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First American Cook Book (Paperback)

By Amelia Simmons

Dover Publications Inc., United States, 1985. Paperback. Book Condition: New. Facsimile of 1796 ed. 211 x 135 mm. Language: English . Brand New Book. This facsimile of the first American-written cookbook published in the United States is not only a first in cookbook literature, but a historic document. It reveals the rich variety of food Colonial Americans enjoyed, their tastes, cooking and eating habits, even their colorful language. Author Amelia Simmons worked as a domestic in Colonial America and gathered her cookery expertise from firsthand experience. Her book points out the best ways of judging the quality of meats, poultry, fish, vegetables, etc., and presents the best methods of preparing and cooking them. In choosing fish, poultry, and other meats, the author wisely advises, "their smell denotes their goodness." Her sound suggestions for choosing the freshest and most tender onions, potatoes, parsnips, carrots, asparagus, lettuce, cabbage, beans, and other vegetables are as timely today as they were nearly 200 years ago. Here are the first uniquely American recipes using corn meal Indian pudding, "Johnny cake," and Indian slapjacks as well as the first recipes for pumpkin pudding, winter squash pudding, and for brewing spruce beer. The words "cookie" and "slaw"...



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