



GINGER SNAPS

Abigail's Recipes

You're lucky enough to be able to turn on your oven and bake anytime you like. When Abigail and her family wanted baked treats, they had to wake up very early in the morning in order to get their open-flame oven at the proper temperature. Baking was certainly an all day affair for Abigail.

Ingredients You'll Need:

2 cups of sifted all-purpose flour
1 tablespoon of ground ginger
2 teaspoons of baking powder
1 teaspoon of ground cinnamon
1/2 teaspoon of salt
3/4 cup of shortening
1 cup of white sugar
1 egg
1/4 cup of dark molasses
1/3 cup of sugar
1/2 teaspoon of cinnamon

Directions:

Preheat the oven to 350°F. Sift the flour, ginger, baking soda, cinnamon, and salt into a mixing bowl. Stir the mixture to blend evenly and sift a second time into another bowl.

Place the shortening into a mixing bowl and beat until creamy. Gradually beat in the white sugar. Beat in the egg, and dark molasses. Sift 1/3 of the flour mixture into the shortening mixture; stir thoroughly to blend. Sift in the remaining flour mixture and mix together until soft dough forms. Pinch off small amounts of the dough and roll into 1-inch diameter balls. Roll each ball in cinnamon sugar and place about two inches apart on an ungreased baking sheet.

Bake in the oven until the tops are rounded and slightly cracked, about 10 minutes. Cool cookies on a wire rack and store in an airtight container.

Always wash your hands before you start preparing food. Ask a grown-up for help when using knives, can openers, choppers, blenders, mixers, ovens or burners. Use pot holders when touching hot pans or trays. Ask a grown-up to help you check to see if your food is completely cooked.

The Winter of Red Snow

1.

Makes 5 Dozen Cookies



DRIED CRANBERRIES

Abigail's Recipes

To prepare for the long winter months, Abigail's family would have dried a variety of locally grown fruits and kept them cool and dry in barrels in the cellar of their home. Today, we're lucky enough to have fresh and exotic fruit all year round, thanks to airplanes and refrigeration.

Ingredients You'll Need:

1 (12 oz.) bag of cranberries
2 quarts of boiling water
1/4 cup of sugar or corn syrup

Directions:

In a bowl, pour boiling water over the cranberries. Let the cranberries sit in the water until the skins pop. Do not leave the berries in too long or else you'll end up with mush. Drain and coat the berries lightly with sugar or corn syrup.

Transfer the berries to a cookie sheet and place them in the freezer for two hours. Putting the cranberries in the freezer helps them dry out faster. Preheat your oven to 350°F. After ten minutes, turn off the oven. Place the cookie sheet with the berries in the oven and let sit overnight. This allows the berries to fully dehydrate.

Always wash your hands before you start preparing food. Ask a grown-up for help when using knives, can openers, choppers, blenders, mixers, ovens or burners. Use pot holders when touching hot pans or trays. Ask a grown-up to help you check to see if your food is completely cooked.

The Winter of Red Snow

2.

Makes 12 ounces



MINCE PIE

Abigail's Recipes

This all-fruit version of a mince pie wouldn't have been exactly what Abigail and her family ate. Colonial mincemeat would have been prepared with a variety of fruit and spices as well as beef, venison, and even cow hearts. Our tastes today have changed, but this traditional pie still recalls some of the more pleasant colonial flavors.

Ingredients You'll Need:

- 1 (18 ounce) jar of prepared mincemeat pie filling
- 1 1/2 cups of chopped walnuts
- 2 apples, peeled, cored, and chopped
- 1/2 cup of packed brown sugar
- 1/4 cup of apple juice
- 1 tablespoon of lemon juice
- 1 frozen store bought piecrust (comes with 2 shells)

Directions:

Combine mincemeat, walnuts, apples, brown sugar, apple juice, and lemon juice in a bowl. Cover and refrigerate overnight.

The next day, preheat the oven to 425°F. Remove the piecrust from the freezer and allow to thaw. Place the bottom of the crust into a pie tin and spoon the filling into the shell. Top with the other crust and make slits to vent. Crimp the edges of the pie with a fork. Bake for 40 minutes or until golden brown.

Always wash your hands before you start preparing food. Ask a grown-up for help when using knives, can openers, choppers, blenders, mixers, ovens or burners. Use pot holders when touching hot pans or trays. Ask a grown-up to help you check to see if your food is completely cooked.

The Winter of Red Snow

3.

Makes 8 Servings



BAKED APPLES

Abigail's Recipes

This yummy treat would have been available to Abigail during late summer and autumn, since that was the only time the apples were ripe and ready to pick.

Ingredients You'll Need:

4 large apples
1/4 cup of brown sugar
1 teaspoon of cinnamon
1/4 cup of chopped pecans
1/4 cup of currants or chopped raisins (optional)
1 tablespoon of butter
3/4 cup of boiling water

Directions:

Preheat the oven to 375°F. Wash the apples and remove the cores to 1/2 inch of the bottom of the apples. If you have an apple corer, use that. If not, use a paring knife to cut out the stem area, and then the core. Use a spoon to dig out any seeds. Make the holes about an inch wide.

In a small bowl, combine the brown sugar, cinnamon, pecans, and currants/raisins (optional). Place the apples in an 8x8" baking pan. Stuff each apple with the sugar mixture. Top each apple with 1/4 tablespoon of butter.

Add the boiling water to the baking pan. Bake the apples for 30 to 40 minutes, until tender but not mushy. Remove the apples from the oven and baste the apples several times with the pan juice.

Serve warm with vanilla ice cream on the side.

Always wash your hands before you start preparing food. Ask a grown-up for help when using knives, can openers, choppers, blenders, mixers, ovens or burners. Use pot holders when touching hot pans or trays. Ask a grown-up to help you check to see if your food is completely cooked.

The Winter of Red Snow

4.

Makes 4 Servings



FRESH MULLED CIDER

Abigail's Recipes

Abigail's cider would have been a much stronger concoction; traditional ciders were usually a very potent drink.

Ingredients You'll Need:

2 quarts of fresh apple cider
1 cup of maple syrup
1 stick of cinnamon
A few whole cloves
Lemon slices, cut in half, for garnish

Directions:

Combine the cider, syrup, cinnamon, and cloves in a large saucepan. Bring the cider just to a boil. Remove the cloves and serve hot with lemon slices.

Always wash your hands before you start preparing food. Ask a grown-up for help when using knives, can openers, choppers, blenders, mixers, ovens or burners. Use pot holders when touching hot pans or trays. Ask a grown-up to help you check to see if your food is completely cooked.

The Winter of Red Snow

5.

Makes 2 Quarts