

Fearless Martha – Receipts

(We call them recipes; colonial women called them receipts.)

Hasty Pudding

1 cup yellow corn meal
Butter
Maple syrup, brown sugar, molasses, or light cream

In a bowl, combine corn meal and 1 cup cold water. In heavy saucepan bring 3 cups water and 1/2 teaspoon salt to boiling. Carefully stir in the corn meal mixture making sure it does not lump. Cook over low heat, stirring occasionally for 10 to 15 minutes. Serve pudding with pat of butter and maple syrup, brown sugar, molasses or light cream. Makes 6 or 7 servings.

Hobnails

Ingredients

1½ Cup sifted flour
1 Egg, beaten
½ Cup shortening
1 Cup light brown sugar
½ Cup raisins
½ Tsp baking soda
1 Tsp cinnamon
1 Tsp vanilla
½ Tsp salt

Preparation

In a small mixing bowl, cream together shortening and sugar. Then add vanilla and beaten egg. Sift together all the dry ingredients and mix them well. Then, add raisins. Prepare small balls of the mixture. Place them on greased cookie sheet and bake for about 12-15 minutes at 375°F.

Colonial Brown Sugar Cookies

Ingredients

2 Cups flour
1 Cup shortening
1 Cup brown sugar
½ Cup sour cream
1 Egg
2 Tsp baking powder
½-1 Cup raisins
½-1 Cup nuts, chopped
½ Tsp nutmeg
½ Tsp soda
½ Tsp salt

Preparation

In a large bowl, mix together shortening, sugar, nutmeg, egg and salt. Then add flour, sour cream, baking powder and soda. Mix it well. Then, add nuts and raisins in this mixture. Drop a spoonful

of mixture, one at a time, onto a greased baking sheet, and bake at 325°F for about 12-15 minutes.

There are many recipes available online for your perusal. Cookies are just lots of fun, and usually the cafeteria will help with the baking.