



Carol's Cookbook

Recipes from Ellershousen and beyond

For Carol Lecouter, who loved her family
and
for Carol's family, who love and miss her

Carol's Cookbook

The original cookbook

The original cookbook was found amongst others, in Carol's house, after her passing. Within it were 83 handwritten recipes, collected from friends, family, neighbours, and the wider community. This book is a selection of 15 recipes, selected for their readability and ease of interpretation, contributing a small piece of the culinary history of Nova Scotia.

How to use it

The recipes in this cookbook were transcribed exactly as they were written in Carol's recipe binder. Minute changes have been made for legibility. Recipes were purposefully not enhanced or modernized (i.e., measurements have not been converted). The instructions are simple; the adventure is in the *making*, and there for the taking!

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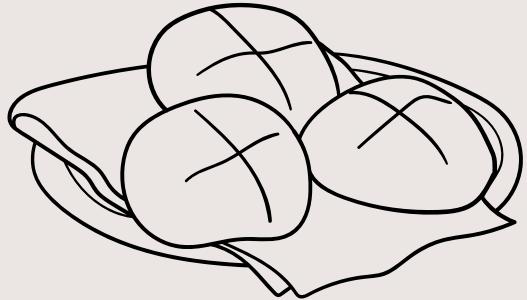
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Desserts

Hot cross buns

INGREDIENTS

- 1lb raisins
- 2 cups white sugar
- 2 tbsp shortening
- 2 cups boiling water
- 1 tsp cloves
- 1 tsp cinnamon
- 3 cups flour, or a little more
- 1 tsp baking soda
- $\frac{1}{4}$ cup hot water
- 1 good teaspoon salt



METHOD

Boil together raisings, white sugar, shortening and water for ten minutes. Cool. Add cloves, cinnamon, flour. Add baking soda to $\frac{1}{4}$ cup of hot water and add to mix. Add salt.

Bake 1 hour in moderate oven (350°F).

Maple cream

INGREDIENTS

- 4 cups brown sugar or maple sugar
- 2 tbsp flour
- 2 tsp baking powder
- 1 cup milk or thin cream
- 4 tbsp butter, few grains salt
- Vanilla
- 1 cup walnuts, pecans, or cherries

METHOD

Mix all together except nuts and vanilla.
Cook, stirring constantly until mixture
forms a soft ball in cold water.

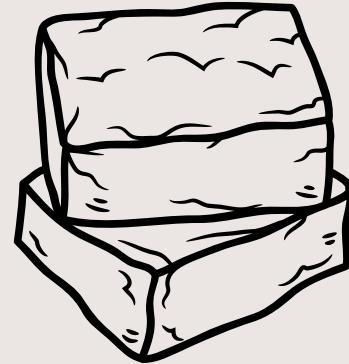
Add vanilla and beat, adding nuts when
mixture begins to stiffen.



Brown sugar squares

INGREDIENTS

- $\frac{1}{2}$ cup butter
- 3 eggs (yolks and whites divided)
- 2 cups flour
- 1 tsp vanilla
- 2 tbsp milk
- 2 cups brown sugar



METHOD

Beat together butter and 3 egg yolks and 1 egg white. Add flour, vanilla, and milk. Mix together and press in 8x12" pan.

Then beat the 2 egg whites stiff and add brown sugar ($\frac{1}{2}$ cup at a time) and spread on top and bake in a slow oven (300°F) until nicely brown.

Butterscotch oat squares

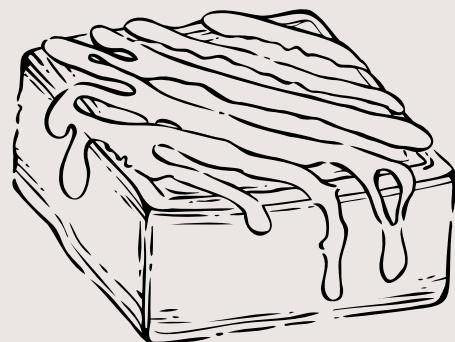
INGREDIENTS

- 3 cups rolled oats
- 1 cup brown sugar (heaping)
- $\frac{3}{4}$ cup butter (melted)
- Pinch of salt

METHOD

Combine rolled oats, brown sugar and salt. Pour over, then add melted butter and blend well. Pack in a pan $\frac{1}{2}$ " deep.

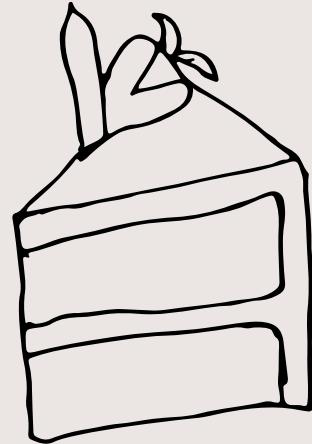
Bake 15 minutes in moderate oven (350°F). Cut while hot but allow to get cold in pan before removing.



Hot milk cake

INGREDIENTS

- ½ cup milk
- 1 tbsp butter
- 2 eggs
- 1 cup sugar
- 1 cup flour
- 1 tsp baking powder
- 1 tsp salt
- 1 tsp vanilla



METHOD

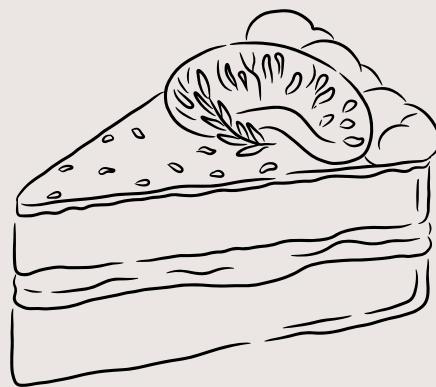
Heat milk and butter until butter melts—do not boil. Beat eggs well, add sugar and beat until creamy, add milk and dry ingredients and beat well. Add vanilla with eggs.

Bake in moderate oven (350°F for half an hour).

Orange chiffon cake

INGREDIENTS

- 1 $\frac{1}{4}$ cups cake flour
- $\frac{3}{4}$ cup white sugar
- 2 tsp baking powder
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ cup oil
- 1/3 cup orange juice
- 3 egg yolks
- 1 $\frac{1}{2}$ tsp grated orange rind
- $\frac{1}{4}$ tsp cream of tartar
- 3 egg whites
- 1/3 cup water



METHOD

Mix and sift cake flour, sugar, baking powder, and salt into mixing bowl. Make a well and add oil, orange juice, egg yolks, and rind. Beat with a spoon until smooth. Add cream of tartar to egg whites in separate bowl and beat until VERY stiff peaks form. Fold egg white mix into first mixture until well blended. Bake in 8 or 9" tube pan at 325°F until it springs back, about 1 hour. Turn pan upside down immediately and cool.

Lemon torte

INGREDIENTS

Meringue shell:

- 3 egg whites
- $\frac{1}{2}$ tsp vinegar
- $\frac{1}{8}$ tsp salt
- 1 cup sugar

Lemon filling:

- 4 egg yolks
- $\frac{2}{3}$ cup sugar
- $\frac{1}{3}$ cup lemon juice
- 2 tsp lemon rind
- 2 tbsp sugar
- 1 cup heavy cream
- Shredded coconut (tinted green)



METHOD

Shell: Beat all shell ingredients stiff. Spread in a 9" circle on heavy paper or in a buttered 9" pie pan. Bake 45 minutes at 300°F.

Filling: Beat egg yolks till thick. Beat in sugar gradually—then lemon juice and peel. Cook over hot—not boiling water, stirring until thick, about 5 minutes. Cool.

To serve: Add 2 tbsp sugar to whipped cream—beating until sugar is dissolved—spread half on bottom of meringue—cover with filling. Use remaining whipped cream to make shamrock on top—tint coconut with a few drops colouring.

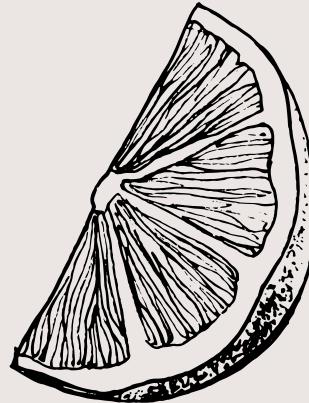
Sunshine lemon cream

INGREDIENTS

- 2 egg whites
- 2/3 cup sugar
- Salt
- 1 tsp grated lemon rind
- 1 apple pared and cored

Sauce:

- 2 egg yolks
- 2 tbsp sugar
- 2 tbsp lemon juice
- 2 tbsp cream



METHOD

Beat egg whites in large bowl until foamy. Add sugar, salt, and rind. Grate in pared apple. Beat at medium speed 15 to 20 minutes or until mixture is snowy white and holds its shape. Serve in 6 dessert dishes. Spoon 1 tbsp of sauce over each.

Sauce:

Beat yolks until creamy and thick in small bowl. Add sugar gradually, beating after each addition. Add lemon juice and cream, beat until fluffy.

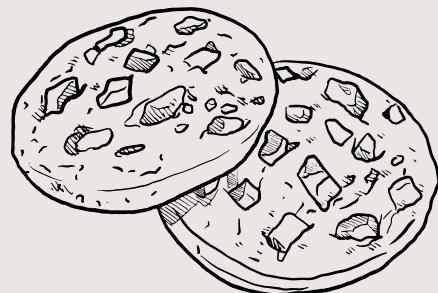
Rum cookies

INGREDIENTS

- 1 box vanilla wafers, rolled into 2 $\frac{1}{2}$ cups of crumbs
- 1 cup pecans (chopped)
- $\frac{1}{2}$ cup rum
- 1 cup icing sugar
- 3 tbsp cocoa powder
- 2 tbsp white corn syrup

METHOD

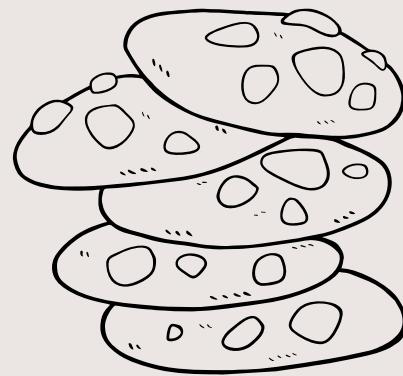
Beat together rum, icing sugar, cocoa powder and corn syrup in a mixing bowl. Add the vanilla wafer crumbs and chopped nuts and mix well. Roll into balls 1 inch in diameter. Then roll balls in finely chopped nuts. Yields about 40. Wrap in saran or store in covered container.



Ice box cookies

INGREDIENTS

- 1 cup shortening
- 2 cups brown sugar
- 3 eggs
- 3 $\frac{1}{2}$ cups flour
- 1 small tsp baking soda
- Pinch salt
- 1 cup chopped nuts
- Vanilla



METHOD

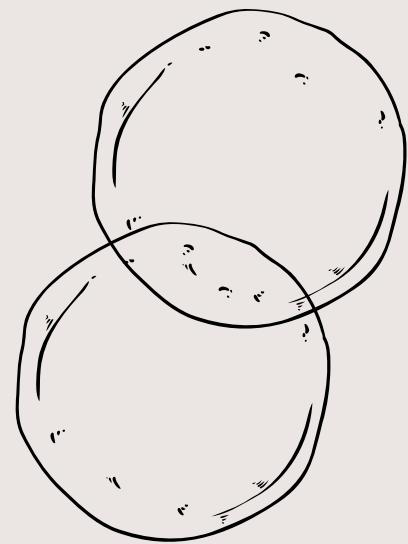
Mix together all ingredients and shape into a roll.

Cut into cookies and bake the following day at 350°F until brown.

Snickerdoodles

INGREDIENTS

- 1 cup butter
- 2 cups brown sugar
- 2 eggs
- 1 cup milk
- 3 cups sifted flour
- 1 tsp salt
- 3 tsp baking powder
- 1 cup raisins, coconut, or nuts
- Cinnamon



METHOD

Cream butter, add brown sugar- then eggs and cream thoroughly. Add raisings and milk alternately with sifted dry ingredients.

Drop spoonfuls on greased pan. Sprinkle with sugar and cinnamon. Bake in a moderate oven (350°F until lightly browned).

Corn flake cookies

INGREDIENTS

- ½ cup butter
- ½ cup white sugar
- ¼ cup brown sugar
- 1 cup flour
- ½ tsp salt
- ½ tsp baking soda
- 1 cup corn flakes
- ½ cup raisins
- Vanilla



METHOD

Cream butter, add sugar, then egg and mix well. Add flour, salt, soda, and mix. Then add cornflakes and raisins.

Drop or roll on pan and bake 10–12 minutes at 375°F.

Relishes

Cucumber relish

INGREDIENTS

- $\frac{1}{2}$ cup coarse salt
- 24 cucumbers (peeled and seeded)
- 4 cups water
- 14 onions

Dressing:

- 4 cups vinegar
- 3 cups water
- 5 cups white sugar
- 1 cup flour
- 5 tbsp mustard
- 2 tsp turmeric



METHOD

Sprinkle $\frac{1}{2}$ cup coarse salt over 24 cucumbers that have been peeled and seeds taken out. Add 4 cups water and let stand overnight. In the morning drain well. Finely chop 14 onions and cucumbers and mix together.

Boil the dressing ingredients for about 10 minutes. Add the cucumbers and onions and boil another 20 minutes and bottle.

Snacks

Nuts and bolts

INGREDIENTS

- 1 package cheerios
- 1 package rice chex
- 1 package wheat chex
- 1 package pretzel sticks
- 2 cans salted peanuts
- 1 tbsp seasoning salt
- 1 tsp marjoram
- 1 tsp summer savory
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{4}$ tsp cayenne
- 1 lb butter (melted)



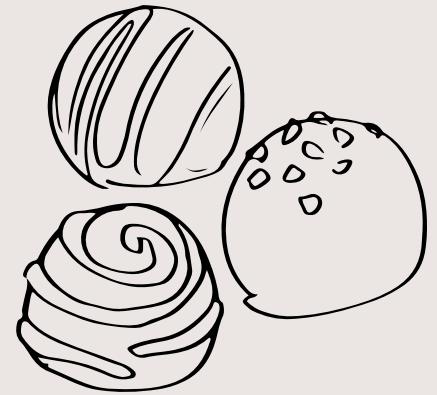
METHOD

Mix everything together and spread on baking sheet. Toast in slow oven 250°F for 45 minutes.

Brandy balls

INGREDIENTS

- 2-7oz package of vanilla wafers, rolled into fine crumb
- $\frac{1}{2}$ cup honey
- $\frac{1}{3}$ cup brandy
- $\frac{1}{3}$ cup white rum
- 1 lb walnuts, ground fine
- Granulated sugar
- Saran wrap and coloured Christmas paper



METHOD

Mix together vanilla wafer crumbs, honey, brandy, rum, and ground walnuts. Shape into round bite sized balls; roll them in sugar.

Wrap each in saran. Then wrap some in Christmas paper. The flavour improves with holding— makes about 60.

Transcribed, compiled, and edited by Maddie Hare

With support from Jason Wadley and the Doull family

