

Wood Cook Stove Recipes



This period hearth at Old Sturbridge Village shows one of the time-saving modern conveniences of the day, a reflector oven, or "tin kitchen," which was used to speed cooking times.

The recipes below are excerpted from the Old Sturbridge Village Cookbook: *Authentic Early American Recipes for the Modern Kitchen*, Third Edition. Edited by Debra Friedman and Jack Larkin, Globe Pequot Press. Available at www.shopOSV.org or (800) SEE-1830.

Pot Roast or Beef à la Mode

“Tie up a round of beef so as to keep it in shape; make a stuffing of grated bread, suet, sweet herbs, quarter of an ounce of nutmeg, a few cloves pounded, yolk of an egg. Cut holes in the beef, and put in stuffing, leaving about half the stuffing to be made into balls. Tie the beef up in a cloth, just to cover it with water, let it boil an hour and a half; then turn it, and let it boil an hour and a half more; then turn out the liquor, and put some skewers across the bottom of the pot, and lay the beef upon it, to brown; turn it that it may brown on both sides. Put a pint of claret, and some allspice and cloves, into the liquor, and boil some balls made of the stuffing in it.”

++*The American Frugal Housewife*, 1832

Stuffing

2 cups grated bread crumbs
1/4 cup finely chopped suet
1 teaspoon herbs: basil, thyme, sage, or parsley
1/2 teaspoon pepper
1/4 teaspoon nutmeg
1/4 teaspoon cloves
1 teaspoon salt
1 egg yolk

Pot Roast

5 or more pounds beef: brisket, rump, chuck, shoulder

Cheesecloth to wrap meat, optional

String

2 cups boiling water, more for hearth cookery

2 cups claret

1/2 teaspoon allspice

1/2 teaspoon cloves

Combine bread crumbs, suet, herbs, salt, and egg yolk to make stuffing.

Cut holes into the roast to insert half of stuffing mixture. Make remaining stuffing mixture into 1-inch balls and chill.

Wrapping the meat is optional. (Cover meat with a clean white cheesecloth and tie securely with string.)

Place meat in preheated heavy hanging kettle with lid. Just cover with hot water and bring to a rapid boil over a hot fire.

Maintain boiling or close to boiling temperatures for 1 1/2 hours. Then turn meat and check cooking liquid to see that it is not boiled away and boil for 1 1/2 hours longer.

Take meat out of pot, remove cheesecloth, and brown on all sides in a hanging skillet or over hot coals.

While the meat is being browned, continue to cook the broth over hot fire until it is reduced by half. Add claret, allspice, and cloves. Drop stuffing balls into gravy. Simmer for 15 minutes before serving.

Yield: 2 servings per pound

Mince Meat, to Serve on Toast

“There is a great difference in preparing mince meat. Some make it a coarse, unsavory dish; and others make it nice and palatable. No economical house-keeper will despise it; for broken bits of meat and vegetables cannot so well be disposed of in any other way. If you wish to have it nice, mash your vegetables fine, and chop your meat very fine. Warm it with what remains of sweet gravy or roast-meat drippings, you may happen to have. Two or three apples, pared, cored, sliced and fried, to mix with it, is an improvement. Some like a little sifted sage sprinkled in.

It is generally considered nicer to chop your meat fine, warm it in gravy, season it, and lay it upon a large slice of toasted bread to be brought upon the table without being mixed with potatoes but if you have cold vegetables, use them.”

++*The American Frugal Housewife*, 1832

2 cups leftover roast, pot roast, etc.
1 cup cooked chopped vegetables
Beef drippings or butter
2 cups apples, pared, cored, and sliced
2–3 cups gravy
1/2 teaspoon sage
Toast points

Chop leftover roast. Combine meat and vegetables.

Melt drippings or butter in a large hanging skillet and fry apples until soft.

Make a gravy by combining 1 cup each of flour and water, heated and seasoned with salt and pepper.

Add chopped meat, vegetables, gravy, and sage to the apples in the skillet and heat slowly.

Serve on toast.

Yield: 6 servings

Winter Vegetable Soup

“To every gallon of water allow, when cut down small, a quart of the following vegetables: Equal quantities of turnips, carrots, and potatoes, three onions, two heads of celery, and a bunch of sweet herbs. Fry them brown in a quarter pound of butter. Add the water with salt and pepper and boil it till reduced to three quarts, and serve with fried toasted bread.”

++*The Practice of Cookery*, 1830

1 cup chopped onion
3 stalks celery
1 pound carrots, peeled and sliced
1 turnip, peeled and sliced
4 potatoes, chopped
4 ounces butter
2 quarts boiling water
1 teaspoon salt
1/2 teaspoon pepper
1 teaspoon sage
1 teaspoon marjoram
1 teaspoon parsley
1 teaspoon summer savory

Hearth Method:

Peel and chop vegetables.

Melt butter in a large hanging kettle and heat until bubbly.

Take kettle from crane and place over hot coals to sauté vegetables.

Add water and herbs and finish cooking by hanging kettle from crane.

Simmer 45 minutes. Correct seasoning. Garnish with croutons if desired.

Yield: 8–10 servings

Marlborough Pudding

“Take 12 spoons of stewed apples, 12 of wine, 12 of sugar, 12 of melted butter and 12 of beaten eggs, a little cream, spice to your taste; lay in paste No.3, in a deep dish; bake one hour and a quarter.”

++*American Cookery*, 1796

Juice of 1 lemon

3/4 cup stewed, pureed apples

3/4 cup white sugar

3/4 cup sherry

4 eggs

6 Tablespoons butter

1/2 cup heavy cream

2 teaspoon grated nutmeg (or to taste)

1/2 recipe for Puff Pastry for Filled Turnovers (see recipe below)

Using a redware bowl over hot coals, melt the butter and set aside to cool.

Squeeze lemon and remove seeds.

Add lemon to stewed apples, sherry, cream, and sugar and mix well.

Add melted butter to mixture, blending well.

Beat eggs and add to mixture.

Prepare puff pastry. Line deep, 8-inch pie plate with pastry.

Season with grated nutmeg and spoon mixture into prepared pie plate.

Bake 1 hour in hot bake-oven, or preheated Dutch oven, with coals on lid and below.

Yield: one 8-inch deep-dish pie

Chicken Fricassee, Brown

“Singe the chickens; cut them in pieces; pepper, salt, and flour them; fry them in fresh butter, till they are very brown: take the chickens out, and make a good gravy, into which put sweet herbs (marjoram or sage) according to your taste; if necessary, add pepper and salt; butter and flour must be used in making the gravy, in such quantities as to suit yourself for thickness and richness. After this is all prepared, the chicken must be stewed in it, for half an hour, closely covered. A pint of gravy is about enough for two chickens; I should think a piece of butter about as big as a walnut, and a table-spoonful of flour, would be enough for the gravy. The herbs should, of course, be pounded and sifted. Some, who love onions, slice two or three, and brown them with the chicken. Some slice a half lemon, and stew with the chicken. Some add tomatoes catsup.”

++*The American Frugal Housewife*, 1832

Note: Fricassee is formed from the French words *frir* (to fry) and *casser* (to break), which describe the cooking technique employed in this dish. The chicken is cut into pieces and then fried. Fricassee also utilizes another often-used method of preparing chicken -- twice-cooking. The chicken is first fried and then simmered or stewed, which tenderizes the fowl.

3–4 pounds chicken, cut up, or parts
2–3 onions
3/4 cup flour
1 teaspoon salt
1 teaspoon pepper
1/4–1/2 cup butter
2 cups boiling water
1 Tablespoon sage or marjoram
1/2 lemon, optional
1/2 cup catsup, optional (recipe follows)

Slice onions and lemon, and set aside.

Rinse chicken.

Mix flour, salt, and pepper. Dredge chicken with seasoned flour. Reserve leftover seasoned flour. Melt butter in a hanging pot or large hanging skillet. Fry chicken pieces for five minutes on each side or until browned. Add more butter, if needed. Remove chicken. Fry onions.

Push onions to one side and allow remaining butter to drain down to one edge of skillet. There should be 2 Tablespoons or more butter remaining in skillet. Add an equal amount of the remaining seasoned flour. Stir to make a paste, push pot back over fire, and cook briefly. Carefully add boiling water away from the fire, stirring until gravy thickens.

Season with herbs and lemon or catsup, if desired. Add chicken. Cover closely and simmer for about 1/2 hour. If there is too much fat, skim it off before serving.

Yield: 1 serving per 3/4 pound

Catsup

“The best sort of catsup is made from tomatoes. The vegetables should be squeezed up in the hand, salt put to them, and set by for twenty-four hours. After being passed through a sieve, cloves, allspice, pepper, mace, garlic, and whole mustard-seed should be added. It should be boiled down one third, and bottled after it is cool. No liquid is necessary, as the tomatoes are very juicy. A good deal of salt and spice is necessary to keep the catsup well. It is delicious with roast meat; and a cupful adds much to the richness of soup and chowder. The garlic should be taken out before it is bottled.”

++*The American Frugal Housewife*, 1832

Tomatoes

Salt

Whole cloves

Whole allspice berries

Mace

Pepper

Garlic

Mustard seed

Chop and crush fresh, ripe tomatoes. For every 4 good-sized tomatoes, sprinkle 2 Tablespoons of salt. Cover and refrigerate for 24 hours.

Puree tomatoes in a blender or food mill and measure.

To each quart of puree, add 4 whole cloves, 4 whole allspice berries, 1/8 teaspoon mace, 1 teaspoon pepper, 1 garlic clove, and 1/2 teaspoon mustard seed.

Simmer slowly in a tin-lined pan to blend flavors and reduce by one-third to one-half. This will take approximately 2–2 1/2 hours, depending on the quantity and kind of tomatoes used and the type of pan. (It will take less time if an uncovered electric skillet is used.) The catsup will be brown and is ready when the liquid has boiled away. Remove garlic before packing in sterilized pint jars. Seal according to manufacturer's directions.

Yield: 1 pint per 4 large tomatoes

Chicken Fricassee, White

“The chickens are cut to pieces, and covered with warm water, to draw out the blood. Then put into a stew-pan, with three quarters of a pint of water, or veal broth, salt, pepper, flour, butter, mace, sweet herbs pounded and sifted; boil it half an hour. If it is too fat, skim it a little. Just before it is done, mix the yolk of two eggs with a gill of cream, grate in a little nutmeg, stir it up till it is thick and smooth, squeeze in half a lemon. If you like onions, stew some slices with the other ingredients.”

++*The American Frugal Housewife*, 1832

3-pound whole chicken, or parts
Large onion, optional
2 Tablespoons butter
2 Tablespoons flour
1 1/2 cups hot water or broth
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon mace
1 Tablespoon sage or marjoram
2 egg yolks
1/4 cup cream
1/4 teaspoon nutmeg
Juice of 1/2 lemon

Cut chicken into small pieces (soak in warm water only if freshly killed). If desired, cut onion into thin slices.

In a large hanging skillet, melt butter and add flour to make a paste. Stir in hot water or broth, and continue stirring until it thickens. Add chicken, onion if desired, salt, pepper, mace, and sage or marjoram. Cook for 30–45 minutes in all. Before serving, skim fat if necessary.

Just before serving, remove skillet from fire to add beaten egg yolks, cream and nutmeg. Pour slowly into chicken and sauce. Squeeze lemon over all and heat through, but do not boil.

Yield: 1 serving per 3/4 pound

The following recipes come courtesy of food historian Dr. Alice Ross and her Hearth Studios (www.alicross.com).

Mrs. Isaac Cocks' Corn Bread

ca. 1830, Long Island

(Long Island Studies Institute Archives)

2 bowls Indian meal
1 bowl sweet milk
1 bowl sour milk
4 Eggs
2 tea cups wheat flour
2 table spoons sugar
1 table spoon molasses
2 1/2 teaspoons saleratus (baking soda)
Butter the size of an egg.

Place butter into a small covered Dutch oven and preheat by placing one large shovelful of coals underneath and two shovelfuls on lid. Preheating takes about 5 minutes.

Meanwhile, mix dry ingredients in large bowl. Drop wet ingredients over dry and mix briefly, leaving it lumpy.

Immediately, pour half of the melted butter into batter and stir briefly, mixing partially.

Pour quickly into heated Dutch oven, replace the lid, and resume baking on the hearth as before.

Bake for about 30 minutes, or until sides pull away and center is firm. Serve hot.

Serves 10.

Apple Fritters

Hannah Glasse, *Art of Cookery*, London: 1796

"To make hefty fritters, take a stew-pan, put in some butter, and let it be hot. In the mean time take a half a pint of all ale (not bitter) and stir in some flour by degrees in a little of the ale; put in a few currants, or chopped apples, beat them up quick, and drop a large spoonful at a time all over the pan: take care they do not stick together, turn them with an egg-slice, and when they are of a fine brown, lay them in a dish, and throw some sugar over them. Garnish them with orange cut into quarters.

"To make fine fritters, dry some of the finest flour well before the fire; mix it with a quart of new milk, not too thick, six or eight eggs, a little nutmeg, a little mace, a little salt, and a quarter of a pint of sack or ale, or a glass of brandy: beat them well together, then make them pretty thick with pippins, and fry them dry."

Adaptation

2 cups milk

Enough flour to make a loose batter

3-4 eggs

Pinch nutmeg

Pinch mace

Pinch salt

1/4 cup sherry, ale, or brandy

6 large apples, peeled and cored

Butter for frying

Combine batter ingredients.

Slice or chunk apples into the batter.

Heat frying pan. Melt enough butter to fill pan to about 1/2-inch depth.

When hot, but not smoking, add apple rings or chunks in small mounds.

When golden brown, flip and brown the other side.

Drain and remove to a platter. Sprinkle with sugar and garnish with orange quarters.

Serve warm.

Glazed Carrots or Parsnips

Adapted from Fanny Pierson Crane, New Jersey, ca. 179

1 1/2 pounds carrots or parsnips
1 1/2 cups water
4 Tablespoons butter
1/2 teaspoon salt
1 cup heavy cream
Freshly ground black pepper
2 Tablespoons sugar
2 Tablespoons fresh parsley, mint, or lemon verbena

Simmer whole vegetables, uncovered, in just enough water to cover.
When they test almost done, drain, cool, and scrape skin.
Cut large carrots or parsnips in halves or quarters, lengthwise.
Using a heavy wide pan with a tight-fitting lid, melt butter.
Replace vegetables in pan, adding salt and cream, pepper, and sugar.
Cook gently until cream is largely absorbed.
Sprinkle with minced herbs and serve.

19th Century Glazed Carrots or Parsnips

Omit cream.
Orange or lemon juice and zest
Melt butter in sauce pan, stir in 2-3 Tablespoons white or brown sugar, and fruit juice and zest.
Add prepared carrots or parsnips (as above), and saute for 3-4 minutes, or until they are coated and have absorbed the liquid.
Replace pepper with grated nutmeg, cardamom, or coriander.