

# Fricassee des Poulets (Chicken Fricassee)

The Magnolia Mound Plantation Kitchen Book. Being a Compendium of Foodways and Customs of Early Louisiana 1795-1841

## Original Receipt

Cut two fat chickens in pieces; blanch them 3 minutes in boiling water. Take them out and put them in a casserole with butter, bunch of parsley, a little onions, mushrooms and brown them all. Add a spoonful of flour then moisten with bouillon. Salt, pepper and cook. Remove your pieces. Reduce the sauce and strain through a silk tamis. Thicken with egg yolks – do not let it boil. Pour it on your chicken pieces.

### Ingredients

	<u>Amount</u>
Chicken	--
Butter	¼ cup
Parsley	A bunch
Onion	One
Mushrooms	A cup or so
Flour	One tablespoon
Bouillon	--
Egg Yolk	Two

### Directions

Blanch chicken in boiling water for three minutes. Remove and put in a skillet with butter, parsley, onions, and mushrooms. Brown them all then add flour and some bouillon. Once cooked, remove chicken and vegetables. Reduce the broth and thicken with whipped egg yolks, and more flour if necessary. Pour this gravy over the chicken.

# Carrots and French Beans Dressed the Dutch Way

The Art of Cookery Made Plain and Easy by Hannah Glasse, 1796

## Background

A simple dish, this preparation can be used to garnish meats or can be plated by itself. Either way, the cooked carrots or beans add wonderful color to the dinner table.

## Original Receipt

Slice the carrots very thin, and just cover them with water, season them with pepper and salt, cut a good many onions and parsley small, a piece of butter; let them simmer over a slow fire till done. Do French Beans the same way.

## Ingredients

## Amount

Onions	2
Carrots	6
Butter	4 tablespoons
Fresh Parsley	1 teaspoon
Salt and Pepper to taste	

## Directions

1. Pare your carrots and slice them as thin as you please. Put them in a stew pan and add water to cover them.
2. Pare and dice the onions. Mince your parsley fine. Add these to your carrots.
3. Add your butter and salt and pepper to taste.
4. Simmer them over a low to medium heat until done. Test the carrots with a fork to make sure they are cooked soft enough to your preference.

# Gazpacho

Traditional Spanish Dish

## Background

Gazpacho, sometimes spelled gaspacho, is a traditional cold Spanish soup using bread or ship's biscuits, i.e. hardtack, water, vinegar, and a variety of raw vegetables. The soup has evolved into different varieties, some of which are still found in Pensacola today.

### Ingredients

### Amount

Ship's biscuits	Two
Cucumbers	One or two
Tomatoes	Two or three
Bell Pepper	One
Onion	One
Vinegar	To taste
Olive oil	To taste
Salt	To taste

### Directions

Soak biscuits in water until soft. Squeeze out water and crumble. Chop vegetables and mix together with breadcrumbs. Add oil, vinegar, and salt. The longer the mixture sits the richer the flavors will be come.

# Ginger Cakes

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## Original Receipt

One quarter of a pound of butter, the sauce of lard, one half pound of sugar, one pint of molasses, and two tablespoons of ginger, 2 ounces of spice and a little pearl ash.

### Ingredients

### Amount

Butter	½ cup
Sugar	½ cup
Molasses	1 cup
Ginger	1 Tablespoon
Cinnamon	1 teaspoon
Nutmeg	½ teaspoon
Cloves	½ teaspoon
Baking Soda	½ teaspoon
Boiling Water	2 Tablespoons
Flour	3 cups, approximate

### Directions

Cream together butter and sugar. Sift flour and spices together and set aside. Dissolve soda in boiling water, add to molasses and stir into sugar – butter mixture. Stir in the flour and spices to make a stiff dough. Chill 1 hour. Roll out on a floured surface. Cut into shape and bake for 10-12 minutes.