

**THE POCUMTUC HOUSEWIFE,
A GUIDE TO DOMESTIC
COOKERY AS IT IS PRACTISED
IN THE CONNECTICUT VALLEY**

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The Pocumtuc Housewife, a Guide to Domestic Cookery as it is Practised in the connecticut valley by Several Ladies

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SEVERAL LADIES

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THE
POCUMTUC HOUSEWIFE

A GUIDE TO
DOMESTIC COOKERY
AS IT IS PRACTICED IN THE CONNECTICUT VALLEY

*To which are added plain directions for soap making,
brewing, candle dipping, dyeing, clear starching, caring
for the sick and all duties of a careful housewife.*



*Especially adapted to the use of young wives who come
from outside places and are not conversant with the ways
of the Valley, and of female orphans who have not had a
mother's training.*

BY SEVERAL LADIES

DEERFIELD

First Edition 1805
Reprint with additions 1897
Revised 1906

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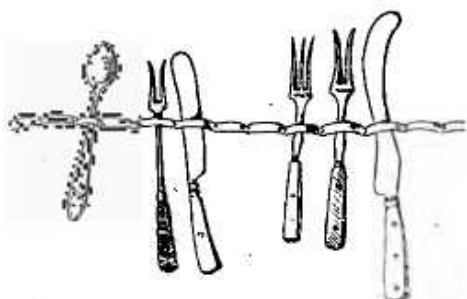
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Advertisement to First Edition

AS the directions which follow, were intended for the conduct of the families of the authoress's own Daughters, and for the arrangement of their Table, so as to unite a good Figure with proper Economy, she has avoided all excessive luxury, such as essence of Ham, and that wasteful expenditure of large quantities of meat for Gravy, which so greatly contributes to keep up the price, and is no less injurious to those who eat, than to those whose penury bids them abstain. Many receipts are given for things which, being in daily Use, the mode of preparing them may be supposed too well known to require a place in a cookery book; yet how rarely do we meet with fine melted butter, good Toast and water, or well made Coffee! She makes no apology for minuteness in some articles or for leaving others unnamed, because she writes not for professed Cooks. This little work would have been a treasure to herself, when she first set out in life, and she therefore hopes it may be useful to others. In that idea it is given to the public, and as she will receive from it no Emolument, so she trusts it will escape without Censure.

Note to the Revised Edition of 1906

THE authoress's own Daughter is now an elderly Centenarian. She has steadily kept these wise counsels in her head and heart through trying changes. She has seen the Treasures of her youth set aside for Meretricious Innovations. Now she sees them brought forth again with greater Honor. Garrets are ransacked to furnish Parlours, and, in lack of Heirlooms, new Brides buy for their setting out new pieces made to look like old. But with all this Restoration, no one brings back the old Ways. Fireplaces are built but who cooks at them? Empty platters and plates are held sacred but the content for which alone they existed are forgotten. Yet surely a dish of Victuals had a closer connection with a Grandfather than a dish of Canton China. The blood it fed still flows in living veins. But who honors it or knows its virtues? Only a few, now well into years, who used the brick Oven and the Roasting-spit and lament their passing. And so, lest this knowledge be lost, this little book goes forth again in the hope that some young and Ignorant wife may see and profit by it. She may be placed in a house without oven or Kitchen fireplace. If so, she cannot hope to excel, but by carefully following as far as may be the rules here given, and using her Imagination, she may be able to forget her stove-cooked food and Emulate the Past.



What to Eat.

It will not be out of place to suggest to a Novice what will be expected in the way of Meals in a farmer's household with a good many hands to feed.

For Breakfast.

For Sunday morning in winter fry the hasty-pudding that was left over from Saturday night's supper. Eat it with West India molasses or Muscovado sugar. In summer fried pudding is too heating. Pancakes with Cider and Sugar are better. Flapjacks are good on holidays or when the men folks are not working hard. Week day mornings farmers want some meat that can be cooked quickly, so as to let them go to the meadows before the sun is up. Sausages, Ham, Souse, fried Pork and eggs, or pork and apple with a milk gravy, with Irish potatoes boiled, are always handy. Salt Mackerel and Shad freshened over night and boiled are good. When the Shad catch comes, buy a Barrel of them and salt them yourself. They are very nice. Johnny cake or hoe cakes are a good change from Rye

and Indian bread. It is always best to keep flour bread in the house, but with a large family of farm hands or apprentices it cannot be eaten commonly. Nut cakes are expected for breakfast and some times Pye.

It is a good Rule for young children to eat a Bowl of bread and milk in the morning before coming to the table.

For Dinner.

Some families like to get up a great dinner on Sundays and have friends who drive to Meeting from a distance come in for the Nooning. There is no objection to this if everything is prepared the day before. The meat should be plain Roast so that it can be started and left. A young child can tend the Spit while the rest of the family is away. In winter the Pyes should be put on the hearth before meeting, also, so as to thaw gradually. If you wish to avoid the necessity of keeping anyone at home, get some rice Porridge or brewis and cold meat. This with Pye is enough for anyone on a leisure day. For a week day dinner boiled corned beef and pork with a pudding and seasonable vegetables is a standard dish, and always relished by working men. Lay in a good supply of Turnips and cabbages, Pumpkins and squashes. Calf's head and pluck makes a filling meal. You can have fresh meat frequently, even in warm weather, if when you kill a sheep or calf you pass it around to the neighbors, and they return the Compliment when they kill. It is usually safer to wait for cool Weather before killing beef and pork, for by so doing you can have them the year round. Freeze what you need to keep for winter use. Put down a barrel of pork and another of beef, and when spring comes, why, there you are! Fowls are always to be had. When the team goes to Boston in the winter

with a load to sell, have it bring back a fifty pound fresh codfish, and a barrel of oysters along with the molasses and sugar supply. The fish will keep frozen for weeks. A piece can be sawed off and thawed when needed. It can be salted down, and is much better than store codfish.*

For company and great occasions, of course roast pig and turkey and various delicacies will be cooked. These suggestions are for every day.

Supper.

Arrange the cold meat and vegetables left from dinner on a large platter for the men folks. Saturday night they will expect hasty-pudding and milk, or Samp when corn is new. Brown bread and Milk with pumpkin stewed dry, or baked sweet Apples, or huckleberries, are liked on a hot summer afternoon, especially if the milk is hung down the well and cooled. Pie and gingerbread and custards are good enough for common use. Keep a loaf of Rich Cake on hand for unexpected company.

* Store Codfish is not bad eating if properly cooked, but both it and the people who eat it are held in disrepute. They used to say that the Wisdom men came to the store every Saturday night to get a codfish for Sunday, until the loafers began to sing:

"Conway for beauty, Deerfield for pride.
If it hadn't been for Codfish, Wisdom would have died."

as soon as a Wisdomite appeared.