

RECIPES of the SHAKERS

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of the
SHAKERS

1954

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To Emma Hunt, who collected, and tested, all the recipes, for taste, cost and practicality.

Emma would like to give credit and recognition, for the generous time, and help given her by the following Shakers:

Sister Jennie Wells
Sister Emma Neal
Sister Sadie Neal
Sister Mary Dahm
Sister Grace Dahm

We are all grateful to these generous ladies.

Shaker

Table Monitor

Here then is the pattern
Which Jesus has set;
And his good example
We cannot forget:
With thanks for his blessings
His word we'll obey;
But on this occasion
We've somewhat to say.

We wish to speak plainly
And use no deceit;
We like to see fragments
Left wholesome and neat:
To customs and fashions
We make no pretense;
Yet think we can tell
What belongs to good sense.

What we deem good order,
We're willing to state;
Eat hearty and decent,
And clean out our plate:
Be thankful to heaven
For what we receive,
And not make a mixture
Or compound to leave.

We find of these bounties
Which heaven does give,
That some live to eat,
And, that some eat to live-
That some think of nothing
But pleasing the taste,
And care very little
How much they do waste.

To Emma Hunt, who collected, and sent, all the
recipes, for cake, oat and pudding.
Emma would like to give credit and recognition
for the generous time and help given her by the fol-
lowing Shakers:
Sister Jennie Wells
Sister Emma Neal
Sister Sarah Neal
Sister Mary Dorn
Sister Grace Dorn
We are all grateful to these generous ladies.

How much they do waste,
And care very little
But pleasing the taste,
That some think of nothing
And that some eat to live -
That some live to eat,
Which heaven does give,
We find of these bounties
Of compound to leave,
And not make a mixture
For what we receive,
So thankful to heaven
And clean out our plates;
Not hearty and decent,
We're willing to state;
That we deem good order,
What belongs to good sense,
Yet think we can tell
The man no pleasure
To eat and eat
Let's wholesome and neat;
It's like to see fragments
And use no vessels;
We wish to speak plainly
We've somewhat to say,
But on this occasion
His word we'll obey;
With thanks for his blessings
We cannot forget;
And his good example
Which Jesus has set;
Here then is the pattern
Table Monitor

Tho' heaven has bless'd us
With plenty of food;
Bread, butter and honey
And all that is good;
We loathe to see mixtures
Where gentle folks dine,
Which scarcely looks fit
For the poultry or swine.

We often find left,
On the same China dish
Meat, applesauce, pickle,
Brown bread and minc'd fish
Another's replenish'd
With butter and cheese;
With pie, cake and toast,
Perhaps, added to these.

Now if any virtue
In this can be shown,
By peasant, by lawyer
Or king on the throne,
We freely will forfeit
Whatever we've said,
And call it a virtue
To waste meat and bread.

Let none be offended
At what we here say;
We candidly ask you,
Is that the best way?
If not, lay such customs
And fashions aside,
And take this monitor
Henceforth for your guide.

The heavy sea breeze
With plenty of food
Bread, butter and honey
And all that is good
We learn to see
When gentle folks dine
Which scarcely looks like
For the quality of wine
We often find
On the table
With bread and wine
And a little of
With water and cheese
With bread and cheese
With bread and cheese
Now it can be shown
In this can be shown
By present by lawyer
Working on the law
And cover with salt
And call it a
To water and bread
Let none be
As what we have
We readily see you
Is that the best way
If not, say with
And let us see
And take this
Remember for your

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INTRODUCTION =

The Shakers originated about 1747 among a group of English Quakers. The "Shaking Quakers" as they were derisively called, desired religious freedom, but in England were persecuted, because of their different beliefs. Thus, in 1774, a band of 9 Shakers led by Mother Ann Lee, emigrated to America. By the middle 1800's, 6,000 Shakers lived in 19 communities scattered from New England to Eastern Indiana. The headquarters and heart of "Shakerism" was established at Mt. Lebanon, New York, but each community kept a close correspondence with one another, no matter where they were located. Their motto, "Put your hands to work and your hearts to God", expressed their devotion. The sole purpose they had in life was to establish God's kingdom here on earth.

The religious ceremonies were very unique. There were no ministers or priests, that presided formally over them; they believed that they, individually, could correspond with God. Many a time, a Shaker would see a "vision". Since the Shakers strongly believed in celibacy, the sect has diminished steadily throughout the years. At present, there are only a handful of Shakers left. "Brother" Ricardo Beldon at the age of 85, is the oldest living Shaker today.

The Shakers, simple in dress and manner, worked hard for each other's survival. They didn't believe in war, refused to fight in one, but nevertheless, they nursed wounded American soldiers and sheltered their orphans.

INTRODUCTION

The Shakers originated about 1774 among a group of English Quakers. The "Shaking Quakers" as they were derisively called, desired religious freedom, but in England were persecuted because of their dissenting beliefs. Thus, in 1774, a band of 2 Shakers led by Mother Ann Lee, emigrated to America. By the middle 1800's, 5,000 Shakers lived in 12 communities scattered over New England to Eastern Indiana. The headquarters and heart of "Shakerism" was established at Utopia, New York, but each community kept a close correspondence with one another, as matter where they were located. Their motto, "For your hands to work and your hearts to God," expressed their devotion. The sole purpose they had in life was to realize God's Kingdom here on earth.

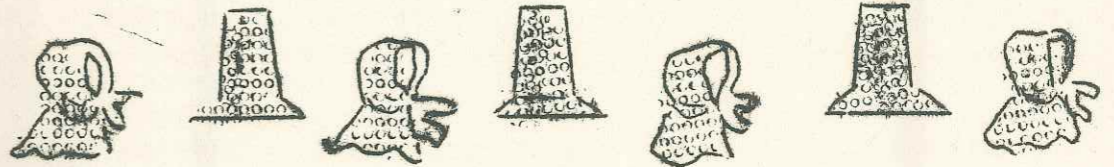
The religious ceremonies were very unique. There were no ministers or priests, but presiding formally over them; they believed that every individual could approach God, that a child, a woman, or a man, as a "vision". Since the Shakers already believed in celibacy, the sect has diminished steadily throughout the years. At present, there are only a handful of Shakers left. "Brother" Pleasant Beldon is the only one of the oldest living Shaker today.

The Shakers, simple in dress and manner, worked hard for each other's survival. They didn't believe in war, refused to fight in one, but nevertheless, they armed wounded American soldiers and sheltered their orphans.

The Shakers were always looking for ways to improve their living conditions. They invented a pea-sheller, a self-acting cheese press, a revolving oven; an improved wood-burning stove, a threshing machine, a fertilizer spreader, a rotary harrow, a split-cutting machine for the manufacture of boxes and baskets, a more efficient windmill, a butter churn driven by water-power and many other labor-saving devices.

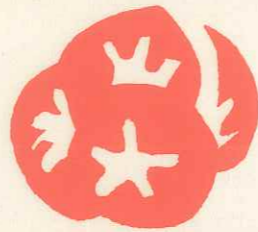
The Shakers most influenced American cookery in the field of canning. Their kitchens, equipped with conveniences years ahead of their times, contained specially built stoves and ovens, running water and stone sinks.

Because of their odd and different way of life, the Shakers were constantly being attacked for over a century. Today, however, the world has come to appreciate their fine craftsmanship, and their name has become a household word for uncompromising standards of integrity in all work.





The Bankers were always looking for ways to im-
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CREAM SAUCE

1 pint thick sweet cream

1/2 teacup sugar

1 teaspoon vanilla extract

1 grated nutmeg

Juice of 1 lemon

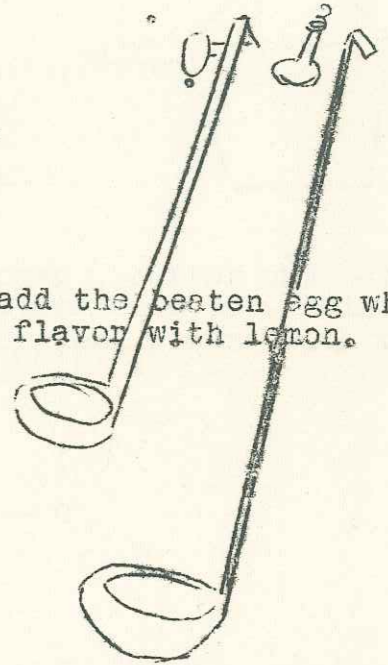
Add the sugar, vanilla, nutmeg and lemon juice to the sweet cream. Stir until the sugar is dissolved and set in a cold place.

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WHIPPED CREAM SAUCE

- 1 pint cream
- 2 egg whites
- 1 $\frac{1}{4}$ cup confectionary sugar
- juice of 2 lemons

Whip the cream and then add the beaten egg whites.
Sweeten with the sugar and flavor with lemon.



WHIPPED CREAM SAUCE

1 pint cream

2 egg whites

If one occasionally adds

juice of 2 lemons

Whip the cream and then add the beaten egg whites.
Sweeten with the sugar and flavor with lemon.



BOILED PUDDING SAUCE

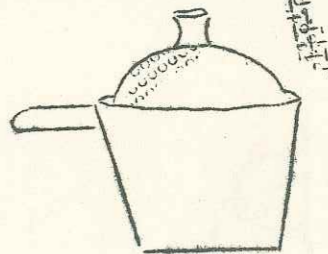
1 pint boiling water

1/2 lb. sugar

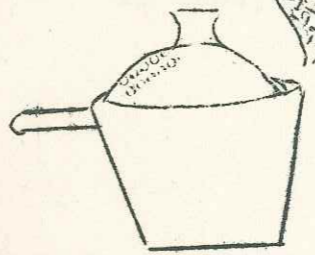
1 oz. butter

3 egg yolks

1 teaspoon vanilla extract



Combine the water, sugar, butter and beaten egg yolks. Then, let this mixture come to a boil. Remove from flame and cool. After cool, flavor with vanilla.



BOILED PUDDING SAUCE

1 pint boiling water

1/2 lb. sugar

1 oz. butter

3 egg yolks

1 teaspoon vanilla extract

Combine the water, sugar, butter and beaten egg yolks. Then let this mixture come to a boil. Remove from flame and cool. After cool, flavor with vanilla.



EGG SAUCE

1/2 pint milk

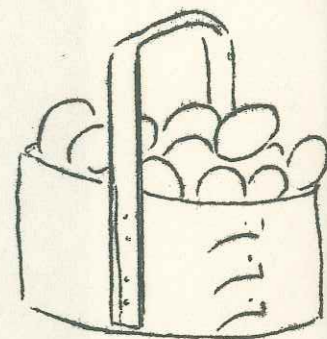
1 teaspoon sugar

2 egg yolks

1 teaspoon cornstarch

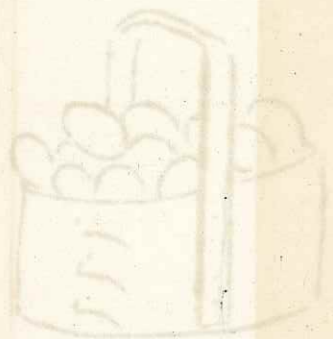
1 teaspoon vanilla

Scald the milk and stir in the sugar, beaten egg yolks, cornstarch and vanilla. If imitation flavor is used, double the quantity.



EGG SAUCE

- 1/2 pint milk
- 1 teaspoon sugar
- 2 egg yolks
- 1 teaspoon cornstarch
- 1 teaspoon vanilla



Boil the milk and stir in the sugar, beaten egg yolks, cornstarch and vanilla. If imitation flavor is used, double the quantity.



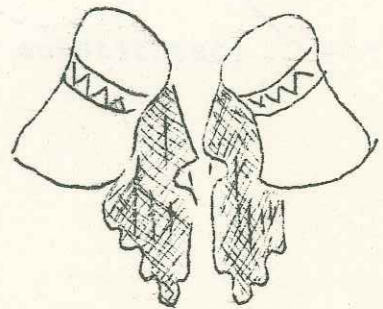
CAKES, ICINGS, FILLINGS

Each Shaker Woman prided herself on the quality of her cooking. The Shakers thought that a woman's cooking was only as good as her cakes. With this idea in mind constant improvements were handed down over the years.

When the Shaker colonies were founded in the west, sugar was scarce and expensive. So delicacies such as icings and fillings, which we take almost for granted in this day and age, were not very common.

ANGEL FOOD CAKE

- 11 egg whites
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon cream of tartar
- $1\frac{1}{2}$ cups sugar
- 1 teaspoon vanilla
- 1 cup flour



Bring egg whites to about 70 degrees. Beat with a rotary mixer at second speed, until frothy. Add the salt, cream of tartar and sifted sugar. Continue to beat until a soft wet peak is formed. Add vanilla and change to first speed. Add the flour, which has been sifted 3 or 4 times. Remove any sugar or flour lumps from the dough. Bake in angel food pans at 300---325 degrees for 15 to 20 minutes. Gradually raise to 340 degrees and bake 25-30 minutes longer.

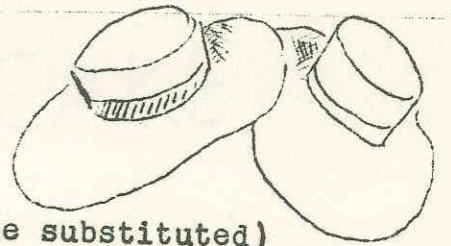
ANGEL FOOD CAKE



4 egg whites
 1/2 cup sugar
 1/2 cup cream of tartar
 1/2 cup vanilla
 1 cup flour

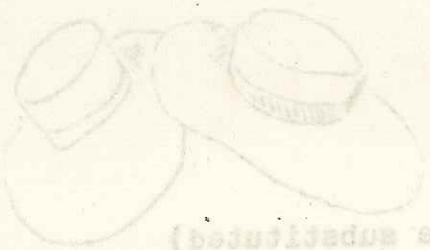
Beat egg whites to about 70 degrees. Beat with a rotary mixer at second speed until frothy. Add the salt, cream of tartar and sifted sugar. Continue to beat until a soft wet peak is formed. Add vanilla and change to first speed. Add the flour, which has been sifted 3 or 4 times. Remove any sugar or flour lumps from the dough. Bake in angel food pans at 300 degrees for 1 1/2 to 20 minutes. Gradually raise to 340 degrees and bake 25-30 minutes longer.

SPICE CAKE



2 cups brown sugar
 1/2 cup butter (margarine may be substituted)
 3 cups flour
 1 1/2 cups sour milk
 1 teaspoons baking soda
 1 teaspoon alspice
 4 eggs

Beat eggs and add sugar, then add melted butter. Mix the milk and soda alternately with flour. Then, put in a greased loaf pan. Bake for 45 to 50 minutes at 350 degrees.



SPICE CAKE

2 cups brown sugar

1/2 cup butter (margarine may be substituted)

2 cups flour

1 1/2 cups sour milk

1 teaspoon baking soda

1 teaspoon salt

4 eggs

Beat eggs and add sugar, then add melted butter. Mix the milk and soda alternately with flour. Then put in a greased loaf pan. Bake for 45 to 50 minutes at 350 degrees.

BANANA CAKE

3 medium ripe bananas

2/3 cup butter

1 cup brown sugar

1 tablespoon confectionary sugar

1 egg

1/2 cup chopped pecans or walnuts

1 teaspoon baking soda

1 2/3 cups flour

1/2 teaspoon salt

2/3 cup sour milk

Cream butter and sugar thoroughly; add an unbeaten egg. Mash bananas and combine with sugar and butter. Sift flour and salt. Dissolve soda in sour milk, and alternate milk and dry ingredients. Then, mix well. Take two extra tablespoons flour and flour the nuts. Add to mixture last. Bake at 350 degrees for 1 hour. Use a loaf pan.

BANANA CAKE

3 medium ripe bananas
2 1/2 cup butter
1 cup brown sugar
1 tablespoon concentrated sugar
1 egg
1/2 cup chopped pecans or walnuts
1 teaspoon baking soda
1 1/2 cups flour
1/2 teaspoon salt
2 1/2 cups sour milk

Cream butter and sugar thoroughly in a separate pan. Wash bananas and combine with sugar and butter. Beat for five minutes. Dissolve soda in sour milk and alternate milk and dry ingredients. Then mix well. Add two extra tablespoons flour and beat the mixture to mixture last. Bake at 350 degrees for 1 hour. Use a loaf pan.

DEVIL'S FOOD CAKE

1 cup butter
2 1/4 cups sugar
3 squares Baker's unsweetened chocolate
4 cups flour
1 1/2 teaspoons baking soda
2 cups sour milk
4 eggs
1 teaspoon vanilla extract
1/4 teaspoon salt

Cream butter and sugar. Add unbeaten eggs, one at a time. Add melted chocolate. Then, alternate the dry ingredients, milk and vanilla extract. Beat for five minutes. (Bakes 3 layers in a 9 inch pan.) Bake at 375 degrees, 25 to 30 minutes for each layer.

DEVIL'S
FOOD CAKE

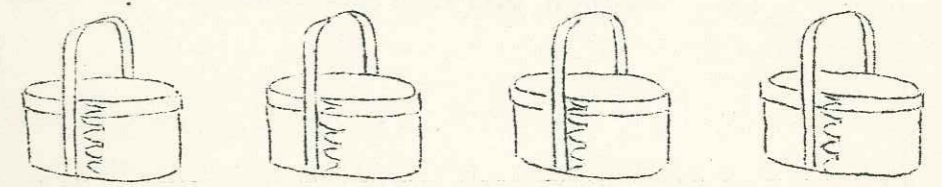
1 cup butter
2 1/2 cups sugar
3 squares Baker's unsweetened chocolate
4 eggs flour
1 1/2 teaspoons baking soda
2 cups sour milk
4 eggs
1 teaspoon vanilla extract
1/2 teaspoon salt

Cream butter and sugar. Add unbeaten eggs, one at a time, and mix thoroughly. Then sift the dry ingredients, milk and vanilla extract. Beat for five minutes. Layer 3 layers in a 9 inch pan. Bake at 350 degrees for 30 minutes for each layer.

ORANGE CAKE

3/4 cup sugar
1/2 cup shortening
1 egg
1/4 teaspoon salt
1 teaspoon baking soda
2 cups flour
1/4 cup sour milk
2 tablespoons orange rind
1/4 cup orange juice

Cream butter and sugar, add egg. Then, add grated orange rind and juice. Sift in dry ingredients, and add to milk. Bake at 350 degrees for 45 minutes.



ORANGE CAKE

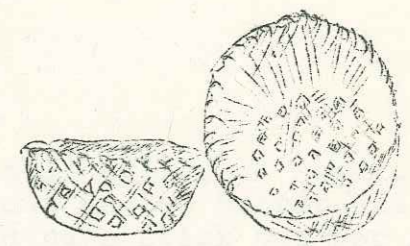
- 3/4 cup sugar
- 1/4 cup shortening
- 1 egg
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 2 eggs flour
- 1/2 cup sour milk
- 2 teaspoons orange rind
- 1/4 cup orange juice

Grease butter and sugar, add eggs and sifted orange rind and juice in dry ingredients, and add to milk. Bake at 350 degrees for 45 minutes.



CHEESE CAKE

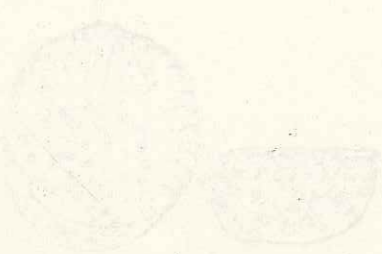
- 2 1/2 cups graham crackers
- 1/4 cup sugar
- 1/4 cup butter
- 3/4 cup cottage cheese
- 1/4 cup flour
- 1 tablespoon lemon juice
- 1 lemon rind
- 2 eggs
- 1 cup whipped cream



Roll graham crackers very thin with rolling pin. Then, sift all the dry ingredients; combine graham crackers with sugar and butter, add dry ingredients. Put in cottage cheese and beat thoroughly. Add lemon juice, fold in whipped cream. Pour in deep pound pan and bake at 325 degrees for one hour.

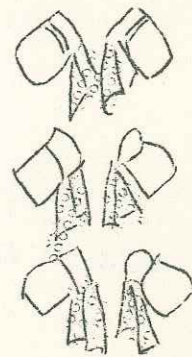
CHEESE CAKE

2 1/2 cups grated cheese
1 1/2 cup sugar
1/4 cup butter
3/4 cup milk
1/4 cup flour
1 tablespoon lemon juice
1 lemon rind
2 eggs
1 cup whipped cream



LAYER FRUIT CAKE

1 cup sugar
3/4 cup butter
2 cups flour
5 egg whites
3 teaspoons baking powder
1 teaspoon vanilla
1 cup apricots pureed



Beat the egg whites till stiff, add sugar. Fold in sifted dry ingredients, add melted butter and flavor. Add the fruit; bake in a corn stick pan for 15 to 20 minutes at 375 degrees.

LAYER FRUIT CAKE



1 cup sugar
 1/2 cup butter
 2 eggs
 1/2 cup milk
 1 cup flour
 1/2 cup fruit
 1/2 cup nuts

Beat the egg whites till stiff and sugar. Fold in
 sifted dry ingredients and melted butter and flavor.
 Add the fruit; bake in a horn cake pan for 1 1/2 to 2
 hours at 375 degrees.

GLAZE

1 egg
 2 tablespoons milk

Beat one egg ; add it to two tablespoons of milk.
 Brush over crust with a pastry brush.

ORANGE ICING

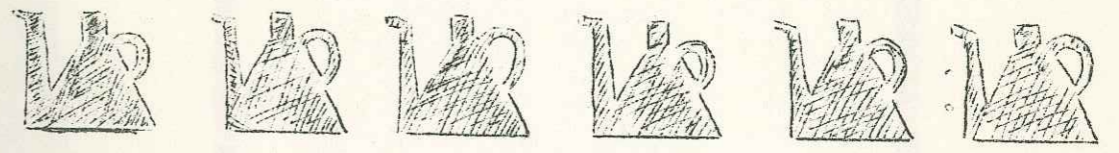
Rind and juice of 2 oranges
 1 lb. confectionary sugar
 1 tablespoon butter

Mix rind to ingredients thoroughly and top cake.

LEMON FILLING

- 1 cup sugar
- 1 grated lemon rind
- 2 eggs
- 1 lemon

Beat all the ingredients , except the lemon juice together in top of a double boiler. Then, place over rapidly boiling water , beating the mixture together constantly with a rotary beater, 6 or 7 minutes, till it is stiff enough to stand in peaks. Then remove it from heat. Add lemon juice; beat continuously, until of consistency to spread.



LEMON FILLING



Put all the ingredients, except the lemon juice together in a double boiler. Then, place over water, heating the mixture together constantly with a rotary beater 5 or 7 minutes. If the stiff enough to stand in peaks. Then remove from heat. Add lemon juice; beat continuously until it congeals to a spread.



COOKIES & PASTRIES

The New England Shakers were a hard working people living in a cold, biting climate, in a northerly location. Because of this, they tried to get the most nutritious food available. The Shaker Sisters became extremely skilled in putting the berries and vegetables they harvested, and the meat they raised into their pies, pastry, and cookies. This provided tasty, hardy food, which added nutriment to their diet.

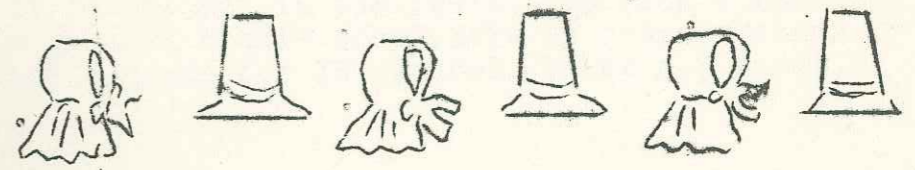
COOKIES & PASTRIES

The New England bakers were a hard working people living in a cold biting climate, in a northern town. Because of this, they tried to get the most nutritious food available. The bakers' biscuits became extremely skilled in putting the berries and vegetables they harvested, and the most they raised into their pies, pastries, and cookies. This provided tasty, hearty food, which added nutrition to their diet.

SOUR MILK COOKIES

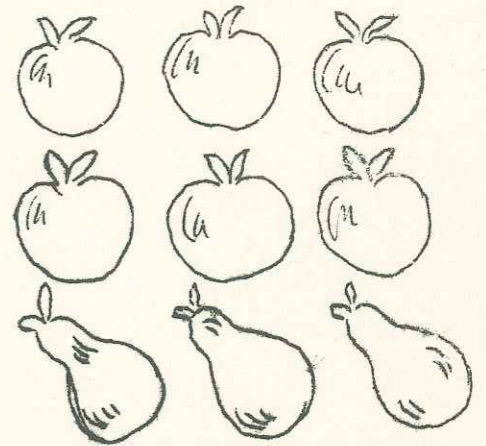
- 2 cups sugar
- 1 cup butter
- 2 eggs
- $\frac{1}{2}$ cup sour milk
- 1 teaspoon baking soda
- 3 cups flour

Cream the sugar and butter, add eggs. Dissolve the soda in the sour milk. Add it to the sugar mixture. Alternate with the flour, until a soft biscuit dough is formed. Drop dough, with teaspoon, on a greased cookie sheet. Press cookie down with finger. Bake at 300 degrees for 5 minutes. Then, remove from oven and press down again. Bake 15 minutes longer.



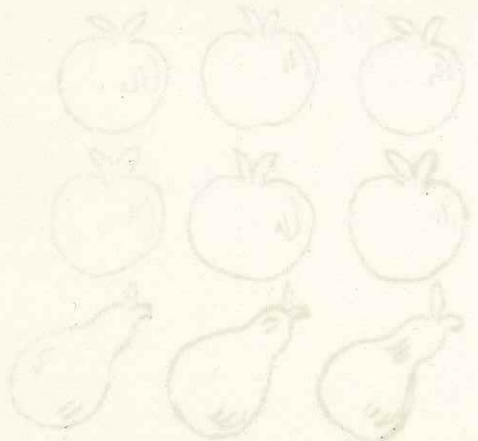
FRUIT COOKIES

- 4 cups brown sugar
- 2 eggs
- 8 cups flour
- $\frac{1}{2}$ cup sour milk
- $2\frac{1}{2}$ cups shortening
- 4 teaspoons vanilla
- 2 lbs. crystallized fruit
- 2 teaspoons baking soda



Cream the shortening and sugar for 2 minutes. The shortening should be at room temperature. Then, add the unbeaten eggs and cream for 2 minutes. Dissolve the baking soda in sour milk. Add it to the mixture alternately with 7 cups of sifted flour and then add the vanilla. Flour the fruit with the remaining cup of flour. Mix in the fruit; drop with a teaspoon onto a greased cookie sheet. Bake at a temperature of 350-400 degrees for 15 minutes. Makes 4-5 dozen.

FRUIT COOKIES

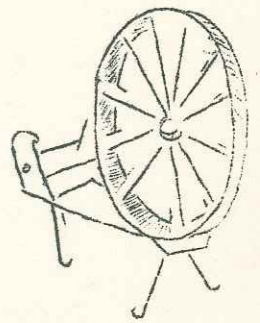


4 eggs brown sugar
 2 eggs
 3 cups flour
 1 cup sour milk
 2 1/2 cups shortening
 1 teaspoon vanilla
 2 lbs. crystallized fruit
 2 teaspoons baking soda

Beat the shortening and sugar for 5 minutes. The shortening should be at room temperature. Then add the unbeaten eggs and cream for 2 minutes. Dissolve the baking soda in sour milk. Add it to the mixture alternately with 1/2 cups of sifted flour and then add the vanilla. Stir in the fruit with the remaining cup of flour. Mix in the fruit; drop with a teaspoon each a rounded cookie sheet. Bake at a temperature of 350-400 degrees for 15 minutes. Makes 4-5 dozen.

COCOANUT CUSTARD PIE

3 egg whites
 1 1/2 cups sugar
 2 cups milk
 1/2 cup cocoanut
 1 teaspoon vanilla extract
 1/2 teaspoon nut-meg



Beat eggs; add sugar. Scald milk but do not boil. Add milk to eggs and sugar. Add vanilla, nutmeg and cocoanut. Put in an unbaked shell and bake for forty minutes in an oven at 350 degrees.

COCOANUT CUSTARD PIE



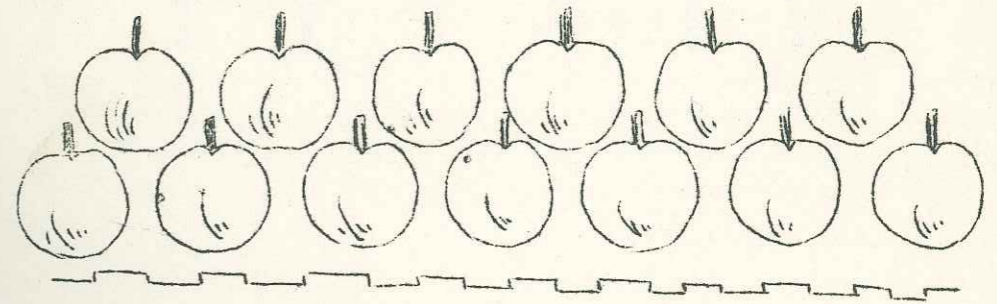
- 3 egg whites
- 1 1/2 cups sugar
- 2 cups milk
- 1/2 cup coconut
- 1 teaspoon vanilla extract
- 1/2 teaspoon nutmeg

Beat egg whites; add sugar. Cook milk but do not boil. Add milk to egg and sugar. Add vanilla, nutmeg and coconut. Put in an ungreased shell and bake for forty minutes in an oven at 325 degrees.

APPLE PIE

- 1 dozen medium green apples
- 2/3 cup brown sugar
- 1/2 cup granulated sugar
- 1/2 teaspoon nutmeg
- 2 tablespoon ground lemon rind
- 1 tablespoon corn starch

Wash and core one dozen medium green apples. Mix all dry ingredients together; sprinkle over apples. Pour 2 tablespoons of melted butter over this. (Use egg whites glaze if desired.) Bake for 1/2 an hour at 375 degrees. Drop the temperature to 325 degrees for another 1/2 an hour.



PUMPKIN PIE

- 1½ cups pumpkin
- ¼ cup brown sugar
- ½ cup molasses
- ¾ cup white sugar
- 2 eggs
- 2 tablespoons butter
- ¼ teaspoon soda
- ¼ teaspoon salt
- ½ teacup milk
- ½ teaspoon mace
- ½ teaspoon nutmeg

Beat eggs; add pumpkin. Then add sugar, molasses and other ingredients. Pour into eight inch pie shell and bake fifty minutes at 350 degrees.



PUMPKIN PIE

- 1 1/2 cups pumpkin
- 1 cup brown sugar
- 1 cup molasses
- 1/4 cup white
- 2 eggs
- 2 tablespoons
- 1/2 teaspoon
- 1/2 teaspoon salt
- 1/2 cup milk
- 1/2 teaspoon
- 1/2 teaspoon

Heat oven to 375 degrees. Roll out dough and fit over a pie shell. Prick with a fork. Bake for 15 minutes. Fill with pumpkin mixture. Bake for 30 minutes.

TART SHELLS

- 2 cups sifted flour
- 1/2 teaspoon salt
- 1/2 cup butter
- 3 tablespoons cold water
- 2 tablespoons sugar

Sift all dry ingredients. Then, cut butter in dry ingredients and pour in cold water. Fold dough over lightly and roll lightly on floured board. Take a 10 inch water glass, cut dough, and fit over a muffin tin. Prick dough with a fork three times and bake at 375 degrees for 15 minutes. Black-eyed Susans may be used by placing dough inside the muffin tin; filling it with Black-eyed Susans.

TART SHELLS

3 cups sifted flour

1/2 teaspoon salt

1/2 cup butter

3 tablespoons cold water

2 tablespoons sugar

Sift all dry ingredients. Then, cut butter in dry ingredients and pour in cold water. Roll dough over lightly and roll lightly on floured board. Take a 10 inch water glass, cut dough, and fit over a muffin tin. Prick dough with a fork three times and bake at 275 degrees for 15 minutes. Black-eyed Susans may be used by placing dough inside the muffin tin; filling it with Black-eyed Susans.

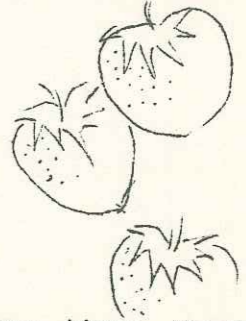
STRAWBERRY TARTS

1 quart strawberries

1/2 cup sugar

1 tablespoon corn starch

1 cup water



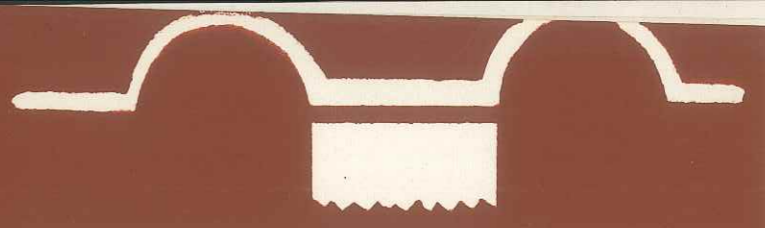
Take one quart of strawberries and cap them. Wash thoroughly twice. Put 1/2 cup of sugar on the berries, and cook slowly. Add one tablespoon of corn - starch to one cup of water and make a paste. Then add it to the cooked strawberries. Make into a sauce and cool. Then put in tart shells. Pour heavy cream over it, or top with whipped cream.

STRAWBERRY TARTS



1 cup strawberries
1/2 cup sugar
1 tablespoon corn starch
1 cup water

Put one quart of strawberries and one quart of sugar in a large bowl. Add one tablespoon of corn starch and mix well. Then add the water and mix again. Bake in a tart shell for about 15 minutes.



BREADS & BISCUITS

The history of bread baking dates back many hundreds of years, probably back to the early stone age. Gradually, over these years, great changes have taken place in the textures and qualities of the different types of breads. Around the year 1871, the Shakers discovered certain flaws in the milling of the wheat. The major flaw was that the vital wheat germ was being discarded during the process. The Shakers, being among the first to recognize the value of nutrition, decided then and there to put the ancient quality of simplicity into the milling, and the baking of their breads, and insisted on retaining the wheat germ when milling the flour.

NUT BREAD

1 egg
1/4 cup dark brown sugar

1/2 cup milk

1/2 cup orange juice

3 cups flour

1/2 teaspoon baking powder

3/4 cup raisins

1 cup walnuts

1/4 teaspoon salt

1 teaspoon cinnamon

Heat egg and add sugar, milk, and orange juice. Sift all dry ingredients. Add to mixture and mix for five minutes. Take 2 extra tablespoons of flour and add to the dough. Put in a hot pan and bake for 20 minutes in a 350 degree oven.

CINNAMON ROLLS

2 1/2 cups milk

3/4 cups shortening

4 cups flour

1 1/4 cups sugar

2 eggs

1/2 teaspoon salt

3 tablespoons cinnamon

Scald milk, but do not boil. Add fat to warm milk. After mixture is cool, add salt, and then one yeast cake dissolved in 2 tablespoons of cold water. Beat the eggs and sugar and combine with flour. Make soft dough and let rise for 1 1/2 hours in a moderate room. Roll on floured board. Melt some butter and pour it over the dough. Take 4 more tablespoons of sugar, two tablespoons cinnamon, and 1/2 box of raisins. Sprinkle on dough and roll dough. Cut 1/2 inch thick and put on greased cookie sheet. Let rise for forty minutes and then bake at 375 degrees for 20 minutes.

CINNAMON ROLLS

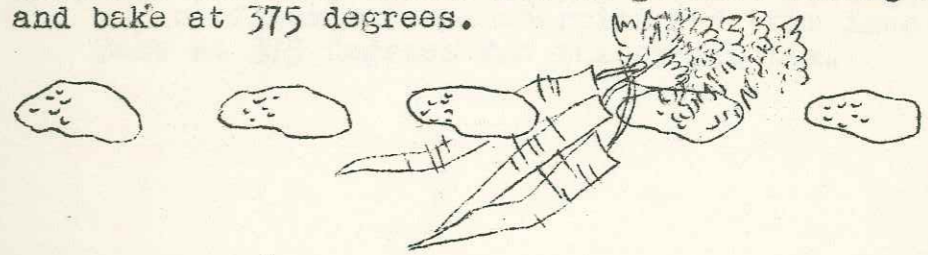
- 1/2 cups milk
- 3/4 cups shortening
- 4 cups flour
- 1/2 cups sugar
- 2 eggs
- 1/2 teaspoon salt
- 3 tablespoons cinnamon

Scald milk but do not boil. Add fat to warm milk. After mixture is cool, add salt and then the yeast cake dissolved in 2 tablespoons of cold water. Beat the eggs and sugar and combine with flour. Make soft dough and let rise for 1 1/2 hours in a moderate room. Roll on floured board. Roll some butter and pour it over the dough. Take 4 more tablespoons of sugar, two tablespoons cinnamon, and 1/2 box of raisins. Sprinkle on dough and roll dough. Cut 1/2 inch thick and put on greased cookie sheet. Let rise for forty minutes and then bake at 375 degrees for 20 minutes.

POTATO BISCUITS

- 1 1/2 cups mashed potatoes
- 3 tablespoons butter
- 4 tablespoons baking powder
- 3/4 cups milk
- 1 1/2 cups flour
- 1 teaspoon salt

Sift all dry ingredients. Add butter. Then, work in potatoes; beat well. Roll dough lightly and cut biscuits one inch thick. Put on greased baking sheet and bake at 375 degrees.



POTATO BISCUITS

1 1/2 cups mashed potatoes

3 tablespoons butter

4 tablespoons baking powder

3/4 cups milk

1 1/2 cups flour

1 teaspoon salt

Sift all dry ingredients. Add butter. Then work in potatoes; beat well. Roll dough lightly and cut biscuits one inch thick. Put on greased baking sheet and bake at 375 degrees.



BLUEBERRY MUFFINS

1/4 cup butter (margarine may be substituted)

1/4 cup sugar

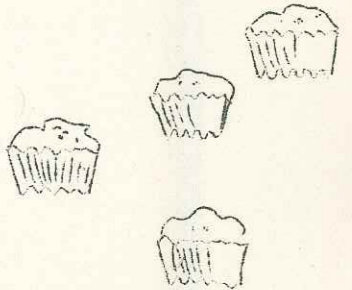
2 eggs

1/4 teaspoon baking powder

2 cups flour

2/3 cups milk

1 cup blueberries



Cream butter and sugar, add sifted flour and dry ingredients, alternately with milk and eggs. Sift 1/4 cup of flour over blueberries and stir into mixture. Bake at 375 degrees for thirty minutes.

BLUEBERRY MUFFINS



1/2 cup butter (margarine may be substituted)



1/4 cup sugar

2 eggs

1/2 cup sugar baking powder

1 cup flour

1/2 cup milk

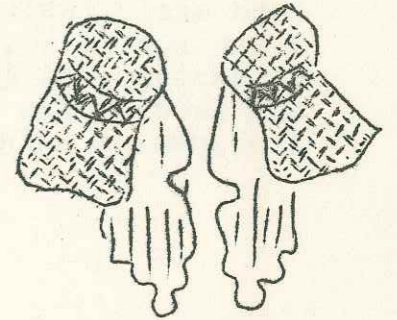
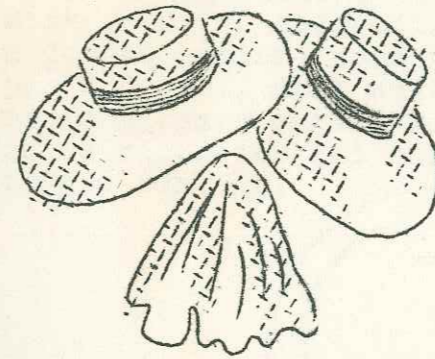
1 cup blueberries

Green butter and sugar, add sifted flour and dry ingredients, alternately with milk and eggs. Stir cup of flour over blueberries and stir into mixture. Bake at 375 degrees for thirty minutes.



ODDS & ENDS

In all of their cookies and cakes, the Shakers used great quantities of sweet butter, never salt butter. As they raised their own cows, the Shakers had plenty of cream. This was set at room temperature. Then using an old-fashioned butter churn, it was made into sweet butter. However, this was not just the simple process of churning, for it was washed as many as two or even three times in cold water. The sweetness of the fresh butter was very important to the definite flavors of all Shaker cooking. The fresh butter was molded into handmade Shaker boxes.



ODDS & ENDS

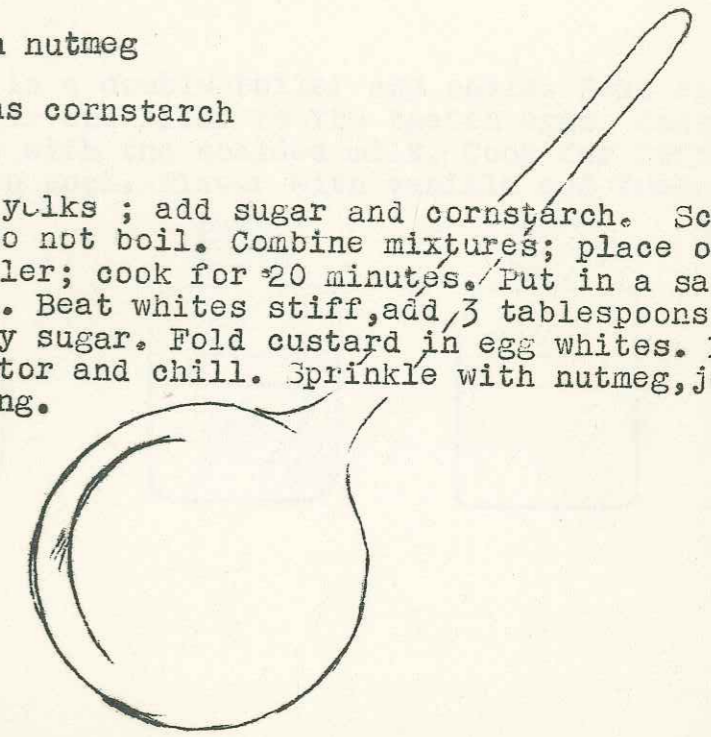
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FLOATING ISLAND

- 1 1/2 cups milk
- 3/4 cup sugar
- 1/2 teaspoon of vanilla
- 3 egg yolks
- 1/2 teaspoon nutmeg
- 2 tablespoons cornstarch

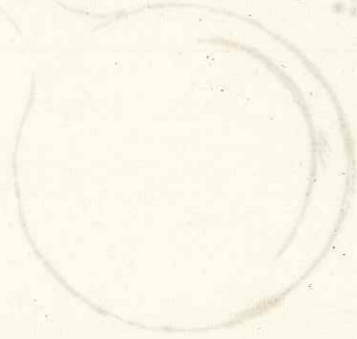
Beat egg yolks ; add sugar and cornstarch. Scald milk , but do not boil. Combine mixtures; place over a double boiler; cook for 20 minutes. Put in a sauce pan and cool. Beat whites stiff, add 3 tablespoons of confectionary sugar. Fold custard in egg whites. Put in refrigerator and chill. Sprinkle with nutmeg, just before serving.



FLOATING ISLAND

1/2 cup milk
3/4 cup sugar
1 1/2 cups of vanilla
3 egg yolks
1/2 teaspoon nutmeg
2 tablespoons cornstarch

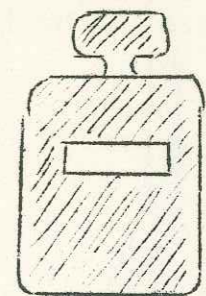
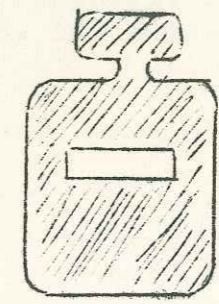
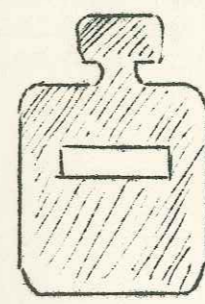
Beat egg whites; add sugar and cornstarch. Fold into milk, but do not boil. Combine mixture; place over a double boiler; cook for 10 minutes. Put in a sauce pan and cool. Beat whites stiff, add 3 tablespoons of concentrated sugar. Fold mixture in egg whites. Put in refrigerator and chill. Sprinkle with nutmeg, just before serving.



ICE CREAM, PLAIN

- 2 teaspoons vanilla
- 3 quarts milk
- 9 eggs
- 5 tablespoons flour
- 3 cups sugar

Put milk in a double boiler and scald. Beat eggs. Then add sugar and flour to the beaten eggs. Combine this mixture with the scalded milk. Cook for fifteen minutes. Then cool. Flavor with vanilla and freeze.



ICE CREAM PLAIN

- 3 teaspoons vanilla
- 3 quarts milk
- 3 eggs
- 2 tablespoons flour
- 3 cups sugar

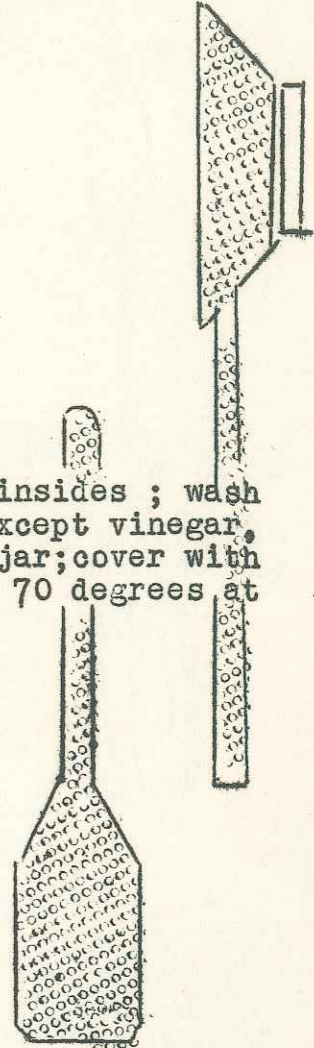
Put milk in a double boiler and scald. Beat eggs. Then add sugar and flour to the beaten eggs. Combine this mixture with the scalded milk. Cook for fifteen minutes. Then cool. Flavor with vanilla and cream.



PICKLED PEPPERS

- 2 medium chopped cabbages
- 4 ground, fresh horse-raddishes
- 1 dozen medium peppers
- 2 tablespoons powdered mustard
- 3 teaspoons salt
- 1 quart vinegar

Cut the top off peppers. Scoop out insides ; wash in cold water. Mix all ingredients , except vinegar, together and stuff peppers. Pack in a jar; cover with cold sharp vinegar. Let stand at about 70 degrees at least 48 hours.



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VELVET CREAM

- 1 teacup cream
- 2 tablespoons strawberry jelly
- 2 tablespoons currant jelly
- 2 tablespoons sugar
- 2 egg whites

Beat the egg whites 'till stiff. Fold in the other ingredients. Beat all together to make a cream.

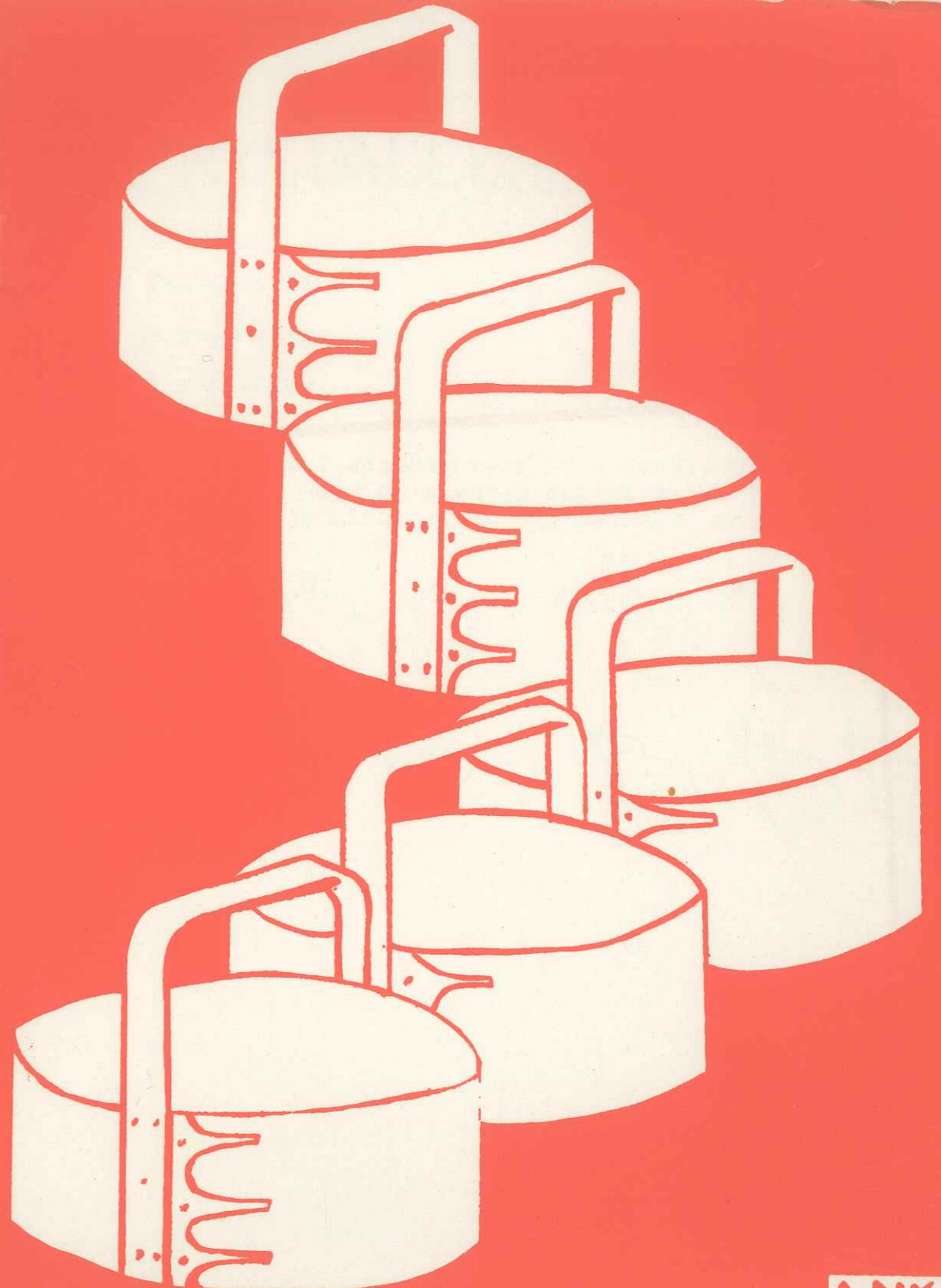
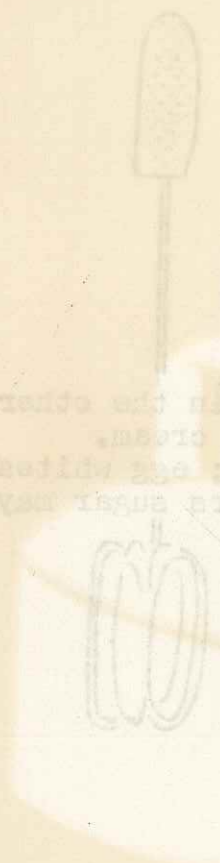
Pet milk may be substituted for cream; egg whites or powdered eggs may be used, confectioners sugar may be used instead of granulated sugar.



VELVET CREAM

- 1 teacup cream
- 2 tablespoons strawberry jelly
- 2 tablespoons currant jelly
- 2 tablespoons sugar
- 2 egg whites

Beat the egg whites till stiff, fold in the other ingredients, beat all together to make a cream. The milk may be substituted for cream, egg whites or powdered egg may be used, confectioner's sugar may be used instead of granulated sugar.



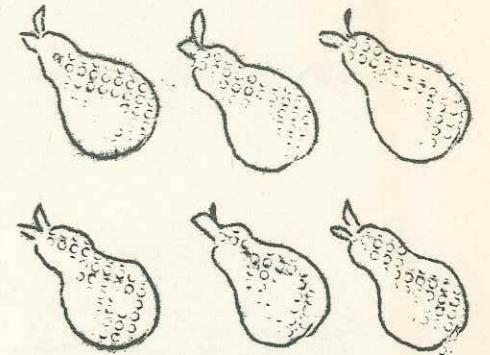
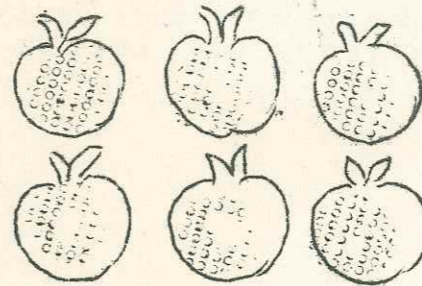
CRYSTALLIZED FRUIT

Canned fruit

2 cups sugar

1 cup water

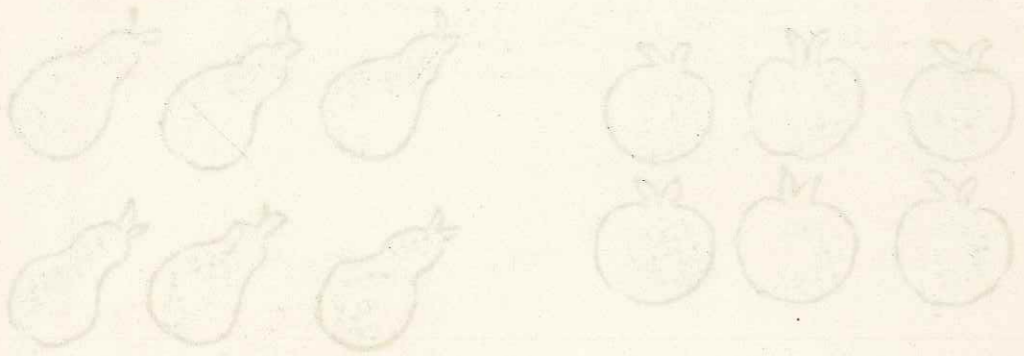
Drain the canned fruit on a towel. Make #3 simple syrup (2 cups of sugar, 1 cup of water). Cook fruit in syrup 35 minutes, at 350 degrees. Let cool.



CRYSTALLIZED FRUIT

1 cup water
2 cups sugar
1 cup fruit

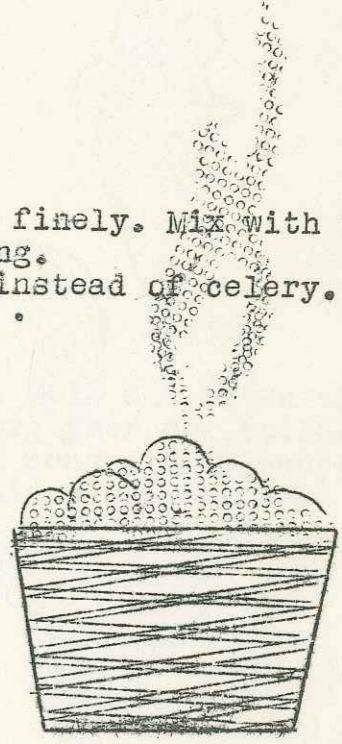
Drain the canned fruit on a towel. Mix 1/2 cup of water, 1 cup of sugar, 1 cup of fruit in a saucepan. Boil 10 minutes. Let cool.



POTATO SALAD

6 boiled potatoes
3 small onions
3-4 stalks of celery
French dressing

Chop the potatoes and onions finely. Mix with the celery. Pour over French dressing.
Chopped parsley may be used instead of celery.



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French dressing

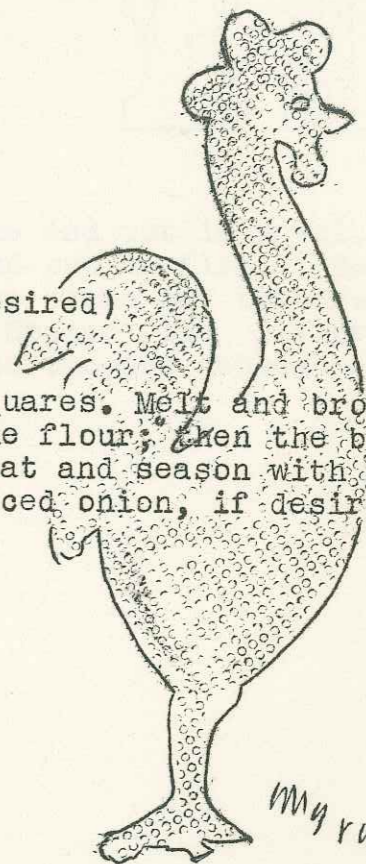
Chop the potatoes and onions finely. Mix with the
celery. Pour over French dressing.
Canned parsley may be used instead of celery.



HASH

1 pint of any cold meat
1 tablespoon butter
1 tablespoon flour
1/2 pint boiling water
1 tablespoon salt
1/2 teaspoon pepper
1 small minced onion (if desired)

Cut the meat in small squares. Melt and brown the butter. Gradually mix in the flour; then the boiling water. Let boil. Add the meat and season with pepper and salt. Add the small minced onion, if desired.



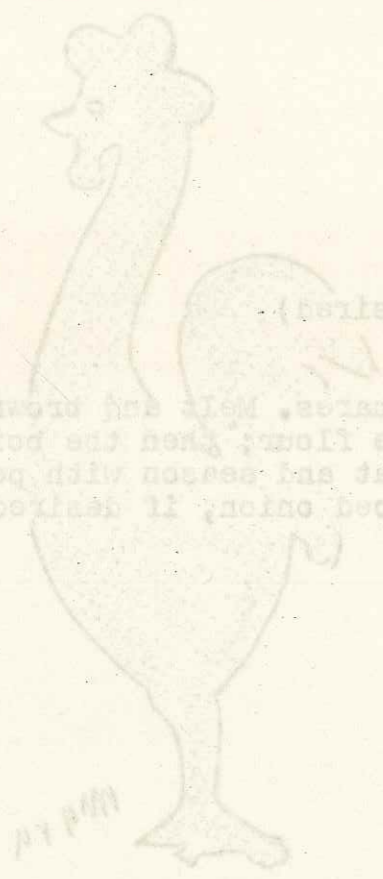
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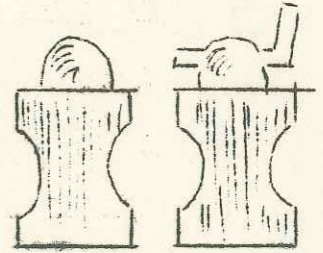
1 small minced onion (if desired)

Put the meat in small squares. Melt and brown the butter. Gradually mix in the flour; then the boiling water. Let boil. Add the meat and season with pepper and salt. Add the small minced onion, if desired.



SLAW

- 1/2 small head of cabbage
- 2 tablespoons vinegar
- 2 eggs
- 1/2 cup cream
- 1 tablespoon melted butter



Chop the cabbage very fine and put in bowl. Put the vinegar in a sauce pan and set on fire. Beat eggs very light; add them to the cream and butter. Stir into the boiling vinegar. Season the mixture with salt and pepper. Mix with the chopped cabbage and set on ice.

MACARONI with BROWN SAUCE

- 1/4 lb. macaroni
- 1 quart soup stock
- 1 tablespoon of butter
- 1 teaspoon of flour
- 2 tablespoons of grated cheese

Break macaroni in pieces 2 inches long. Put soup stock up to boil. Add macaroni and boil rapidly $\frac{1}{2}$ an hour. Drain. Brown the butter, add the flour and mix smoothly. Add $\frac{1}{2}$ pint of the stock, and stir until it boils; let boil up once. Then, put grated cheese in with the macaroni. Season to taste and serve.

