

**WHAT SALEM  
DAMES COOKED**

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What Salem dames cooked by Various

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**VARIOUS**

**WHAT SALEM  
DAMES COOKED**



WHAT  
**Salem Dames**  
COOKED

Being *A Choice Collection of Recipes* wherein is shewn how  
THE DELECTABLE PRACTICE of the SALEM DAMES  
from the year 1683, to 1730, until 1800 and 1900, may be  
restored with pleasure to those desirous of experiencing  
*The DELIGHTS of their COOKERY*, together with A Few  
Housekeeping *Hints* and Numerous *Appropriate Quotations*.



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1911

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**"The Compleat Cook's Guide"**

1683

**"The Frugal Housewife**

OR

**COMPLETE WOMAN COOK**

WHEREIN

*The Art of Dressing* all sorts of VIANDS  
with CLEANLINESS, DECENCY and  
ELEGANCE is Explained"

1730

**Our Grandmothers' Cook Books**

1800

**Our Own Cook Books**

1900

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FROM  
"The Compleat Cook's Guide"  
1683

*A BILL OF FARE for Midsomer*

First Course

1. A Neats-tongue and Colliflowers
2. A Fore Quarter of Lamb
3. A Chicken-Pye
4. Boylee Pigeons
5. A couple of Stewed Rabbits
6. A Breast of Veal Roasted

Second Course

1. An Artichoak Pye
2. A Venifon Pasty
3. Lobfters and Salmon
4. A Dish of Peafe
5. A Gooseberry-Tart
6. A Dish of Strawberries

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*To Make a CHICKEN-PYE*

**A**FTER you have Truft your chickens, then break their Legs and Breast-bones, and raife your cruft of the beft Pafte, lay them in a Coffin clofe together, with their bodies full of butter, then lay upon and underneath them, Currans, great Raifins, Pruans, Cinnamon, Sugar, whole Mace and Sugar, whole Mace and Salt; then cover all with good ftore of butter, and fo bake it; then pour into it white-wine, rofe-water, fugar, cinnamon, and vinegar mixt together, with Yolks of two or three Eggs beaten amongft it, and fo ferve it.

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*To Make a HEDG-HOG PUDDING*

**P**UT some Raifins of the Sun into a deep wooden Dish, and then take some grated bread, and one pint of sweet Cream, three yolks of Eggs, with two of the whites, and some Beef Suct, grated Nutmeg and Salt, then fweeten it with fugar, and temper it all well together, and fo lay it into the difh upon the Raifins, then tye a cloath about the difh, and boyl it in Beef-broath and when you take it up lay it in a pewter Dish, with the Raifins uppermoft, and then

## What Salem Dames Cooked

stick blanched Almonds very thick upon the pudding, then melt some butter and pour it upon the pudding, then strew some sugar about the dish, and serve it.

### *To Make a PYE WITH PIPPINS*

**P**ARE your pippins, and cut out the cores, then make your Coffin of crust, take a good handful of Quinces sliced and lay at the bottom, then lay your pippins a top, and fill the holes where the core was taken out with Syrup of Quinces, and put into every Pippin a piece of Orangado, then pour on the top Syrup of Quinces, then put in Sugar, and so close it up, let it be very well baked, for it will ask much soaking, especially the Quinces.

### *To Make an ORANGADO PYE*

**M**AKE a handsome thin Coffin, with hot butter'd Paste, slice fine Orangado, and put over the bottom of it, then take some pippins; and cut every one into eight parts, and lay them in also upon the Orangado, then pour some syrup of Orangado, and Sugar on the top, and so make it up, and bake it and serve it up with sugar scraped on it.

### TYPICAL PRICES *in* early New England

1632-1650	1700	1740
4 eggs, 1d.	Salmon, 1d. lb.	"Butcher's meat: beef, mutton, lamb, veal, averaged 2d. a lb.; the very best, 6d;
1 qt. milk, 1d.	Cider, 6 to 7s. gal.	turkeys, 2s.; a twelve
1 lb. butter, 6d.	Turnips, 1s. 3d. bu.	pound cod, 2d.; sal-
1 qt. beer, 6d.	Apples, 10s. bu.	mon about 1d. a lb.;
1 lb. cheese, 5d.	Cinnamon, 14s. lb.	large lobsters, 3 half
1 bu. corn, 6s.	Cloves, 20s. lb.	pence; butter, 3d.
1 warming pan, 5s. 6d.	Nutmegs, 20s. lb.	The diet of large
1 pair spectacles, 2s.	Bohea tea, 25s. lb.	towns and affluent
1 pair andirons, 10s.	Snuff, 16s. lb.	people."
Apples, 6 to 8s. bu.	Molasses, 13d. gal.	
Beef, 3d. lb.	N.E. rum, 4s. 10d. gal.	
Pork, 4d. lb.	Butter, 18d. lb.	

FROM  
"The Frugal Housewife"  
1730

*To Make GOOD WIGS*

**T**O four Pounds of fine Flower, take one Pound of good Butter, half a Pound of fine Sugar, a handful of Carraway Comfits or Seeds, and a little Rose-Water; work it up with a Pint of good Ale-yeast strained and as much milk as will wet them warmed: put in some Ginger, and work them up light and set them in a warm Place to rise: make them in Bigness as you think fit, and bake them on Iron Plates in a quick Oven: they will be done in half a quarter of an Hour.

*To Carbonade a BREAST OF MUTTON*

**T**AKE a breast of mutton, half bone it, knick it across. Season it with pepper and salt, then broil it before the fire whilst it be enough, Strinkling it over with bread crumbs: let the same be a little Gravy and butter and a few shred capers: put it upon the dish with the mutton. Garnish it with horse-radish and pickles. This is proper for a side-dish at noon or a bottom dish at night.

*"You shall see first the large and chief  
Foundation of your feast, fat beef;  
With upper stories, mutton, veal  
And bacon, which makes full the meal,  
With several dishes standing by  
As, here a custard, there a pie  
And here, all tempting, frumenty."* HERRICK

**BURNT CREAM**

**B**OIL a stick of cinnamon in a pint of cream, four eggs well beat, leaving out the whites; boil the cream and thicken it with the eggs as for a custard: then put it in your