

THE U.S. HISTORY COOKBOOK

**DELICIOUS RECIPES AND
EXCITING EVENTS
FROM THE PAST**

Joan D'Amico
Karen Eich Drummond, Ed.D., R.D.

Illustrations by Jeff Cline
and Tina Cash-Walsh



WILEY

John Wiley & Sons, Inc.

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Summary: Chapters discuss different time periods in American history, focusing on typical foods and cooking styles. Includes recipes for such dishes as pumpkin bread, Virginia ham with cherry sauce, and buckwheat griddle cakes.

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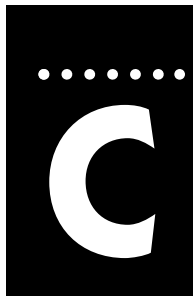
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We would like to solemnly and respectfully dedicate this book to all of the families who lost loved ones on September 11, 2001, and to the American people who continue to make this the greatest nation in the world.



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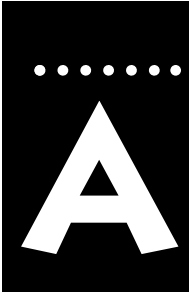
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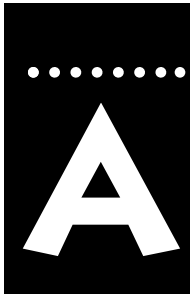


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ABOUT THIS BOOK

American history isn't just about important people, places, and events. It is also about what foods people ate and where they got their food. This book will help you explore the history of food along with the history of the United States. Each chapter discusses a different period in American history, tells you about typical foods and cooking styles of the time, and includes recipes you can make.

Just think of the places you'll go! Visit the Louisiana Territory and learn about Creole and Cajun foods. (Be sure to make the King Cake for the Mardi Gras Festival!) Ride with the cowboys in Texas and eat tacos and chili around the chuck wagon. Camp out with pioneers and cook up a real pioneer breakfast on the trail west. You'll dine on the transcontinental railroad, cook foods from your World War II victory garden, or eat Peace, Love, and Crunchy Granola from the 1960s.

Before you start this book, be sure to read the "Discovering the Kitchen" section that starts on page 3. It covers the basics on kitchen safety, utensils, cooking terms, and measuring. Each recipe lists how much time you will need to make it, the kitchen tools you'll need, and the number of servings it makes.

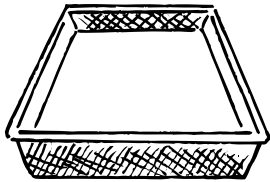
From the first Thanksgiving to the end of the twentieth century, we hope you appreciate the diversity and the cooking traditions of the people who have made American cooking as exciting as it is today. Enjoy your trip along the timeline of American food and cooking.



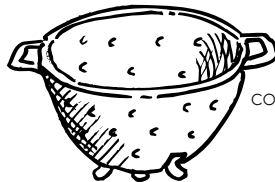
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DISCOVERING THE KITCHEN

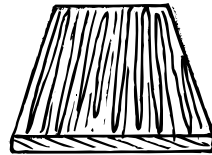
TOOLS OF THE TRADE



baking pan



colander

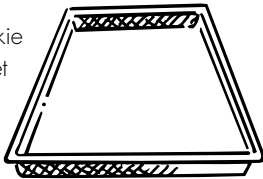


cutting board

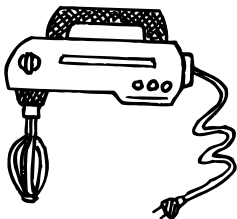
biscuit cutter



cookie sheet



electric blender



electric mixer

Let's take a close look at the cooking equipment in your kitchen. These are the basic tools you'll need to prepare the recipes in this book. Any kitchen tools that are used in only one or two recipes are described within those recipes.

baking pan A square or rectangular pan used for baking and cooking foods in the oven. The most common sizes are 9 x 13-inch and 8-inch square.

biscuit cutter A round outline, usually made from metal, used to cut biscuits from dough.

colander A large perforated bowl used for rinsing food and draining pasta or other foods.

cookie sheet A large rectangular pan with no sides or with half-inch sides, used for baking cookies and other foods.

cutting board Made from wood or plastic, cutting boards provide a surface on which to cut foods.

egg separator A small, shallow metal cup with slots used to separate the egg whites from the yolk. The yolk sits in the middle while the whites drop through the slots into a bowl.

electric blender A glass or plastic cylinder with a rotating blade at the bottom. A small motor in the base turns the blade. The blender has different speeds and is used for mixing, blending, grinding, and pureeing.

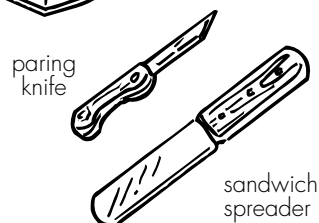
electric mixer Two beaters that rotate to mix ingredients together. Used for mashed potatoes, cake batters, and other mixing jobs.

grater A metal surface with sharp-edged holes used for shredding and grating foods such as vegetables and cheese.



knives:

- **paring knife** A knife with a small pointed blade used for trimming and paring vegetables and fruits and other cutting jobs that don't require a larger knife. (Most recipes in this book call for a knife. You will find the paring knife works well in most situations.)
- **peeler** A handheld tool that removes the peel from fruits and vegetables.
- **sandwich spreader** A knife with a dull blade that is designed to spread fillings on bread.
- **table knife** A knife used as a utensil at the table.



layer cake pans Round metal pans used to bake layers of a cake.



measuring cups Cups with measurements ($\frac{1}{2}$ cup, $\frac{1}{3}$ cup, etc.) on the side, bottom, or handle. Measuring cups that have spouts are used for liquid ingredients. Measuring cups without spouts are used for dry ingredients such as flour.



measuring spoons Used for measuring small amounts of foods such as spices. They come in a set of 1 tablespoon, 1 teaspoon, $\frac{1}{2}$ teaspoon, and $\frac{1}{4}$ teaspoon.



microwave dish A dish that can safely be used in the microwave oven. The best microwave dishes say "microwave safe" on the label. Don't use metal pans, aluminum foil, plastic foam containers, brown paper bags, plastic wrap, or margarine tubs in the microwave.



mixing bowls Round-bottomed bowls used for mixing and whipping all kinds of foods. Depending on the amount of ingredients, a large, medium, or small bowl may be used.

muffin tins Metal or glass pans with small, round cups used for baking muffins and cupcakes.





frying pan



saucepan



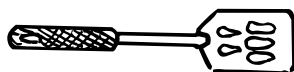
pastry blender



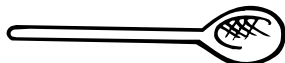
rolling pin



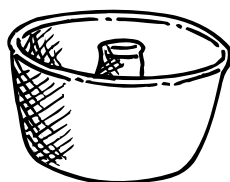
rubber spatula



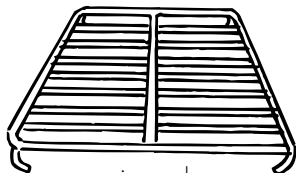
spatula



wooden spoon



tube pan



wire rack

pans:

- **frying pan** (also called a sauté pan) Used for cooking foods, such as hamburgers or onions, in hot fat.
- **saucepan** (also called a pot) Used for general stovetop cooking, such as boiling pasta or simmering a sauce.

pastry blender A group of stiff wires attached to both ends of a handle. It is used, with a rocking motion, to blend butter or margarine into flour and other dry ingredients to make a dough.

rolling pin A wooden or plastic roller used to flatten items such as pie crust and biscuit dough.

rubber spatula A flat, flexible rubber or plastic tip on a long handle. It is used to scrape bowls, pots, and pans and for **folding** (a gentle over-and-under motion) ingredients into whipped cream or other whipped batter.

spatula A flat metal or plastic tool used for lifting and turning meats, eggs, and other foods.

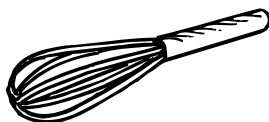
spoons:

- **teaspoon** A spoon used for measuring. Also the name for the spoon normally used as a utensil at the table.
- **wooden spoon** Used for mixing ingredients together and stirring.

tube pan A metal cake pan with a center tube used for making angel food cakes, Bundt cakes, and special breads.

wire rack Used for cooling baked goods.

wire whip Used especially for whipping egg whites and cream.



wire whip