

## Recipes for the 1890's Garden Party:

### Sweets:

#### **A very good seed cake, by Isabella Beeton (1891)**

##### *Ingredients:*

2 cups of butter  
6 eggs  
1 ½ cups white sugar  
½ tsp mace  
1 tsp nutmeg  
3¼ cups all purpose flour  
¾ oz caraway seeds  
5 oz brandy

##### *Method - in a modern kitchen*

\*Beat softened butter to a cream  
\*Add sugar and beat well  
\*Add 1 ½ cups flour - mix in well  
\*Break eggs into the bowl and mix until smooth  
\*Add brandy and mix in  
\*Add spices and seeds to the rest of the flour  
\*Add rest of flour to the mixture and beat well  
some say 10 minutes.  
\*Pour into a tin lined with buttered parchment  
\*Bake in preheated oven over 350° for 1 ½ to 2 hours  
\*Let cool for 15 minutes before transferring to cooling rack.

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#### **Victoria Sandwich or Victoria Sponge by Isabella Beeton**

##### *Ingredients:*

4 eggs  
¾ cups of white sugar  
¼ cup butter  
1 ⅓ cups all purpose flour  
1 ½ tsp baking powder  
¼ salt  
enough jam for a layer

##### *Method:*

\*Beat butter to a smooth cream  
\*Add sugar gradually beating all the while  
\*Whisk eggs to a light froth then set aside  
\*Add flour, baking powder and salt mixture and beat well, then add eggs until the batter falls from the spoon in ribbons  
\*Bake at 350° for 25 minutes or until done  
\*Cool the cake fully then cut horizontally in half. Spread jam on bottom half then fold top half back in place. Dust with confectioners sugar and cut into 'fingers' for the cake platter.

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#### **Queen Cakes or Currant Cake by Eliza Acton**

##### *Ingredients:*

8 - 10 eggs  
2 cups sugar  
2 cups butter  
3 ½ cups flour  
1 cup currants  
4 oz brandy  
½ cup candied peel

##### *Method:*

\*Prepare muffin tins with both grease and flour  
\*Separate egg yolks and whites - beat yolks until light and frothy - beat whites until stiff peaks - set both aside.  
\*Cream butter until smooth  
\*Add sugar slowly and beat well  
\*Add egg yolks and beat 5 minutes  
\*Add flour and currants alternately with brandy and candied peel - mix well after each addition  
\*Fold in egg whites gently  
\*Fill muffin tins 2/3 full (should make 24 muffins)  
\*Bake 350° for 20 minutes  
\*Brush with a mixture of milk and icing sugar.

## Sweets Continued

### Small Jam Tarts - Eliza Acton 1845

#### *Ingredients:*

2 tbsp jam - any kind including marmalade  
in each tart shell  
rich short crust pastry

#### *Method:*

roll out pastry and cut small rounds for 1 ½" - 2"  
tart shells  
2 tbsp jam in each tart shell  
bake 350° for 20-25 minutes until pastry edges are  
done.

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### Butter Tarts - traditional Canadian

#### *Ingredients: Filling*

½ cup butter or margarine  
1 egg  
1 cup brown sugar  
¾ c raisins (optional)  
1 tbsp vanilla (or one capfull)

#### *Method:*

- \* cream the butter
- \* add sugar and cream together until smooth
- \* add the egg and blend until smooth and creamy
- \* add vanilla and mix well

Make one recipe of Rich Pastry and cut small  
rounds for tart shells.  
Fill each tart shell with 2 tbsp filling  
Bake until done in 350° oven

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### White Gingerbread - from The Home Cookbook, Toronto 1877

#### *Ingredients:*

1 cup butter  
3 cups all purpose flour  
zest of 1 lemon  
2 cups white sugar  
2 tbsp ground ginger  
1 tsp nutmeg  
1 tsp baking soda mixed with 2 oz milk.

#### *Method:*

- \* beat the soft butter and add sugar and beat until  
creamy
- \* slowly add spices and flour - alternately with  
the milk/baking soda mixture.
- \* Beat until smooth - if too dry add more milk by  
tsp, until desired dough is reached.
- \* roll out to ¼" thick and cut into whatever  
shape you wish
- \* bake on a cookie sheet with parchment paper 2"  
apart 350 for 10-12 minutes.

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### Lemon Tarts: Eliza Acton 1845

#### *Ingredients for Lemon Curd:*

1 cup sugar  
3 tbsp corn starch or potato flour  
2 large eggs  
1 good size lemon - zest and juice  
1 cup boiling water  
1 tbsp unsalted butter

#### *Method:*

- \* mix cornstarch with sugar
- \* Stir in the cup of boiling water to thicken

In another bowl:

- \* beat two egg yolks (save the whites)
- \* slowly pour the hot mixture into the beaten  
yolks
- \* cook for a few minutes in a double boiler then  
add lemon zest and juice.
- \* cool a bit and add butter and stir well
- \* Let cool completely.
- \* Put a tbsp or two in each prebaked tart shells
- \* Whip egg whites with two tbsp sugar until stiff  
and swirl onto top of lemon tarts.

## Cookies:

### **Soft Molasses Gingerbread - From: The Appledore Cook Book by Miss Parloa**

#### *Ingredients:*

1 cup molasses  
1 teaspoon baking powder  
1 teaspoon ginger  
1 tablespoon butter or lard  
1/2 cup boiling water  
2 cups flour

#### *Method:*

Heat oven to 375

To a mixing bowl, add molasses, baking powder, ginger, and butter or lard.

Stir this together, and then pour on the boiling water, and the flour. Beat well.

Spread in a well-greased 8x8 pan.

Bake until set in the center, about 18 minutes.

This recipe is baked in a 'sheet' and cut into squares once cooled. Note: For those with modern refrigeration methods, this recipe works best when butter or lard is at room temperature, rather than very cold. It is worth taking time to let butter soften before making the recipe.

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### **Fruit Jumbles** The Wimodausis Club Cook Book, Toronto 1922

#### *Ingredients:*

1/2 cup butter  
1 1/2 cups flour  
1 cup white sugar  
1/4 lb. ground walnuts  
3 eggs  
1 teaspoon vanilla  
1 lb. dates, chopped  
1 teaspoon soda dissolved in  
1 tablespoon hot water

#### *Method:*

Mix in the order given. Drop on buttered pan and bake 15 minutes 350° F.

### **Rocks : Wimodausis Club Cook Book, Toronto 1922**

#### *Ingredients:*

1 1/2 cups brown sugar  
1/2 pound dates  
1/2 cup butter  
2 cups rolled oats  
2 eggs  
2 cups flour  
2 tablespoons milk or hot water  
1 level teaspoon soda  
Pinch of salt

#### *Method:*

Cream butter and sugar,

Ad eggs and milk, dates, rolled oats and flour with soda and salt.

Drop on hot pan and bake at 375°F. Until light brown

## Cookies continued

### **Oatmeal Cookies** *from Boston Globe, 1895*

#### *Ingredients:*

3 cups oatmeal  
2 cups flour  
1 cup dark brown sugar  
1 cup sour cream  
1 cup butter  
1 tsp soda  
(1 c. raisins or dates, ½ c. chopped walnuts or pecans) Optional  
1 teaspoon of vanilla optional

#### *Method:*

\* mix oats and flour and soda  
\*in another bowl cream the butter and add brown sugar and cream together until smooth  
\* add vanilla if using  
\*add dry ingredients alternately with sour cream  
\* add nuts or dates if using  
Drop by spoonfuls on lightly greased baking sheet a few inches apart. Bake at 375° F for 12-15 minutes.

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### **Chocolate Cookies** The Boston Cooking-school Cook Book – Fannie Merritt Farmer

#### *Ingredients:*

½ cup butter  
1 cup sugar  
1 egg  
¼ tsp. salt  
2 oz. unsweetened chocolate (melted)  
2 ½ cups flour (scant)  
2 tsp. baking powder  
¼ c. milk

#### *Method:*

Sift flour and baking powder together. Cream butter, add sugar gradually, Add well beaten egg, salt, and melted chocolate. Beat well, add flour & baking soda mixture alternately with milk. Chill, roll very thin, then cut with a small cutter first dipped in flour  
Bake at 350°F. (suggest checking at 10 minutes – no time given for baking!)

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### **Sour Cream Molasses Cookies** The Boston Cooking-school Cook Book – Fannie Merritt Farmer

#### *Ingredients:*

¾ cup butter  
¾ cup molasses  
2 eggs  
¾ cup sour cream  
1 tsp. baking soda  
1 tsp. salt  
1 tbsp. ginger  
3 ½ to 3 ¾ cups flour

#### *Method:*

Cream butter and sugar together, add molasses, eggs (beaten), sour cream mixed with baking soda, salt and ginger, and flour to make a soft dough. Traditionally, this would then be chilled and then patted out or rolled to ½ inch thickness and then cut with a round cookie cutter dipped in flour, and baked on a butter pan at 350 for approximately 13-15 minutes. However, an almost identical modern-day recipe calls for the dough (not chilled) to be dropped by spoonfuls on a greased baking sheet.

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### **Brownies (not chocolate!)** The Boston Cooking-school Cook Book – Fannie Merritt Farmer

#### *Ingredients:*

1/3 cup butter  
1/3 cup powdered sugar  
1/3 cup molasses  
1 egg, beaten  
7/8 cup bread flour  
1 cup pecans, chopped (plus extra for garnish)

#### *Method:*

Cream butter and sugar together. Mix in the egg and molasses. Add the flour and chopped pecans and mix until just incorporated. Spoon into muffin tins or cups and top each one with a pecan half. Bake at 350 degrees for about 20-25 minutes.

## Sandwich Fillings

From Blue Ribbon and Pure Gold Cookbook, 1906

### **Sandwich Fillings:**

- meat chopped or sliced, with, or without lettuce and salad dressing
- Fish, flaked and mixed with salad dressing
- Hard cooked eggs chopped with salad dressing
- Cream cheese and salad dressing - nuts, olives, pimento, pickles, etc, may be mixed with the cheese.
- Chopped dates and nuts , salad dressing
- Orange marmalade and nuts, salad dressing
- Figs, raisins, dates and nuts - plus salad dressing
- Watercress, chpped and salad dressing
- Sliced cucumbers (thinly sliced) - salad dressing optional - salt and pepper optional
- Nasturtium leaves with salad dressing - the flowers are sometimes added
- Sliced onion with lettuce - dressing optional

### **Paté de Foie Gras Sandwiches**

#### *Ingredients*

2 lb pork or calf liver  
2 lb green bacon  
salt and pepper to taste  
½ tsp ground cinnamon or grated nutmeg  
1 small onion (½ lb)  
1/4 cup mushrooms chopped  
watercress

#### *Method:*

Mix first 6 ingredients together and blend until smooth.  
\* cut the crusts off then butter the bread  
\*sprinkle one slice of bread with cress - spread foie gras on the other - put them together and cut to shape (half or quarters)  
\* place in a circle on a platter to that each opver laps the next  
\* garnish with parsley or cress.

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### **Cucumber Sandwiches - Isabella Beeton 1891**

#### *Ingredients*

bread and butter  
cucumber sliced thinly  
2 tbsp oil  
1 tbsp vinegar  
pepper and salt

#### *Method:*

Cut little rounds from the bread with a tin cutter, the size of the cucumber slices

Soak the cucumber slices for a few minutes in a mixture of oil, vinegar, salt and pepper then put them between the rounds of bread and butter.

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### **Sliced Ham Sandwiches - The Home Cookbook compiled by the ladies of Toronto 1877**

#### *Ingredients:*

½ lb butter  
3 tbsp salad oil  
3 tbsp dry mustard  
yolk of 1 egg  
a little salt  
Mix well together and spread over your ham before you bake it.

#### *Method:*

Slice your ham thin once cooled  
Place slices on bread buttered on one slice for each sandwich  
spread condiments on the other slice (relish, mayo, etc)  
trim crusts

## Sandwiches continued

### Meat sandwiches - The Five Roses Cookbook 1915

#### Mixed meats #1

*Ingredients:*

equal parts chicken and ham - finely minced

*Method:*

season minced meat with curry powder - 1 tsp per cup of meat.

#### Mixed Meats #2

*Ingredients:*

Equal parts cold roast turkey, cold roast beef, boiled ham and tongue - finely minced  
chopped pickles  
mayonnaise

*Method:*

finely mince the meats separately  
mix together with the chopped pickles  
Mix with enough mayonnaise to hold together.  
Spread on bread then trim the crusts

#### Chicken Sandwiches

*Ingredients:*

1 cup cold roast chicken, minced  
3 olives (green or black)  
1 pickle chopped fine  
1 tbsp capers  
mayonnaise

*Method:*

mince all ingredients finely  
mix together with enough mayonnaise that it all holds together.

### From the Five Roses Cookbook, 1915

Some suggest that....

Filling for meat sandwiches should be made this way.....

Two cups cream or milk, 2 tbsp Five Roses Flour, yolks of 4 eggs, butter the size of an egg. Add 1 tsp salt, 1 teaspoon mustard, black and red pepper to taste.

Beat yolks well, mix in all other ingredients, put in a double boiler and cook until thick, stirring constantly to prevent lumps.

When cool beat in ½ cup lemon juice.

Then add any finely-ground meat, such as veal, tongue, ham, chicken, etc. it may be varied by using finely chopped watercress, lettuce, parsley, olives, etc.