

WHAT WE COOK ON CAPE COD

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649019854

What We Cook on Cape Cod by Amy L. Handy

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

AMY L. HANDY

**WHAT WE COOK
ON CAPE COD**



CLAMBAKE ON CAPE COD.

WHAT WE COOK
ON
CAPE COD



COMPILED BY AMY L. HANDY

PUBLISHED BY
THE SHAWME PRESS, INC.
SANDWICH, MASS.

1916

641.61
H 23w

Copyright, 1911
By the Barnstable Village Improvement Society.
Revised and Enlarged.

78.513

❖ Foreword ❖

A Cape Cod cook book! you who stray
Far from the old sand-bordered Bay,
The cranberry bogs, the tossing pines,
The wind-sweet beaches' frothing lines,
You city dwellers who, like me,
Were children, playing by the sea,
Whose fathers manned the vanished ships—
Hark! do I hear you smack your lips?

A Cape Cod cook book! My, oh my!
I know that twinkle in your eye,
And why you're pricking up your ears,
You've turned the clock back thirty years.
I know that smile of yours; it tells
Of chowder, luscious as it smells;
And when you laugh aloud, you dream
Of berry dumpling, bathed in cream.

A Cape Cod cook book! Why, I'll bet
The doughnut crock could tempt you yet!
Those Cape Cod doughnuts! Yes, you'll take
A few of those, and then some cake—
The frosted kinds—and—let me see—
Some pie, of course, and—Mercy me!
You can't go on; it wouldn't do!
One takes on weight at forty-two.

A Cape Cod cook book! Here they are!
A breath from every cookie jar,
A whiff from ovens spicy sweet,
Two hundred secrets—good to eat!
Thanksgiving, clambake, picnic grove,
Each lends a taste, a treasure trove;
And here they are for you to buy—
What's that? You've bought one? So have I.

Joseph C. Lincoln.

Harwichport, Mass.
August, 1911.

WHAT WE COOK ON CAPE COD

"Above all, let all women, pretty and plain, married and single, study the art of cooking."—Elizabeth and her German Garden.

❖ Soups ❖

Daniel Webster's Clam Chowder.—Two quarts of clams. Separate the bags from the shoulders. Strain off the liquor to settle. Chop the heads and shoulders quite fine. Pare and slice eight potatoes. Cut up a good sized slice of pork and fry out. Eight hard crackers soaked. Throw into the kettle chopped clams, a little salt and pepper, then a layer of potatoes. Pour over the strained liquor, then add sufficient cold water to quite cover the whole. Cook until the potatoes are done, then add the soft part of the clams, crackers, one pint of milk. Boil eight minutes and serve hot. Onions if you like.—[Mrs. Barney Davis.

Cape Cod Clam Chowder.—One quart of clams, thoroughly cleaned. One quart of milk, one good sized onion, six potatoes, four slices of pork, one tablespoonful of butter, three crackers, broken, pepper. Fry out the pork and then put in the sliced onion and cook a few minutes; put them into a large kettle and add the sliced potatoes; boil them till soft in water to cover them; add the clam water (after straining), then the clams. Cook five minutes, then add the quart of milk and when it comes to a boil add butter, cracker and pepper. Enough for six or eight persons.—[Mrs. E. D. Crocker.

Clam Broth with Whipped Cream.—To a quart of clams, add a pint of water, and simmer on the back of the range an hour. Take off and strain. Have bouillon cups filled with hot water five minutes or more before serving. Heat broth, turn water from cups and fill with broth about two-thirds full. Cover with whipped cream.—[Miss Julia G. Davis.

SOUPS

Yacht Oyster Soup.—Two quarts of milk, one head of celery, one half pound of butter, one cup of rolled crackers, salt, a pinch of red pepper. Boil the milk with the celery, strain off the celery, set the milk back on the stove, add the butter and the seasoning, 100 small oysters. Let it simmer a little, till the edges of the oysters curl. Thicken with the cracker and serve at once. Old-fashioned receipt.—[Grace B. Holway.]

Oyster Chowder.—Two slices of fat pork, cut in dice; one onion, sliced thin; one pint oysters; one pint potatoes, cut as for French fried; one quart very rich milk; one-half cup fine cracker crumbs, salt and pepper.

Fry the pork and onions together, but do not let them brown. Cook the oysters in their own liquor until just plump and add the pork, onion and potatoes that have been boiled till tender. Mix in the cracker crumbs and hot milk. Let the chowder stand where it will not cook for half an hour. This "ripens" it and brings out the flavor.—[Mrs. E. A. Handy.]

Lobster Soup.—Put the bones of the lobster on to boil in water enough to cover them. Boil one quart of milk. Fry one slice of onion cut fine in one tablespoon of butter. When the onion is yellow, skim it out and add to the butter two tablespoons flour. Add gradually the boiling milk. Season highly with salt and pepper. Boil 15 or 20 minutes. Dry the coral and sift it into the soup. Add enough of the water in which the bones were boiled to make it the proper thickness. Put the fat of the lobster into the tureen. Pour the soup over it. Add one cup of lobster meat cut in small pieces.—[Miss H. L. Day.]

Lobster Soup.—One good sized or two small lobsters chopped not very fine, three hard crackers pounded very fine. Mix the cracker and tom-alley with a piece of butter size of an egg. Add pepper and salt to taste and work all well together. Boil one