. Sometimes made from crabapples and other fruit.

Vintner: One who deals in wine. **Vintage:** The wine produced by a crop of grapes in one season. **Vintry:** A place where wine is sold.

Vol-au-vent: A French term, fine puff-paste filled with a fine ragout or mixture of fish, flesh, fowl, or fruit.

Wafer: A thin cake

Waffle: *Cake baked in an iron utensil on coals.* **Waffle-iron:** Utensil for baking waffles. The utensil consisted of two pieces. The scored surfaces into which the batter was placed had a ball at the back which sat into a joint on the ring-shaped base. The ring was filled with hot coals, and when the waffle needed to be turned the whole top part of the utensil swiveled on the ball.

Welsh rabbit or rarebit: Cheese melted into a mass, and usually spread over slices of toasted bread. It sometimes had dry mustard powder, cayenne, and a bit of wine mixed in.

Whilk: Whelk. Species of mollusk, eaten as food.

Whisk: *Small culinary instrument for whisking or rapidly agitating certain articles, as the whites of eggs &c. – Webster's 1857.*

Whitebait: Small delicate fish of the herring variety.

Whitemeat: meats made of butter, milk, cheese, and the like. **Whitepot:** A kind of food made of milk, cream, eggs, sugar, &c baked in a pot.

Whitsour: a sort of apple.

Whortleberry. Huckleberry, today called blueberry. *Much esteemed for food.*

Widgeon: Waterfowl of the duck grouping,

Winnow: To drive the chaff from grain, by fan or wind.

Yam: *large esculent tuber or root...when roasted or boiled, a wholesome, palatable, and nutritious food. The yam sometimes grows to the length of three feet, and weighs thirty pounds. – Webster's unabridged, 1857.*

Yeast: Broth or foam, of beer or other liquor in fermentation, any preparation used for raising dough for cakes or bread making it light and puffy. Women maintained a yeast from which they removed enough to leaven bread, then they replaced that with fresh ingredients approximately 24 hours before the next baking time. It was possible to make yeast from scratch without previously proven yeast to add to it, however, recipes are not as common of that type.

Yelk. Yolk. The yellow part of an egg. *It is sometimes written and pronounced yolk, but yelk is the proper word, yolk is a corruption.* – Webster's unabridged 1857.

Zest: *A piece of orange or lemon peel used to give flavor to liquor,* peel cut into thin strips. Zest refers to only the outer peel without the white pith underneath.

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