

2009 Virginia Women in History

Selected Recipes from *The Virginia Housewife Or, Methodical Cook* by Mary Randolph

Randolph, Mary. *The Virginia Housewife Or, Methodical Cook*. (New York: Dover Publications), 1993.

CHICKEN PUDDING, A FAVOURITE VIRGINIA DISH.

Beat ten eggs very light, add to them a quart of rich milk, with a quarter of a pound of butter melted, and some pepper and salt; stir in as much flour as will make a thin good batter; take four young chickens, and after cleaning them nicely, cut off the legs, wings, &c. put them all in a sauce pan, with some salt and water, and a bundle of thyme and parsley, boil them till nearly done, then take the chicken from the water and put it in the batter pour it in a deep dish, and bake it; send nice white gravy in a boat[.]

TO FRY OYSTERS.

Take a quarter of a hundred of large oysters, wash them and roll them in grated bread, with pepper and salt, and fry them a light brown; if you choose, you may add a little parsley, shred fine. They are a proper garnish for calves' head, or most made dishes.

ONION SOUP.

Chop up twelve large onions, boil them in three quarts of milk and water equally mixed, put in a bit of veal or fowl, and a piece of bacon with pepper and salt. When the onions are boiled to pulp, thicken it with a large spoonful of butter mixed with one of flour. Take out the meat, and serve it up with toasted bread cut in small pieces in the soup.

SLICED APPLE PUDDING.

Beat six eggs very light, add a pint of rich milk, pare some apples or peaches—slice them thin, make the eggs and milk into a tolerably thick batter with flour, add a small cup of melted butter, put in the fruit, and bake it in a deep dish—eat with sugar, butter, and nutmeg.

POUND CAKE.

Wash the salt from a pound of butter, and rub it till it is soft as cream—have ready a pound of flour sifted, one of powdered sugar, and twelve eggs well beaten; put alternately into the butter, sugar, flour, and the froth from the eggs—continuing to beat them together till all the ingredients are in, and the cake quite light: add some grated lemon peel, a nutmeg, and a gill of brandy; butter the pans, and bake them. This cake makes an excellent pudding, if baked in a large mould, and eaten with sugar and wine. It is also excellent when boiled, and served up with melted butter, sugar and wine.

TO PREPARE COSMETIC SOAP FOR WASHING THE HANDS.

Take a pound of castile, or any other nice old soap; scrape it in small pieces, and put it on the fire with a little water—stir it till it becomes a smooth paste, pour it into a bowl, and when cold, add some lavender water, or essence or any kind—beat it with a silver spoon until well mixed, thicken it with corn meal, and keep it in small pots closely covered—for the admission of air will soon make the soap hard.