

**FISH, FLESH, AND  
FOWL: A BOOK OF  
RECIPES FOR COOKING**

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Fish, Flesh, and Fowl: A Book of Recipes for Cooking by Ladies of Stat Street Parish

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**LADIES OF STAT STREET PARISH**

**FISH, FLESH, AND  
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RECIPES FOR COOKING**



FISH, FLESH AND FOWL.

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A BOOK OF

Recipes for Cooking,

COMPILED BY

LADIES OF STATE STREET PARISH.

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EACH RECIPE CONTAINED IN THIS BOOK HAS BEEN THOROUGHLY  
TESTED AND PROVED GOOD.

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"The Lord sends meat; the Devil cooks,"  
Of old a proverb was,  
What slander on the gentle sex!  
What charge without a cause!

The Woman Question is, no doubt,  
"Where doth my mission lie?  
Shall all our aspirations tend  
To pudding, cake and pie?"

Could man be made to comprehend  
The aggravation sore,  
Of frosting, roasting, broiling—all  
The varied kitchen lore—

'Twould all come right then, bye and bye,  
Disproved all slanders rife;  
We'd get with jubilation,  
Our *Desserts* in this life.

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P85

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## BREAD.

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*Bannock.* One pint Indian meal scalded with one quart milk, six or eight eggs, a little sugar and salt. Stir in eggs when cool, and bake in hot oven.

*Blueberry Cake.* One quart flour, half a cup butter, one and a half cups white sugar, one cup sweet milk, two teaspoons cream of tartar, one teaspoon soda, two eggs. Blueberries.

*No. 2.* One cup milk, three cups flour, one egg, salt, two tablespoons sugar, one of butter, two teaspoons cream of tartar, one of soda, one cup blueberries.

*Breakfast Puffs.* One pint milk, two eggs, little salt, teaspoon soda, two of cream of tartar, butter size of a walnut, melted, put all into the milk, then stir thoroughly in a pint and a half of flour. Bake in cups.

*Brown Bread, Togos.* Three cups sweet milk, one cup sour milk, three cups Indian meal, one cup flour, one cup molasses, one teaspoon salt, one of soda dissolved in a little warm water.

*No. 2, Steamed.* Three cups of Indian meal, two cups of rye meal, one cup flour, four tablespoons molasses, two tablespoons yeast, one teaspoon salt. Stir it up at night with warm water. In the morning add scant teaspoon saleratus. Steam all the forenoon.

*No. 3.* Three cups Indian meal, same of rye, half cup molasses, one teaspoon salt, teaspoon soda, wet with milk enough to make a stiff batter. Steam five or six hours.

*No. 4.* Three cups sour milk, two-thirds cup molasses, one of water, two of Indian meal, two of Graham flour, two teaspoons soda, salt. Steam three hours.

*Buckwheat Cakes.* Two cups buckwheat, one of white flour, one-half cup yeast. In the morning, add two teaspoons sugar, and one teaspoon soda.

*California Biscuit.* One-half cup of sugar, two cups milk, two eggs, piece of butter size of an egg, one quart flour, one teaspoon soda, two teaspoons cream of tartar.

*Corn Cake.* One pint sour milk, one pint Indian meal, one pint flour, two tablespoons sugar, salt, one egg, a small piece of butter, one teaspoon soda.

*Egg Pop-Overs.* Three cups flour, three cups milk, three eggs. Beat eggs twenty minutes, add milk and flour. Bake in a quick oven.

*Flannel Cakes.* To two ounces of butter add a pint of hot milk to melt the butter, a pint of cold milk, five eggs, flour enough to make a stiff batter, teaspoon of salt, two tablespoons yeast; set it to rise in a warm place about three hours; butter the griddle and pour on the batter in small cakes.

*French Toast.* Beat two or three eggs and stir into a pint of milk, with a pinch of salt. Take thin slices of stale bread and dip into it. As you take out the slices



set them up on the edge a minute to drain off some of the milk, then brown on both sides on a buttered griddle. Lay them in a hot covered dish, and eat with syrup or butter and sugar.

*Graham Bread.* Take equal quantities Graham meal and flour, add shortening and yeast, mix stiff as flour bread and treat in the same way.

*Graham Rolls.* Two cups of wheat meal, one and a half cups flour, salt, three-fourths cup sugar, two and one-half cups sour milk, one teaspoon soda.

*Indian Breakfast Cake.* Two cups Indian meal, one-third cup flour, two and a half cups sour milk, one egg, and soda to sweeten the milk.

*Indian Cake.* Two cups meal, one cup flour, one cup cream, one cup milk, two-thirds cup sugar, three eggs, one teaspoon soda, one of salt.

*Indian Drop Cake.* Three cups of meal, one cup of flour, one pint sour milk, two eggs, two large spoons butter, one cup sugar, soda enough to sweeten the milk.

*Muffins.* One cup sweet milk and an iron spoonful extra, three cups flour, one egg, two teaspoons cream of tartar, one of soda, butter size of small egg, tablespoon sugar. Beat egg, sugar, butter and cream of tartar together. Stir in part of milk while putting in the flour, dissolve soda in remainder of the milk and stir in after it is well mixed.

*No. 2, Flour.* One egg, pint of flour, one and a half pints milk, teaspoon butter, rubbed into the flour, teaspoon cream of tartar, half teaspoon soda.

*No. 3, Graham.* One cup of flour, two cups wheatmeal, two tablespoons sugar, teaspoon salt, half cup yeast, well mixed. Add half teaspoon soda dissolved in a little milk. Not too stiff, almost thin as a batter.

*No. 4, Graham.* One egg, half cup sugar, butter size of an egg, one and a half cups sour milk, one cup wheat flour, one and a half cups Graham flour, half a teaspoonful soda. Bake in hot roll pans.

*No. 5, Indian Meal.* One cup meal scalded in one pint milk, butter size of an egg, tablespoon sugar, salt, one egg, half cup yeast and flour enough for rather a stiff batter. Bake in a quick oven.

*No. 6, Raised.* One pint sweet milk, half cup of yeast, two tablespoons sugar, flour enough to make a batter a little thicker than for fritters. Rise over night, add in the morning two eggs and bake in a quick oven.

*No. 7, Raised.* One quart flour, half a teacup yeast, two well beaten eggs, one and a half pints warm milk, half a gill melted butter. Let rise, and when light bake in rings well buttered.

*No. 8, Rye.* One pint of sour milk, one pint rye meal, half cup molasses, one egg, one teaspoon saleratus, cup flour. Bake one-half hour.

*Omelette.* Seven eggs, one cup milk. Beat the yolks first, scald the milk with a piece of butter, and pour over the beaten yolks, pepper. Pour into a buttered frying pan and while browning, beat the whites to a stiff froth, put on one-half the yolks, and fold the other half over the beaten whites. Serve at once. Light and delicious.

*No. 2.* Six eggs, the whites and yolks beaten separately, one cup warm milk, one tablespoon melted butter, one teaspoon flour, wet to a paste, salt, pepper, add whites of eggs last. Bake fifteen minutes in a quick oven.

*No. 3.* One cup of milk, two slices of bread broken in milk, small piece of butter, a little salt, yolks of eight eggs, lastly add whites well beaten. Drop in hot pans, when baked on bottom, set in the oven to brown on top.

*Pancakes.* One egg, one cup milk, one pint flour, half teaspoon soda, teaspoon cream of tartar, salt. Drop from teaspoon in hot lard. Eat with syrup for breakfast.

*No. 2.* One egg, a little nutmeg, two-thirds cup of sugar, one cup milk, teaspoon soda, two cream of tartar, three cups of flour. Drop in hot fat.

*Parker House Rolls.* Three-quarters of a cup yeast, three-quarters of a cup butter, three pints flour, one tablespoon sugar, one teaspoon salt. Scald the milk and cool it, rise all day, cut out at night, and rise until morning. Bake in a quick oven. Fold over the edges, and put a bit of butter between the folds. As biscuit, just as nice with less butter.

*Potato Cakes.* Half a dozen of common sized potatoes boiled and mashed smooth, a spoonful of flour, two eggs, salt and pepper. Stir until quite soft, fry like fritters.

*Potato Rolls.* Boil one pint of sliced and peeled potatoes, pour off the water, mash fine, add one pint and a half of water, then strain. One-half cup sugar, tablespoon lard, teacup yeast. Rise over night. This makes one loaf and a pan of rolls.