

# An English Tradition

## Mincemeat: A Tasty Morsel

For over a hundred years in England, mincemeat was the center of theological debate. Many deemed it unholy and for a while it was not made in any English home. However, by the time the English settlers arrived in Nova Scotia, mincemeat was a favourite in many English homes. Since mincemeat can be preserved, it proved very useful in the English settlers kitchens.

To make old-fashioned mincemeat you will need:

- 4 pounds lean beef (preferably round steak)
- 2 pounds fat pork
- 10 pounds cooking apples (peeled and cored)
- 2 pounds sultana raisins
- 2 pounds currants
- 3 packages mixed peel
- 3 cups granulated sugar
- 1 pint molasses
- 1½ teaspoons ground cloves
- 1 teaspoon allspice
- 1 teaspoon cassia
- 1 teaspoon ground nutmeg
- 1 teaspoon salt

Begin by boiling the beef and pork thoroughly. While the meat is boiling, prepare the fruit by putting it through a food chopper. Once the meat is boiled and partly cooled, put it through a food chopper too. Combine the meat and fruit and mix thoroughly. Add the sugar, molasses, spices, nutmeg and salt. Mix well. Store the mincemeat in tightly covered, sterilized bottles. The mincemeat will keep indefinitely. When ready to use the mincemeat, add a ½ cup of water for every 2 cups of mincemeat. Also, if desired, a ½ cup of dark rum or brandy may be added during the final mixing but before bottling.



A common use for mincemeat was making it into a pie. Above is a piece of mincemeat pie.

# A Classic Recipe

## A Sally Lunn Bun Recipe

It was said that during the 18<sup>th</sup> century in England, a young girl named Sally Lunn would ride her bike up and down the streets selling her homemade buns. These buns became quite popular and a local baker, who saw great potential in these buns, bought out her small business and named the buns after her.

To make Sally Lunn buns, you will need:

- 1 cup lukewarm milk
- 1 yeast cake
- ½ cup soft butter
- ¼ cup sugar
- 1 teaspoon salt
- 3 eggs, well beaten
- 3 ½ to 4 cups of flour

Dissolve the yeast in the lukewarm milk. Then stir in the butter, sugar, and salt. Add the beaten eggs. Gradually add the flour beating after each addition so that the dough is nice and smooth. Then cover and let the dough rise until it has doubled its size – about 1½ hours. Then spoon the dough into a greased 10 inch tube pan or fill a muffin tin, each cup filled all of the way. Let the dough rise for another hour. Then bake for 50-60 minutes, if the dough is in a large pan at 350°F or 10 minutes, if the dough is in a muffin tin at 400°F. Just before baking, sprinkle the batter with sugar.



A classic  
Sally Lunn Bun

# OUT OF OLD SACKVILLE KITCHENS: ENGLISH COOKING



Pictured above and below is the kitchen table in the Fultz House Museum kitchen.



FULTZ HOUSE  
MUSEUM



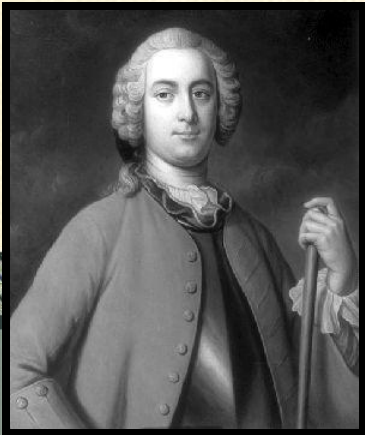
# An Old Sackville Kitchen in the 1700s

## An English Presence in Halifax in the 1700s

On June 21<sup>st</sup>, 1749, Colonel Edward Cornwallis arrived in the Chebucto Harbour with 2500 colonists in tow. However, the settlers who arrived were not like most. They arrived to a town that had been planned and was awaiting their arrival. To make sure this town would be inhabited, the British government offered many people advantages to draw them here. Some of these offerings were a free passage, free grants of land, a year's provisions, farming tools, guns and ammunition.

The first winter in Nova Scotia for the English settlers was very hard. Due to a lack of houses, a lot of settlers had to live on the ships they came on, huddling together for warmth. However, the cold was not the only enemy to the settlers. Their only food was rationed by the government and consisted of salt meat and hardtack. With this diet many settlers developed Typhus and come spring, almost a third of the English population in Nova Scotia had died.

As time went on, the English were able to adapt to their new life in Nova Scotia, and the town of Halifax was formed. The Governor and his lady set the social scene and during one year entertained 2500 guests.



The picture above is of Edward Cornwallis.

## A Brief Introduction on a 1700s Kitchen

A kitchen in the 1700s was not very extravagant, but it got the job done. A hearth normally covered one wall, and there would be a cellar either beside the kitchen or beneath the home.

The hearth was known as the central part of the home. Some hearths even had an oven embedded in its walls that was used to make bread and pies. A hearth was a stone lined fireplace and was used for heating and cooking. The oven was normally off to one side of the hearth and had coals inside of it that heated it. There was also a door to keep the heat in. The hearth itself was an open fire and had an iron pot hung above it with a rounded bottom. The pot was used to cook food in and the rounded bottom made it easier to place into the sand pit along the edge of the hearth when the food was cooked. Sometimes a hearth also contained a spit that was turned to roast animals for a meal.

As for some other items that might have been found in a 1700s kitchen, most were made from iron, so the fire produced from the hearth could not destroy it. Some of these items included tongs, spoons, ladles and knives.



The above picture is of an operational hearth and oven.

## Spices in the 18<sup>th</sup> Century Kitchen

Spices were very popular in an 18<sup>th</sup> century kitchen because they added an extra dash of flavour to each dish.

Salt was a very common choice in the 18<sup>th</sup> century. However, there were four common kinds of salt: sea salt, rock salt, bay salt, and basket salt. Most salt was made from either boiling water or from certain stones that contained a lot of salt. For example, boiling and evaporating seawater over a fire made sea salt.

Another popular spice was cinnamon. Cinnamon is a spice that is found in the inner bark of certain trees. It was used to flavour both sweet and savory foods such as apple pie, tea, liqueurs, chicken and lamb.

Not all spices were used strictly to flavour foods, some were used for medicinal purposes too. Sage was also listed as an essential herb in England during the 18<sup>th</sup> century. One dish that sage is quite popular in is sage and onion stuffing which commonly accompanies a roasted turkey (see picture below) or chicken.

