



RECIPES FROM FANNY FARMER'S TIME

*From Boston Cooking-School Cookbook,
Fannie Merritt Farmer, 1896.*

The recipes in this collection are representative of cooking in America in the late 19th century, and the compilation of a cookbook shows the ways in which women were beginning to organize and act both within their traditional roles and outside of traditional expectations. The recipes are presented exactly as

written in 1896, and may not conform to current nutritional or food preparation standards. Try at your own risk.

PEANUT BUTTER COOKIES

From a 19th century recipe

2 Tablespoons butter
1/4 cup sugar
1 egg
1 teaspoon baking powder
1/4 teaspoon salt
1/2 cup flour
3 Tablespoons milk
1/2 cup finely chopped peanuts
1/2 teaspoon lemon juice

Cream the butter, add sugar, and egg well beaten. Mix and sift baking powder, salt, and flour; add to first mixture; then add milk, peanuts, and lemon juice. Drop from a teaspoon on an unbuttered sheet one-inch apart, and place one-half peanut on top of each. Bake twelve to fifteen minutes in a slow oven. This recipe will make twenty-four cookies. [A "slow oven" is about 300°F or 150°C.]



FANNIES GRIDDLE CAKES

2 cups flour
1/4 cup sugar
1 tsp salt
1 1/2 Tbsp baking powder
1 egg
2 cups milk
2 Tbsp melted butter

Mix all the dry ingredients into a bowl. In a liquid measuring cup, mix the wet ingredients and add the



wet to the dry. gradually mix together and cook on a hot griddle.

BAKED BANANAS

6 bananas
2 Tbsp butter, melted
1/3 cup brown sugar
2 Tbsp lemon juice

Remove skins from the bananas and cut in halves lengthwise. Place in a cookie sheet. Mix the melted butter, brown sugar, and lemon juice together. Baste bananas with one-half of the mixture. Bake twenty



minutes in a 300 degree oven, basting during baking with remaining mixture.

POPOVERS

1/4 teaspoon salt
1 cup flour
1 cup milk
2 eggs
1 teaspoon melted butter

Mix salt and flour; add milk gradually, in order to obtain a smooth batter. Add eggs, beaten until light, and butter; beat two minutes,—using egg-beater,—turn into hissing hot buttered iron gem pans, and bake thirty to thirty-five minutes in hot oven. They may be baked in buttered earthen cups, when the bottom will have a glazed appearance. Small round iron gem pans are best for Pop-overs.

* Half-fill buttered custard cups or muffin tins, put them in a cold oven and set the heat for 450 degrees. Bake for 15 minutes, then reduce heat 350 degrees and bake for another 15-20 minutes. (from Fanny Farmer's cookbook)

RAISED WAFFLES

1³/₄ cups milk
1 teaspoon salt
1 tablespoon butter
1/4 yeast cake (or 1/2 tsp instant yeast)
1/4 cup lukewarm water
2 cups flour

Yolks 2 eggs, beaten
Whites 2 eggs, stiff peaks

Scald milk; add salt and butter, and when lukewarm, add yeast cake dissolved in water, and flour. Beat well; let rise over night; add yolks of eggs well beaten, and whites of eggs beaten stiff. Cook same as Waffles.



*By using a whole yeast cake (or 2 tsp instant yeast), the mixture will rise in one and one-half hours.

SPICE CAKE

1/2 cup butter	2 ¹ / ₄ cups flour
1/2 cup brown sugar	1/2 teaspoon baking soda
1 egg	1 teaspoon cinnamon
Yolks 4 eggs	1/2 teaspoon clove
1/2 cup molasses	1/4 teaspoon grated nutmeg
1/2 cup milk	Few grains cayenne
	Few gratings lemon rind

White mountain cream (whipping cream)

Cream the butter, add sugar gradually, egg and yolks of eggs well beaten, molasses, milk. Mix and sift flour with spices, baking soda, cayenne, and lemon rind. Bake in a moderate oven (350 degrees) for one hour, and cover with White Mountain Cream.



CLASSIC CORN BREAD

Number of Servings: 12

3/4 Cup Corn Meal
1 cup Flour
1/3 Cup Granulated Sugar
3 tsp Baking Powder
3/4 tsp Salt
1 Cup Skim Milk
1 large Egg
2 Tbsp Butter, melted

Sift dry ingredients together. Mix wet ingredients into the dry ingredients. Spoon into greased 8x8 pan or 12 cup muffin tins. Bake about 20 minutes for the pan and 12-15 minutes for the muffins, at a 425



degree oven.

MICROWAVE CORNBREAD

A quick recipe submitted by Tamara Marcroft

1/4 cup butter
1/4 cup sugar
2 eggs
1 cup buttermilk
1 cup flour
2/3 cup cornmeal
1 tsp baking powder
1/4 tsp baking soda
1/2 tsp salt

DIRECTIONS:

Lightly mix in medium bowl. Pour into a greased pie plate. Microwave on HIGH for 6-7 minutes



UNCOVERED. Test for doneness with a toothpick. Eat with honey!