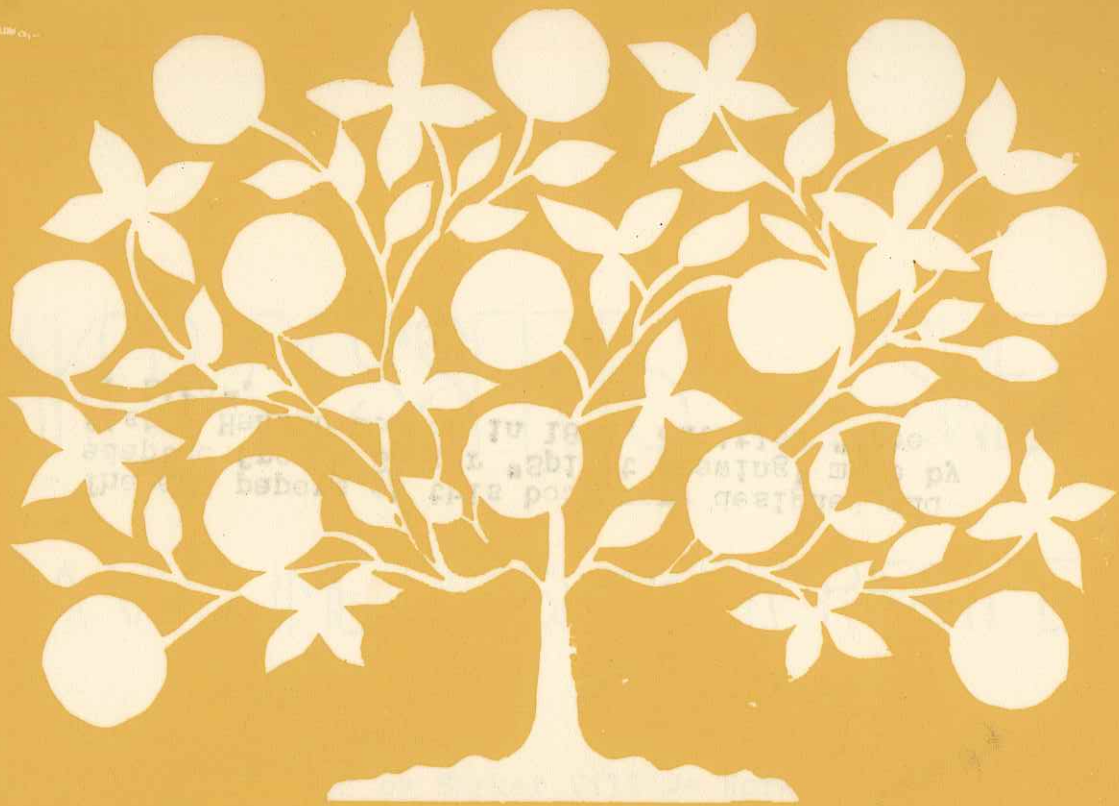


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SHAKER
DESSERTS
&
SWEETS



SHAKER DESSERTS AND SWEETS

A VOLUME OF SHAKER RECIPES

published by Shaker Village Work Group
a work education project for teen-agers
P.O. Box Pittsfield, Mass.

CONTENTS

To the late Sister Jennie Wells, of the Hancock, Mass. Shaker Community, whose notebook provided many of these recipes.

To Sister Grace Dahm, of the Hancock, Mass. Shaker Community, whose generous aid and remarkable memory have helped to make this book possible.

To Emma Hunt, of Shaker Village Work Group, who has personally tested each of these recipes for taste and quantity.

To Sybil and Jerome Count, of Shaker Village Work Group, who collected these recipes from handwritten and photostatic sources.

To all the members of the Art and Publications Workshops of Shaker Village Work Group, who took part in publishing this volume

CONTENTS

The recipes in this book are divided according to their general classifications. The sections are in the following order -

Introduction
Shaker Letter
Tricks of the Trade
Biscuits and Muffins
Cakes
Candies and Beverages
Cookies
Pies
Puddings
Toppings

INTRODUCTION

Around 1747, a new sect started among the Quakers in England. This sect, officially called the United Society of Believers in the Second Appearance of Christ, was at first known as the "Shaking-Quakers". In 1774, led by Mother Ann Lee, a handful of Shakers left persecution in England and came to America. The Shakers were, in the New World, a religious group which led a celibate life and believed that Ann Lee represented the second coming of Christ in the form of a woman.

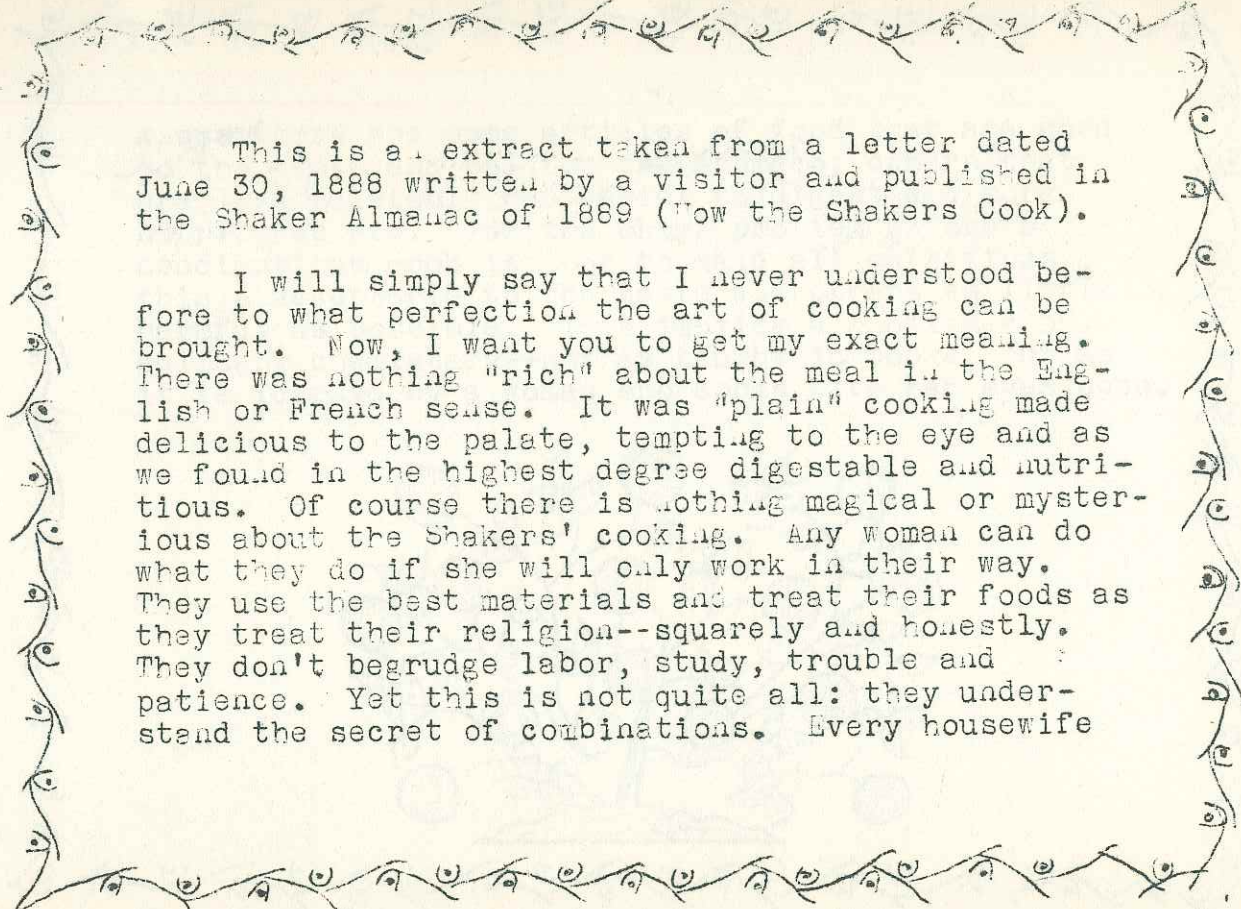
During the years that followed, thousands of converts came to live under the motto "Put your hands to work and your hearts to God!", establishing, at their height, nineteen communities in eight states. In these communities, a standard for work and living was set up which prevails even now among the few remaining Shakers.

The Shakers' mission was to establish a Heaven on Earth, and since in Heaven there is no imperfection, the Shakers became a band of perfectionists. Their communities were kept spotless, their work habits unimpeachable. The Shakers demanded the same perfection in their cooking as in everything

else. Their kitchens were immaculate, and no ingredient with any kind of flaw was put into their food. In preparing the recipes which follow, only the finest ingredients should be used. The Shakers regarded cooking as a means for serving God, so the preparation of food was a sacred responsibility.

Their cooking lured many people to the Shaker way of life. During the 1830's and 40's, hundreds of Easterners were migrating west. Due to the lack of lodging facilities, they often stayed with the Shakers. In every Shaker community there was a dining area intended solely for travelers and from which no traveler was ever turned away. Many, attracted by the famed food and hospitality, stayed, and eventually became Shakers.

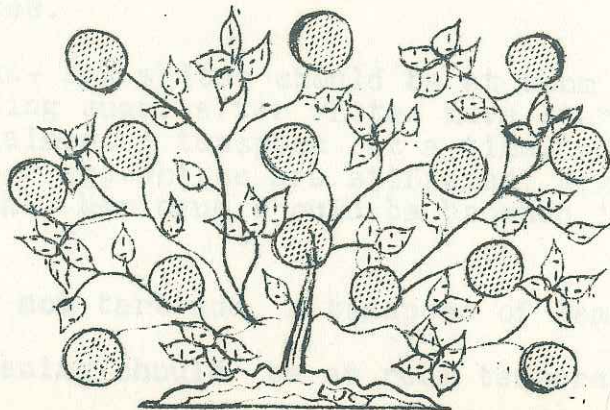
This book was planned and printed by members of the Shaker Village Work Group, a summer work education project for teenagers, located at the site of one of the original Shaker communities. The recipes have been tested by Emma Punt, dietitian for the Group. Since the Shakers cooked for a family of a hundred or more, these recipes had to be adapted for home use. However, the original recipes have been unchanged.



This is an extract taken from a letter dated June 30, 1888 written by a visitor and published in the Shaker Almanac of 1889 ("How the Shakers Cook").

I will simply say that I never understood before to what perfection the art of cooking can be brought. Now, I want you to get my exact meaning. There was nothing "rich" about the meal in the English or French sense. It was "plain" cooking made delicious to the palate, tempting to the eye and as we found in the highest degree digestible and nutritious. Of course there is nothing magical or mysterious about the Shakers' cooking. Any woman can do what they do if she will only work in their way. They use the best materials and treat their foods as they treat their religion--squarely and honestly. They don't begrudge labor, study, trouble and patience. Yet this is not quite all: they understand the secret of combinations. Every housewife

knows there are some articles of food that are good to the taste and bad for the stomach; others that are less palatable but easier to digest and more nutritious etc. Now the chief problem before a conscientious cook is: how to make all nutritious things acceptable to the taste and others as little harmful as possible. This implies a knowledge of culinary chemistry--not as taught in books, but as it is learned by a woman who cooks with her eyes open.



TRICKS OF THE TRADE

1. When beating eggs, use electric mixer three minutes or beat by hand five minutes.
2. Making Meringue- Egg whites should be at room temperature before beating. Start adding sugar after whites have started to stiffen and add sugar slowly- almost $\frac{1}{4}$ teaspoon at a time. Add a few drops of vanilla flavor after egg whites are stiffened. Egg whites are stiff when they form **peaks**. Meringue should be browned in a 400 degree oven for 5 minutes.
3. If apples are not tart add a teaspoon of lemon juice.
- 4 Butter or shortening should be at room temperature before creaming.
5. How to steam desserts- Tightly cover the dish or pan in which the dessert is to be cooked with aluminum foil and set it in a pan of water, one half the height of the pan- the principle being that the dessert should be covered.

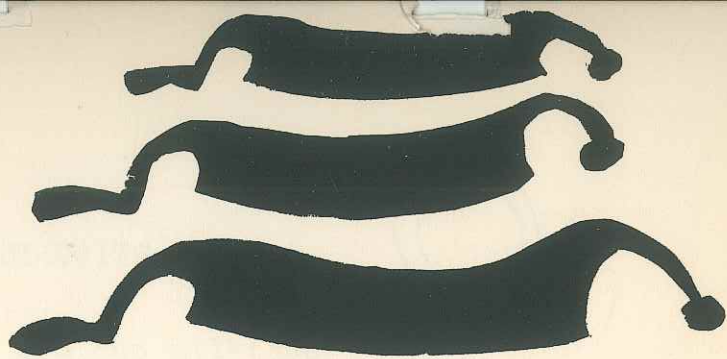
7. To measure dry ingredients- A cupful is a measuring cup filled level or even with the ridge marked 1 cup. To measure dry ingredients, such as flour, and sugar, fill lightly with a spoon, taking care not to shake the cup.

A spoonful is a spoon filled level with the top. First sift the material into the bowl, dip in the spoon, lift it slightly heaping and level it by sliding the side of a knife across the top of the spoon. Do not level by pressing it.

8. BASIC PRINCIPLES FOR PIE CRUST OR PASTRY DOUGH

1. All materials should be as cold as possible-water should be ice cold.
2. Dough should be handled lightly and as little as possible.
3. The oven should already be at the temperature given when the food to be baked is placed in it.
4. A deeper 8" or 9" pie plate allows for a well-filled pie without worry of "filling" overflowing while baking.
5. Too much shortening makes pie crust dry and crumbly.
6. Too much flour makes pie crust tough.

9. Cookies- Cookies must be baked on greased cookie sheets. Chill cookie dough before rolling. Any desired solid shortening may be used. Always flour all utensils when rolling and cutting cookies.



BISCUITS

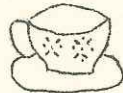
MUFFINS

54. 2M.

SPAKER TEA BISCUITS

2 cups sugar
2 eggs
1 cup melted butter
1 teaspoon baking soda

1/3 cup milk (sour)
juice and grate rind
of 1 lemon
4-5 cups flour



Cream sugar and beaten eggs
Add melted butter and mix
(Beat steps 1 and 2 a great deal- after that
beat as little as possible)
Combine milk, lemon juice and rind with soda.
(It will fizz and swell a great deal)
Alternate flour and liquid into mixture-stirring
just enough to combine ingredients.
Chill dough
Roll very thin and cut
Sprinkle sugar and nutmeg on top.
Bake until edges brown- about 8 minutes at 400°



POTATO BISCUITS

1½ cups mashed potatoes
3 tbs. butter
4 tbs. baking powder*

$\frac{3}{4}$ cup milk
1½ cups flour
1 teaspoon salt

Sift all dry ingredients

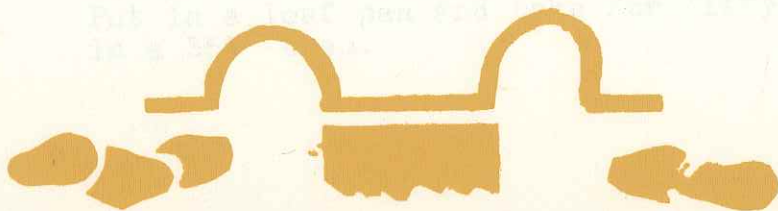
Add butter

Then, work in potatoes; beat well

Roll dough lightly and cut biscuits 1 inch thick

Put on greased baking sheet and bake at 375° for 8-10 minutes

*Use combination type.



NUT BREAD

1 egg	3 $\frac{1}{2}$ teaspoons baking powder
$\frac{1}{4}$ cup dark brown sugar	
1 $\frac{1}{4}$ cups milk	$\frac{3}{4}$ cup raisins
$\frac{1}{4}$ cup orange juice	1 cup walnuts
3 cups flour	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ teaspoon cinnamon	

Beat eggs.

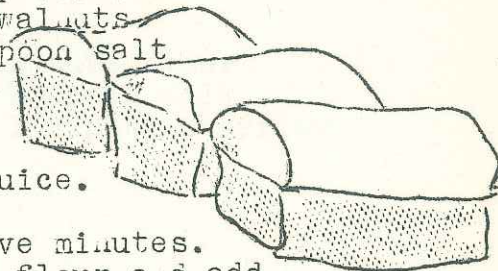
Add sugar, milk and orange juice.

Sift all dry ingredients.

Add to mixture and mix for five minutes.

Take two extra tablespoons of flour and add to the dough.

Put in a loaf pan and bake for fifty minutes in a 350° oven.



BLUEBERRY MUFFINS

$\frac{1}{4}$ cup butter
 $\frac{1}{4}$ cup sugar
2 eggs
 $\frac{1}{4}$ teaspoon baking powder

2 cups flour
 $\frac{2}{3}$ cup milk
1 cup blueberries

Cream butter and sugar

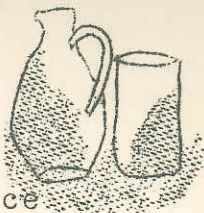
Add sifted flour and dry ingredients alternately with milk and eggs.

Sift $\frac{1}{4}$ cup of flour over blueberries and stir into mixture

Bake at 375 degrees for 30 minutes



SISTER EMMA'S RULE FOR SOFT GINGERBREAD



$\frac{1}{2}$ cup shortening
 $\frac{1}{2}$ cup dark brown sugar
1 cup dark molasses
2 eggs
2 cups flour (all-purpose)

1 teaspoon ginger
 $\frac{1}{2}$ teaspoon allspice
1 teaspoon cinnamon
1 teaspoon baking soda
 $\frac{1}{2}$ cups day-old buttermilk**

Pour molasses in bowl, add sugar and mix well.
Add shortening and beat for 2 minutes until all is smooth.
Add eggs, one at a time, and blend well.
Sift and add all dry ingredients together except soda.
Add baking soda to buttermilk ***
Then alternate adding buttermilk mixture and the dry ingredients to the molasses mixture and continue beating.
Grease and dust lightly an 8" baking pan.
Bake in oven at 375° for 25-30 minutes or until top center of the gingerbread is springy to the touch.

* See Tricks of the Trade.

** Day-old buttermilk - leave at room temperature for 24 hours.

*** Use tall container as the combination is effervescent.



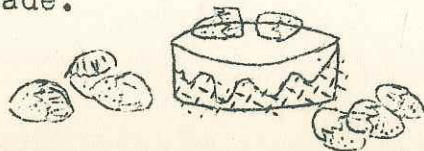
SHAKER RECIPE FOR SHORTCAKE BISCUITS

$\frac{1}{2}$ cup shortening *
 $1\frac{1}{2}$ cups flour (all purpose)
1 teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
2 tablespoons sugar

1 teaspoon nutmeg
 $\frac{1}{4}$ cup cold water
 $\frac{1}{2}$ cup buttermilk
1 egg

Put shortening in a bowl.
Sift all dry ingredients and cut into shortening with two knives or pastry blender until rice size.
Beat egg and add milk and water.
Combine this with the rice-size dough until it becomes clean from the inside of the bowl, and form a soft ball of dough.
Roll out dough on floured board $\frac{3}{4}$ inch thick.
Cut out biscuits with small cutter.
Bake on cookie tin 10-12 minutes in 450° oven.

* See Tricks of the Trade.






CAKES

JR


CHEESE CAKE

2 $\frac{1}{4}$ cups graham crackers	1 tablespoon lemon juice
$\frac{1}{4}$ cup sugar	1 lemon rind
$\frac{1}{4}$ cup butter	2 eggs
$\frac{3}{4}$ cup cottage cheese	1 cup whipped cream
$\frac{1}{4}$ cup flour	

Roll graham crackers into crumbs with rolling pin.
Sift all dry ingredients.
Combine graham crackers with sugar and butter.
Add dry ingredients
Put in cottage cheese and beat thoroughly.
Add lemon juice and fold in whipped cream.
Pour in deep pound pan and bake at 350 degrees for one hour



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 throughly

Add an unbcaten egg

Mash bananas and combine with sugar and butter

Sift flour and salt

Disolve soda in sour milk and alternat milk and dry ingredients

Mix well

Take two extra tablespoons flour and flour the nuts

Add floured nuts to the mixture

Bake at 350 degrees for 1 hour using loaf pan

* See "Tricks of the trade"



GOLDEN CAKE

1 cup shortening	1 $\frac{2}{3}$ cups milk
2 cups sugar	1 $\frac{1}{2}$ teaspoons vanilla
6 beaten egg yolks	$\frac{1}{2}$ teaspoon lemon juice
3 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon lemon rind
3 $\frac{1}{2}$ teaspoons baking powder	


Cream shortening and sugar

Add beaten egg yolks and mix until smooth


Sift dry ingredients

Add alternately the combined liquid ingredients and mixed dry ingredients to the batter mixing 5 minutes by hand and three minutes by electric mixer

Pour into two 8" pans and bake 25-30 minutes in a moderate oven (375 degrees)



ORANGE CAKE



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

Cream butter and sugar.


Add egg.

Add grated orange rind and juice.

Sift in dry ingredients and add milk.

Bake at 350 degrees for 45 minutes.

*See Tricks of the Trade.



DEVIL'S FOOD CAKE

1 cup shortening *	1½ cup buttermilk
1 cup dark brown sugar	1 teaspoon baking powder
1 cup white sugar	½ teaspoon red food coloring **
4 eggs	2 teaspoons vanilla extract
5 squares chocolate	3½ cups flour

Cream shortening and sugar until light.

Add eggs and beat until smooth. *

Add melted (but not hot) chocolate.

Sift all dry ingredients except the baking soda.

Add baking soda to room-temperature buttermilk.

Now, alternately adding dry ingredients and buttermilk to batter,

Add vanilla flavoring and pour in 28" cake pans.

Bake at 375 degrees for about 35 minutes.

* See Tricks of the Trade

** Shakers used strawberry or raspberry juice for color.



HONEY CAKE

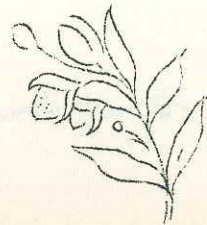
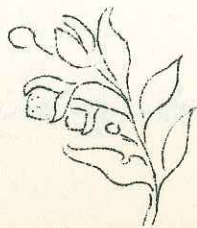
1 cup honey 1 egg
 $\frac{1}{2}$ cup sugar 2 tbs. warm water
 $\frac{1}{2}$ cup butter $\frac{1}{4}$ teas. ginger
2 cups flour $\frac{1}{4}$ teas. nutmeg
 $\frac{1}{2}$ teas. baking soda

Measure honey into bowl.
Melt butter and add to honey
working it together.
Sift all dry ingredients EXCEPT
baking soda.
Add dry ingredients to batter
mixing thoroughly.
Mix baking soda into water and add
to batter, mixing again.
Pour into 8" square pan.
Bake in 350° oven for about 25
minutes.

SPICE CAKE

4 eggs $1\frac{1}{2}$ cups sour milk
 $\frac{1}{2}$ cup butter 1 teas. baking soda
3 cups flour 1 teas. allspice
2 cups brown sugar

Beat eggs and add sugar.
Melt butter and add.
Mix the milk and soda alternately
with the flour.
Put in a greased loaf pan.
Bake for 45 to 50 minutes at 350°.



POUND CAKE*

1 lb. sugar
1 lb. butter
12 eggs

1 lb. flour
1 teaspoon vanilla
 $\frac{1}{4}$ teaspoon salt

Cream butter and sugar.

Add eggs two at a time and mix.

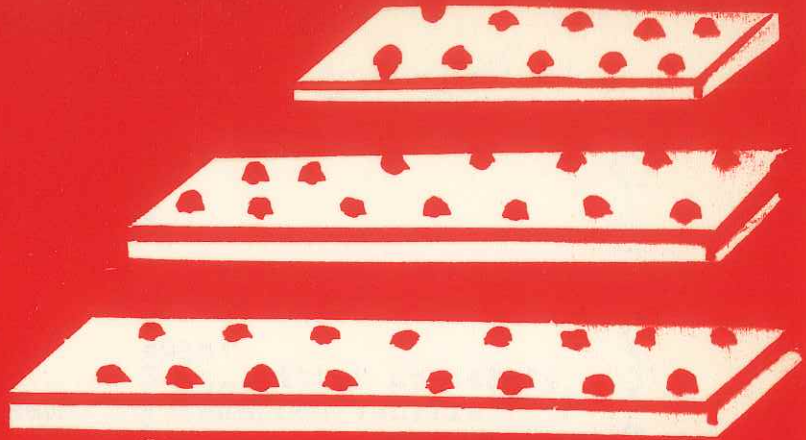
Add sifted flour and mix.

Add vanilla.

Beat vigorously for 3 minutes.

Bake in 300-degree oven for a hour and a half.

* For home use cut recipe in half : - 1 cup sugar,
1 cup butter, 2 cups flour, $\frac{1}{8}$ teaspoon salt,
6 eggs, and $\frac{1}{2}$ teaspoon vanilla.



CANDIES

HARTFORD FUDGE

1 egg white - beaten stiff	1 lb. confectionary sugar
1 beaten egg yolk	3 sq. bitter chocolate
3 tablespoons cream	$\frac{1}{2}$ teaspoon vanilla
3 tablespoons butter	$\frac{1}{2}$ cup chopped nuts

Use electric mixer.

Mix sugar and egg yolk - Beat well.

Fold in white of egg.

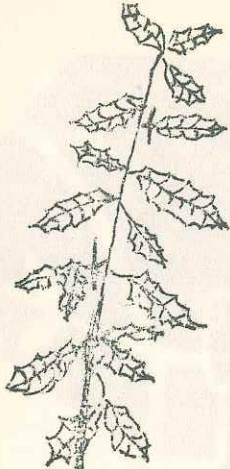
Melt chocolate and butter and cool.

Add to mixture with vanilla and beat, well.

Add chopped nuts

Pour into flat pan to harden.

SHAKER MINTS



S.S.

2 cups sugar	1 beaten egg white
$\frac{1}{2}$ cup white corn syrup	3 drops peppermint oil
$\frac{1}{2}$ cup water	3 drops green cake coloring

Combine sugar, syrup and water.
Cook until syrup forms a hard ball when tested
in cold water.
Beat gradually into the stiffly beaten egg white.
Add flavor and coloring and beat until creamy.
Drop by spoonfuls on waxed paper.

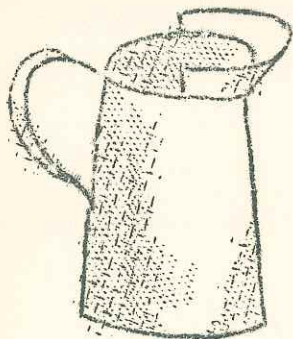


CARAMEL CANDY

3 cups sugar $\frac{1}{4}$ teaspoon salt
1 cup milk 1 cup chopped nuts

Mix 2 of the 3 cups of sugar with the milk.
Add salt and cook 10-15 minutes.
Heat one cup sugar in iron skillet until
brown. (Do not burn.)
Add to the mixture and cook 30 minutes.
Add nuts and pour into a pan for hardening.

MOLASSES TAFFY



1 cup molasses	2 tablespoons butter
1 cup sugar	1 teaspoon soda
1 cup thin cream	1 cup chopped black walnuts

Cook molasses, sugar and cream until a ball is formed when dropped in cold water.

Remove from heat and add butter, soda and chopped nuts.

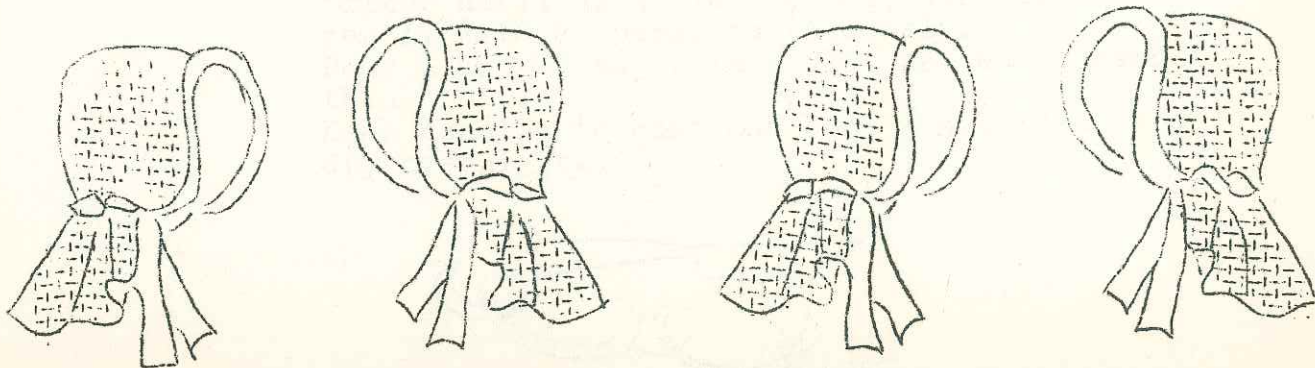
Pour on a buttered platter until cool enough to pull.

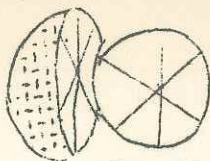
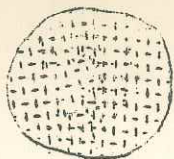
When hard, cut into desired lengths.

SUGARED NUTS

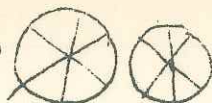
2 lbs. pecans or walnuts $\frac{1}{2}$ cup milk
2 cups light brown sugar $\frac{1}{2}$ teaspoon salt

Boil brown sugar, milk, and salt for 6 minutes
Coat nuts with syrup
Shake with granulated sugar





CANDIED GRAPEFRUIT PEEL



Remove fibre and cut in 2" x $\frac{1}{2}$ ".

Soak in cold water overnight.

Boil for four hours changing the water every hour.

When the rind can be pierced with a broom straw it is done.

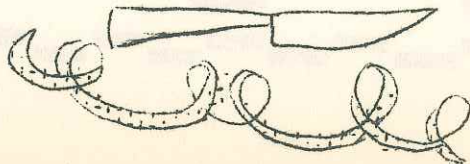
Drain dry all night.

Weigh the peel - add the same amount of sugar as the number of lbs. of peel.

Simmer until syrup is use up, turning gently with a spoon, continuously.

Pour 1 cup of sugar in a flat pan and spread thin.

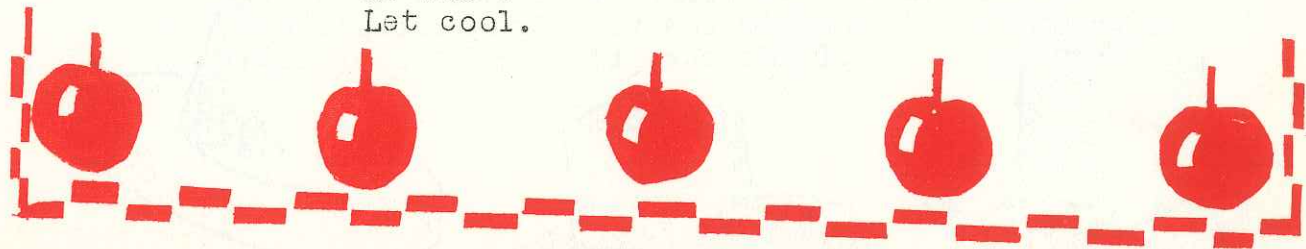
Keep tossing to coat and cool - and then dry overnight.



CRYSTALLIZED FRUIT

1 #2 can of fruit 2 cups sugar
 1 cup water

Drain the canned fruit on a towel.
Cook sugar and water for 20 min.
Cook fruit in syrup for 35 minutes
at 350°.
Let cool.

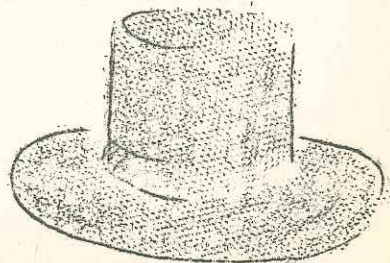
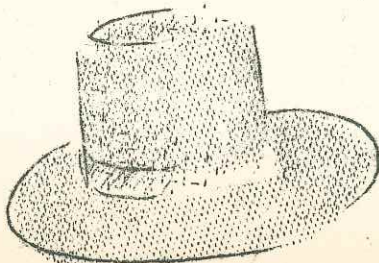
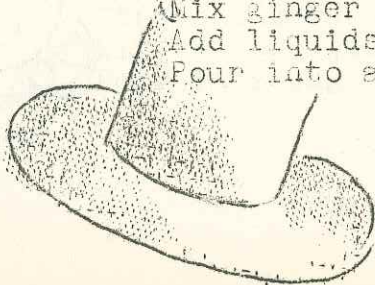


SWITCHEL

The Shakers and their hired men worked all day in the fields. It was hard work and very tiring, therefore they needed breaks at regular intervals. During these breaks the men were served this thirst-quenching "Shaker Haying Water".

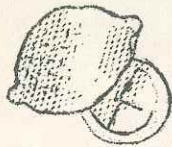
1/3 teaspoon powdered ginger 2/3 cup cidervinegar
2 cups sugar 2 quarts ice water

Mix ginger and sugar until well blended.
Add liquids gradually and mix well.
Pour into a large jug and chill.



LEMONADE

The Shaker ~~W~~isters didn't drink the same beverages as the men in the fields. Drinks such as grape juice, root beer and lemonade were very popular.



6 lemons
1 cup boiling water

1 cup sugar
8 cups very cold water

Roll the lemons well.

Cut in half and squeeze out juice.

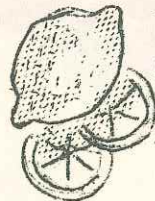
Strain juice and add sugar.

Pour boiling water over the lemon rinds and let stand until cold.

Strain and add cold water to juice (formerly boiling water).

Mix the two juices.

Pour in a jug and add ice.





PIES

J. ROTHGART

REAR

PIE CRUST AND PASTRY DOUGH *

BASIC RECIPE

2 cups all purpose flour
 $\frac{1}{2}$ teaspoon salt.
 $\frac{2}{3}$ cup shortening (well chilled)
3 tablespoons ice cold water

SISTER LETTIE'S BUTTER PASTRY

$2\frac{1}{4}$ cups sifted flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{2}{3}$ cup unsalted butter, chilled
 $\frac{1}{3}$ cup cold water

Sift then measure all dry ingredients and put into a mixing bowl. Add shortening and cut into flour into rice size grains with two knives or a pastry blender. Sprinkle cold water over mixture a little at a time, pressing particles together with a fork. Continue until all dough holds together so that it may be gathered in a ball. Stop handling the dough. Divide into two equal portions. Turn into wax paper. Chill in refrigerator for at least $\frac{1}{2}$ hour before rolling. Roll in one direction only, using as little flour on the board and roller as possible. Roll the dough for top crust one inch larger than pan. Place in ungreased pie plate. Prick the bottom pie crust. Put several cuts in top pie crust.
* See "tricks of the Trade"

LEMON PIE



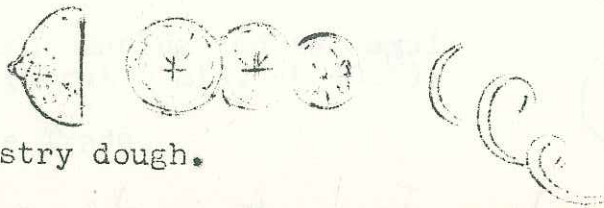
3 tablespoons cornstarch
1 cup sugar
 $\frac{1}{4}$ cup lemon juice
1 tablespoon lemon rind
3 egg yolks
 $1\frac{1}{2}$ cups boiling water

Combine corn starch, sugar, lemon juice, and rind.
Beat egg yolks.
Add yolks to corn starch mixture and mix.
Gradually add boiling water.
Cook five minutes, stirring constantly.
Pour into pie shell* (baked) and cool.

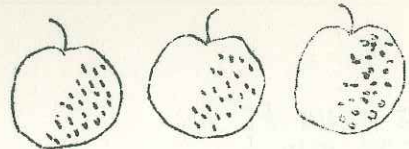
BLUEBERRY PIE

3 cups blueberries
 $1\frac{1}{4}$ cups sugar
 $\frac{1}{2}$ teaspoon nutmeg
1 tablespoon lemon rind
2 tablespoons cornstarch
2 tablespoons butter

Wash and drain blueberries.
Mix all ingredients in nine inch baked pie shell*.
Bake for forty-five minutes in a 350° oven.



* See basic recipe for pastry dough.

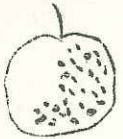
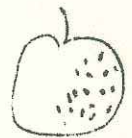


SHAKER APPLE PUDDING

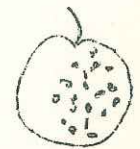
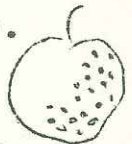


5 medium apples
 3 eggs
 1 cup sugar

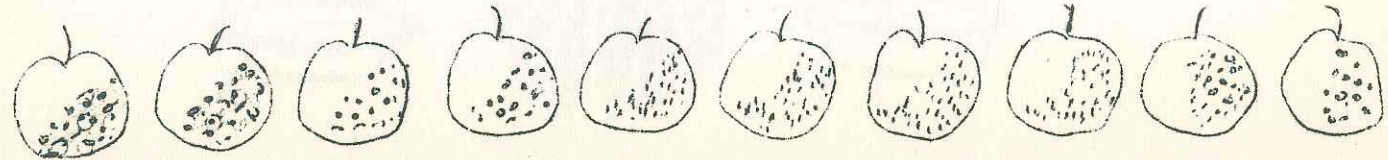
2 cups milk
 1/4 teaspoon vanilla
 1/4 cup butter (4 tbsps.)



Stew apples and strain to fill one cup.
 Place in 1 1/2 quart baking dish.
 Add butter to hot apples -- stir to melt butter.
 Beat egg yolks; add sugar, milk and vanilla.
 Fold this into the hot apples.
 Bake 30-35 minutes in slow oven. (325 degrees)
 Beat egg whites until stiff, adding sugar slowly.
 Heap on top of baked pudding and set again in oven to brown. (about 5 min. at 400°)



* See Tricks of the Trade.



PUMPKIN PIE

1½ cups pumpkin	2 tablespoons butter
¼ cup brown sugar	1 teaspoon soda
⅓ cup molasses	¼ teaspoon salt
¾ cup white sugar	1 cup milk
2 eggs	1 teaspoon mace
½ teaspoon nutmeg	

Wash pumpkin.

Scrape out seeds and stringy parts.

Steam for a half hour.

Mash and measure.

Beat eggs and add to pumpkin.

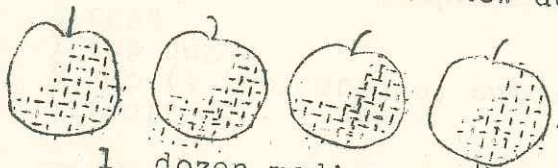
Add sugar, molasses, and other ingredients.

Pour into eight-inch pie shell.

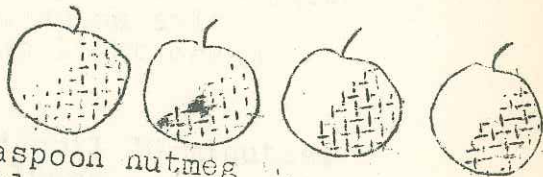
Bake 50 minutes at 350 degrees.



" A good pie is excellent when hot; but the test of a good pie is: How does it eat cold?"



APPLE PIE

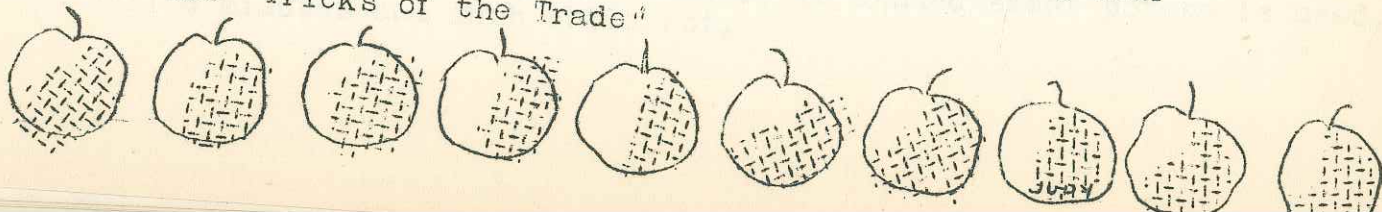


- 1 dozen medium green apples*
- $\frac{2}{3}$ cup brown sugar
- $\frac{1}{4}$ cup granulated sugar

- $\frac{1}{2}$ teaspoon nutmeg
- 1 tablespoon grated 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 white
glaze if desired)
Bake for $\frac{1}{2}$ hour at 375 degrees
Drop the temperature to 325 degrees for another $\frac{1}{2}$ hour

* See "Tricks of the Trade"



SWEET - POTATO CUSTARD PIE
OR UNUSUAL PUMPKIN PIE

2 cups mashed sweet potatoes *	2 teaspoons nutmeg
2 eggs	1 teaspoon lemon juice
1 cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup (4 tablespoons) butter (melted)	$\frac{1}{2}$ cup light cream

Scrub 6 regular-sized sweet potatoes and boil 30 minutes.
Mash until fine and there are no little lumps.
Pour finely mashed sweet potatoes in a bowl adding salt, nutmeg,
and sugar, then mix all.
Add cream, beaten eggs, lemon juice, and butter, continuing to
mix well.
Pour into uncooked pie shell.
Bake 45 - 50 minutes in moderate oven 350 - 375 degrees.

* The secret of this unusual pie is in the use of fresh sweet
potatoes instead of canned. However, if canned sweet potato is used,
boil 5 minutes and mash while hot.



COOKIES

PEANUT COOKIES

$\frac{1}{2}$ cup butter*	1 teaspoon baking powder
$\frac{1}{4}$ cup sugar	1 cup flour
$\frac{1}{2}$ cup peanut butter	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{3}$ teaspoon salt	1 egg

Cream butter and sugar.

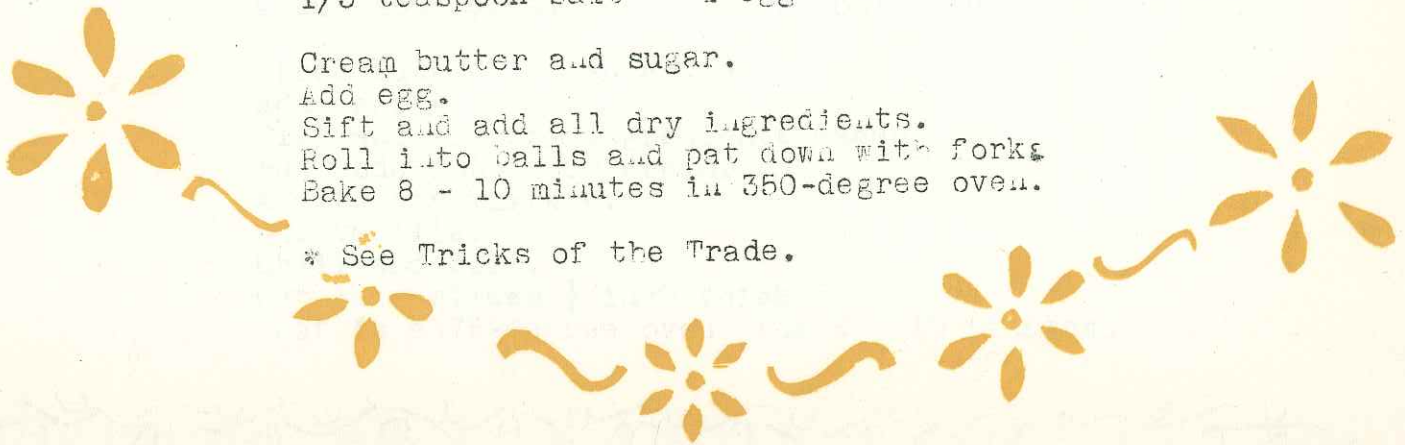
Add egg.

Sift and add all dry ingredients.

Roll into balls and pat down with forks.

Bake 8 - 10 minutes in 350-degree oven.

* See Tricks of the Trade.

A decorative border at the bottom of the page features several stylized, five-petaled flowers in a light brown or tan color. The flowers are connected by a wavy, scroll-like line that meanders across the width of the page.



SOUR CREAM COOKIES



1 cup sugar
 $\frac{1}{4}$ cup butter
1 egg
 $\frac{1}{2}$ cup sour cream

$\frac{1}{4}$ teaspoon soda
 $\frac{1}{4}$ teaspoon vanilla
2 cups and 2 table-
spoons flour

Cream butter and sugar.

Add egg.

Sift and add dry ingredients except soda.

Put soda into sour cream


Add to dry mixture.

Add vanilla.

Chill and roll.

Cut into slices $\frac{1}{4}$ inch thick

Heat in a 375-degree oven for 8 - 10 minutes.



SPICE COOKIES

$\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ cup mollasses
 $\frac{1}{2}$ cup butter
 $2\frac{1}{4}$ cups flour

$\frac{1}{2}$ teaspoon soda
1 teaspoon cinnamon
1 teaspoon nutmeg

Heat mollasses

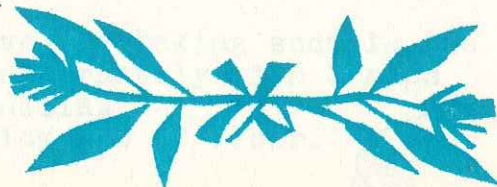
Add sugar and butter to mollasses and mix for 5 minutes

Add all dry ingredients and mix

Chill for 50 minutes

Roll and cut

Bake 8-12 minutes in 350° oven



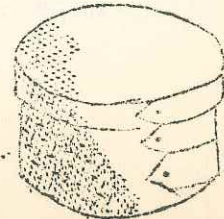
SHAKER DATE-NUT COOKIES

2½ cups shortening
4 cups brown sugar
2 egg yolks
8 cups flour
2 teaspoons vanilla

2½ lbs. dates (any crystallized fruit may be used)
4 teaspoons baking powder
and 1 cup milk or 1½ tsp.
baking soda and 1 cup sour
milk.

Cream shortening and sugar for 2 minutes*
Add unbeaten egg yolks and cream for 2 minutes
If baking powder is being used, sift 3 cups of flour with the
baking powder and add it to the mixture alternately with the
milk and vanilla.
If baking soda is being used, dissolve the baking soda in the
sour milk and add it to the mixture alternately with 3 cups
of sifted flour, and then add the vanilla.
Flour the fruit well with the remaining cup of flour.
Mix in the fruit and nuts
Drop with teaspoon onto a greased cookie sheet.
Bake for 15 minutes at 350- 400 degrees.

*See Tricks of the Trade



COCONUT LAYER COOKIES

$1\frac{1}{2}$ cups brown sugar
 $\frac{1}{2}$ cup butter
2 eggs

$1\frac{1}{2}$ cups coconut (short
shred)
1 teaspoon baking powder
1 teaspoon vanilla

Cream butter

Add flour and mix

Pat into eight inch square

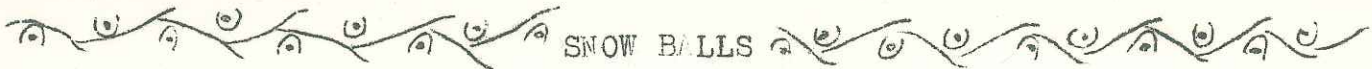
Bake 16_18, minutes

Mix other ingredients

Spread over top

Return to oven and bake 40 minutes, reducing heat to 325 °

Leave in pan about 10 hours and then cut into small squares



SNOW BALLS

1 cup flour
 $\frac{1}{4}$ cup cornstarch
1 cup sugar
 $\frac{1}{3}$ teaspoon salt

3 level tablespoons baking powder
 $\frac{2}{3}$ cup milk
3 tablespoons melted butter
4 egg whites(stiffened)

Mix together flour, cornstarch, sugar, salt, and baking powder.


Stir in gradually milk and butter

Fold in stiffened egg whites

Divide at once into six buttered cups and steam $\frac{1}{2}$ hour*

Turn out gently and roll in powdered sugar

* See Tricks of the Trade



GINGERSNAPS

$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ cups flour
$\frac{1}{4}$ cup molasses	1 teaspoon ginger
1 tablespoon brown sugar	$\frac{1}{2}$ teaspoon soda

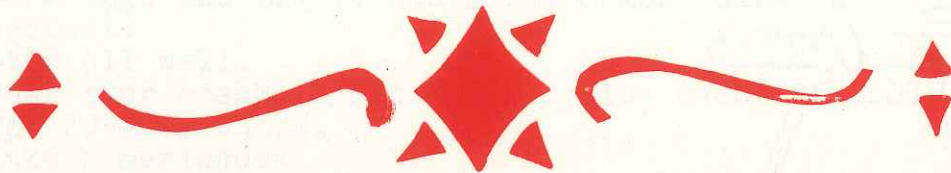
Heat molasses.

Add sugar and butter and mix for three minutes.

Add sifted dry ingredients.

Roll and cut.

Bake in 350-degree oven for ten minutes.



MOUNTAIN DEW COOKIES

2 cups milk	$\frac{3}{4}$ cup coconut
2 eggs (separated yolks and whites)	$\frac{1}{2}$ cup rolled milk crackers.
3 tablespoons sugar	1 teaspoon lemon juice

Roll crackers fine; put this in small baking dish
Beat eggs and sugar; add milk, lemon juice and
coconut.

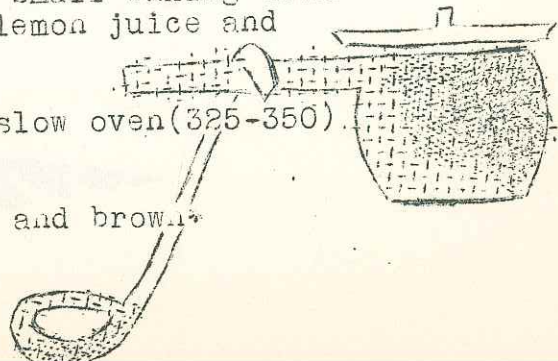
Stir all well.

Pour over crackers and bake in slow oven (325-350)
for 30-35 minutes.

Make a meringue*

Pour over top of cooled pudding and brown.

*See Tricks of the Trade



CHOCOLATE COOKIES

1 cup butter*	$\frac{1}{4}$ cup nuts (chopped)
1 $\frac{1}{4}$ cups sugar	$2\frac{1}{2}$ cups flour
2 eggs	1 teaspoon soda
3 squares chocolate	1 teaspoon vanilla

Cream butter and sugar.

Add eggs and chocolate (melted and cooled) and mix.

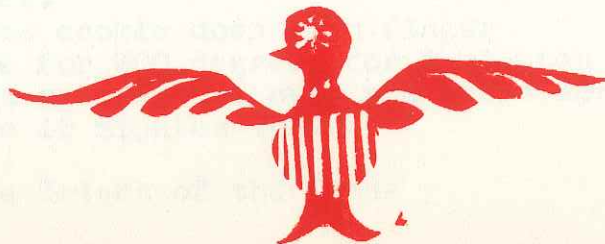
Add all dry ingredients (sifted) and mix.

Add and mix vanilla.

Drop onto cookie sheet.

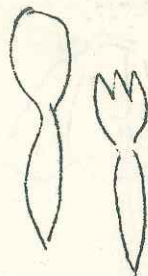
Bake in 370-degree oven about 12 minutes.

* See Tricks of the Trades.






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 for 300 degrees for 5 minutes
Then remove from oven and press down again
Bake 15 minutes longer

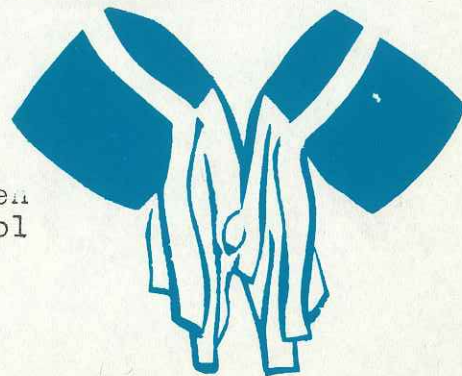
*See Tricks of the Trade

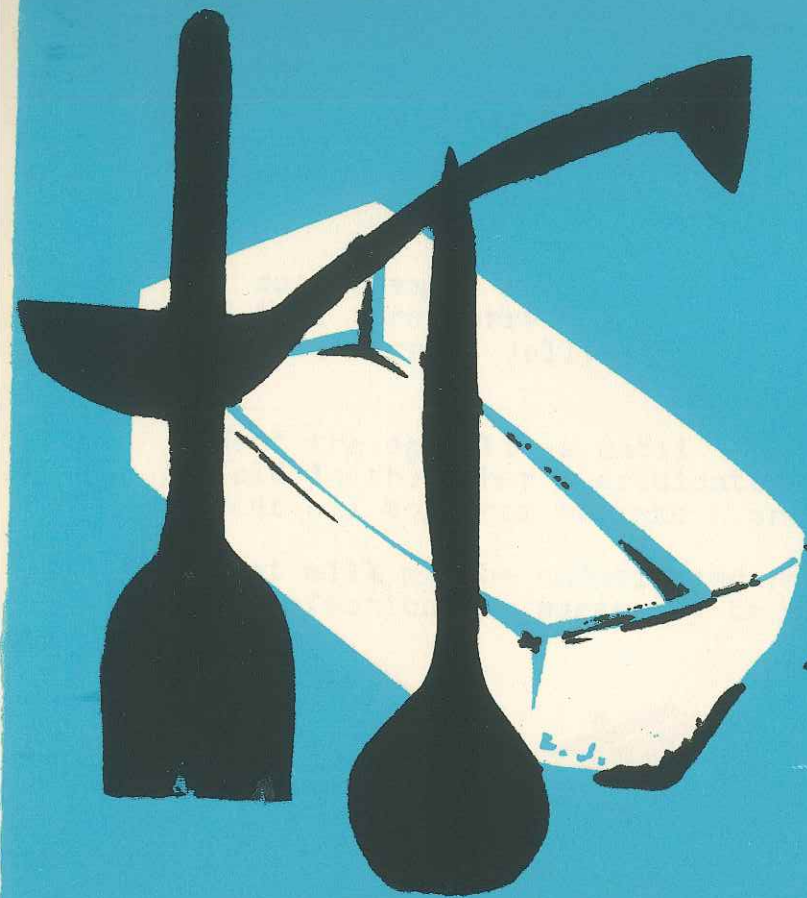
NUT BALL COOKIES

1 cup butter
1 $\frac{1}{4}$ cups flour
 $\frac{1}{4}$ cup sugar

1 $\frac{1}{4}$ cups nut meat (black
walnuts or butter nuts
chopped)
1 $\frac{1}{2}$ teaspoons vanilla

Cream butter
Add other ingredients
Mix until well blended
Roll into balls about marble size
Bake for 12 minutes in 350 degrees oven
Roll out in 1 cup sugar after they cool





PUDDINGS

VELVET CREAM

1 cup cream*
2 tbs. strawberry jelly
2 tbs. currant jelly

2 tbs. sugar**
2 egg whites

Beat the egg whites until stiff
Fold in the other ingredients
Beat all together to make a cream

*Pet milk may be substituted for cream

**Confection ers sugar may be used instead of granulated sugar



MOUNT LEBANON PUDDING

1 cup bread crumbs *	2 cups milk
3 eggs (separate yolks and whites)	3 teaspoons lemon juice
2 tablespoons sugar	1 teaspoon lemon rind
2 tablespoons butter	2-3 tbs. tart jelly or preserve

Crumble very dry white bread into fine loose crumbs. Do not pack cup. Pour into $1\frac{1}{2}$ quart casserole and sprinkle with lemon rind. Scald milk.

Beat egg yolks until light yellow in color and mix with milk. Pour milk-egg mixture, 1 tbs. sugar and 1 tsp. lemon juice into bread crumbs and mix well. Dot with butter. Bake 30 - 35 minutes in 325° oven.

Beat egg whites ** until stiff peaks form, adding slowly 1 tbs. sugar. Fold in 1 tsp. lemon juice.

Spread the baked pudding thinly with preserve or jelly and pile meringue over this. Brown in 400° oven. **

* Hamburger rolls are best.

** See Tricks of the Trade.

CREAMY RICE PUDDING

2 cups milk
1 cup sugar
3/4 cup rice

1 teaspoon nutmeg
1/4 teaspoon salt
3 eggs

Put rice in 1 1/2 quart casserole.

Scald milk. *

Beat eggs, sugar, and 1/2 teaspoon of the nutmeg, together.

Add scalded milk and mix.

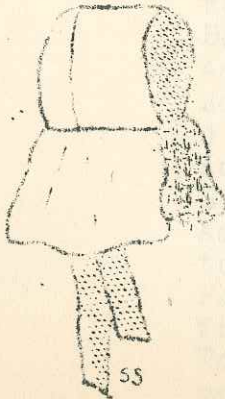
Add this mixture into the casserole and mix into the rice.

Top with the other 1/2 teaspoon of nutmeg.

Bake in a slow oven (300°) for 35-40 minutes.

Stir once or twice while baking so that the rice doesn't stay just on the bottom.

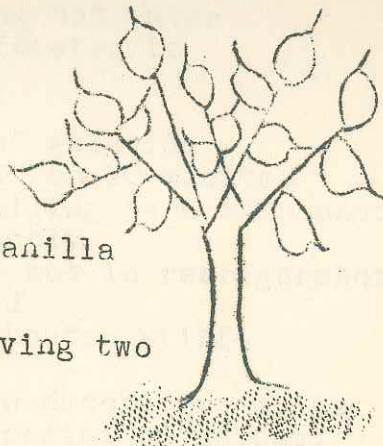
* See Tricks of the Trade.



MARY HAZARD'S PUDDING

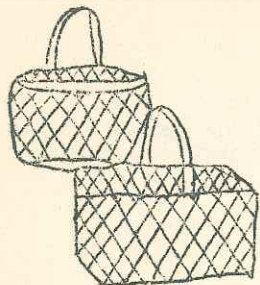
6 milk crackers
2 eggs (separate yolks
and whites)

$\frac{1}{2}$ cup sugar
2 tbs. flour
 $\frac{1}{8}$ teaspoon vanilla



Roll four of the crackers fine, leaving two to break into small pieces
Beat egg yolks
Add vanilla and sugar, mix well
Add flour and continue to stir until all is a smooth paste
Add cracker crumbs and mix well
Scald milk in double boiler*
Add mixture (above) to scalded milk and continue to cook for ten minutes. (Stir once or twice)
Pour in bowl, cool slightly, and set in refrigerator.
To be eaten cold, topped with whipped cream or chocolate sauce.
*See Tricks of the Trade

SNOW PUDDING



2 envelopes gelatine	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup cold water	2 cups boiling hot water
2 tbs. lemon juice	3 egg whites (beaten to
1 cup orange juice	stiff peaks)

Sprinkle and stir the 2 envelopes of gelatine into $\frac{1}{2}$ cup cold water and let stand for 10 minutes
Stir in hot water, which must be boiling hard when used
Add sugar to this and let cool slightly
Then add lemon and orange juice and put in refrigerator
Let this become about half congealed
Fold in egg whites which have been beaten stiff*

This gelatine dessert can be made in decorative molds and served with whipped cream for special occasions.

*See Tricks of the Trade

Stir in gradually milk and butter
Fold in stiffened egg whites
Divide at once into six buttered cups and steam 1/2 hour*
Turn out gently and roll in powdered sugar

* See Tricks of the Trade



SISTER EMMA NEAL'S BREAD PUDDING RECIPE

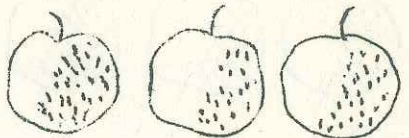
8 slices dry toasted bread
2 cups milk
3 eggs
2 tablespoons melted butter

3/4 cup sugar
1/2 cup raisins
1 teaspoon cinnamon
1/2 teaspoon vanilla

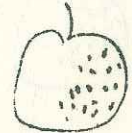
Toast bread and cut into 3/4 inch squares
Put in 2 qt. casserole



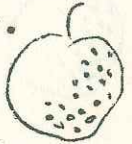
SHAKER APPLE PUDDING



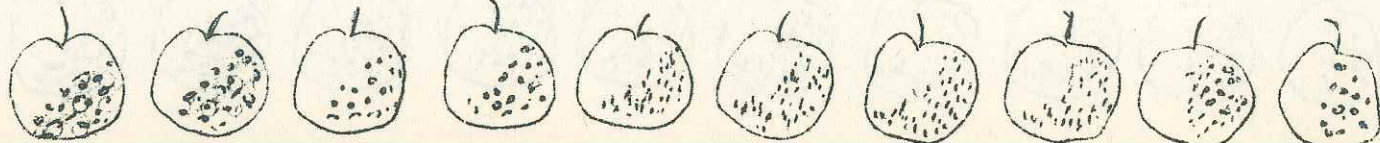
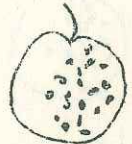
5 medium apples	2 cups milk
3 eggs	$\frac{1}{4}$ teaspoon vanilla
1 cup sugar	$\frac{1}{4}$ cup butter (4 tbsps.)

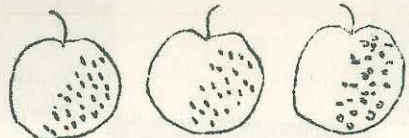


Stew apples and strain to fill one cup.
 Place in $\frac{1}{2}$ quart baking dish.
 Add butter to hot apples -- stir to melt butter.
 Beat egg yolks; add sugar, milk and vanilla.
 Fold this into the hot apples.
 Bake 30-35 minutes in slow oven. (325 degrees)
 Beat egg whites until stiff, adding sugar slowly.
 Heap on top of baked pudding and set again
 in oven to brown. (about 5 min. at 400°)



* See Tricks of the Trade.

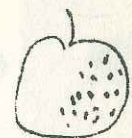




SHAKER APPLE PUDDING



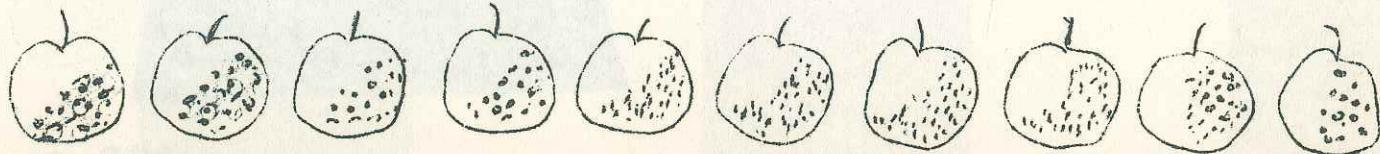
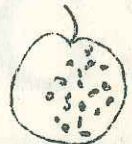
5 medium apples	2 cups milk
3 eggs	$\frac{1}{2}$ teaspoon vanilla
1 cup sugar	$\frac{1}{4}$ cup butter (4 tbsps.)



Stew apples and strain to fill one cup.
 Place in $\frac{1}{2}$ quart baking dish.
 Add butter to hot apples -- stir to melt butter.
 Beat egg yolks; add sugar, milk and vanilla.
 Fold this into the hot apples.
 Bake 30-35 minutes in slow oven. (325 degrees)
 Beat egg whites until stiff, adding sugar slowly.
 Heap on top of baked pudding and set again
 in oven to brown. (about 5 min. at 400°)



* See Tricks of the Trade.





TOPPINGS

L.S., P.M.



BASIC SHAKER SAUCE FOR DESSERTS



1 cup boiling water
 $\frac{1}{4}$ cup flour (or cornstarch)*
2 egg yolks
 $\frac{1}{2}$ cup sugar

Juice and rind of a whole
lemon OR $1\frac{1}{2}$ teaspoons of
vanilla or lemon extract

Beat egg yolks


Add sugar

Continue to beat and add to boiling water which is in the top of
a double boiler.

Cook for 10 minutes in the top of the double boiler so as not to
burn.

Remove from heat and stir in flavoring.

*See Tricks of the Trade



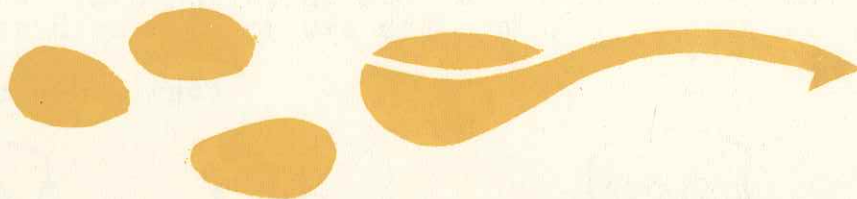
EGG SAUCE

$\frac{1}{2}$ pint milk
1 teaspoon sugar
2 egg yolks

1 teaspoon cornstarch
1 teaspoon vanilla*

Beat egg yolks
Scald milk**
Add egg yolks, cornstarch and vanilla to milk
Mix well

*If imitation flavor is used, double the quantity
**See Tricks of the Trade



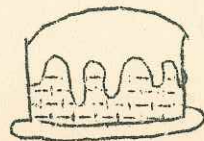
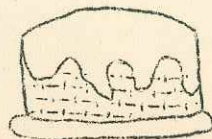
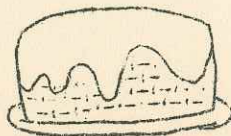
WHITE ICING OR TOPPING

2 cups white sugar
1 cup cold water

1 cup white karo
3 beaten egg whites*

Stir sugar, karo and water together
Cook until this becomes, when tested, a "hair" or soft ball in
cold water.
Fold egg whites into hot syrup and beat until smooth and thick
enough to spread on cake or use as topping

*See Tricks of the Trade



BOILED PUDDING SAUCE

1 pint boiling water
 $\frac{1}{2}$ lb. sugar
1 oz. butter(2 tbs.)

3 egg yolks
1 teaspoon vanilla
extract

Beat egg yolks
Combine the water, sugar, butter and egg yolks
Let this mixture come to a boil
Remove it from the flame and cool
After cooling, flavor with vanilla

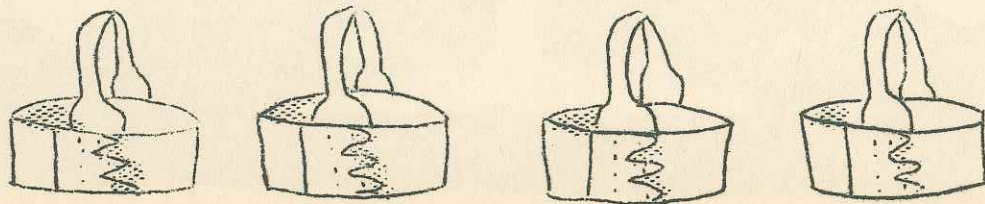


CARMEL FROSTING OR TOPPING

3 cups sugar
1 cup milk

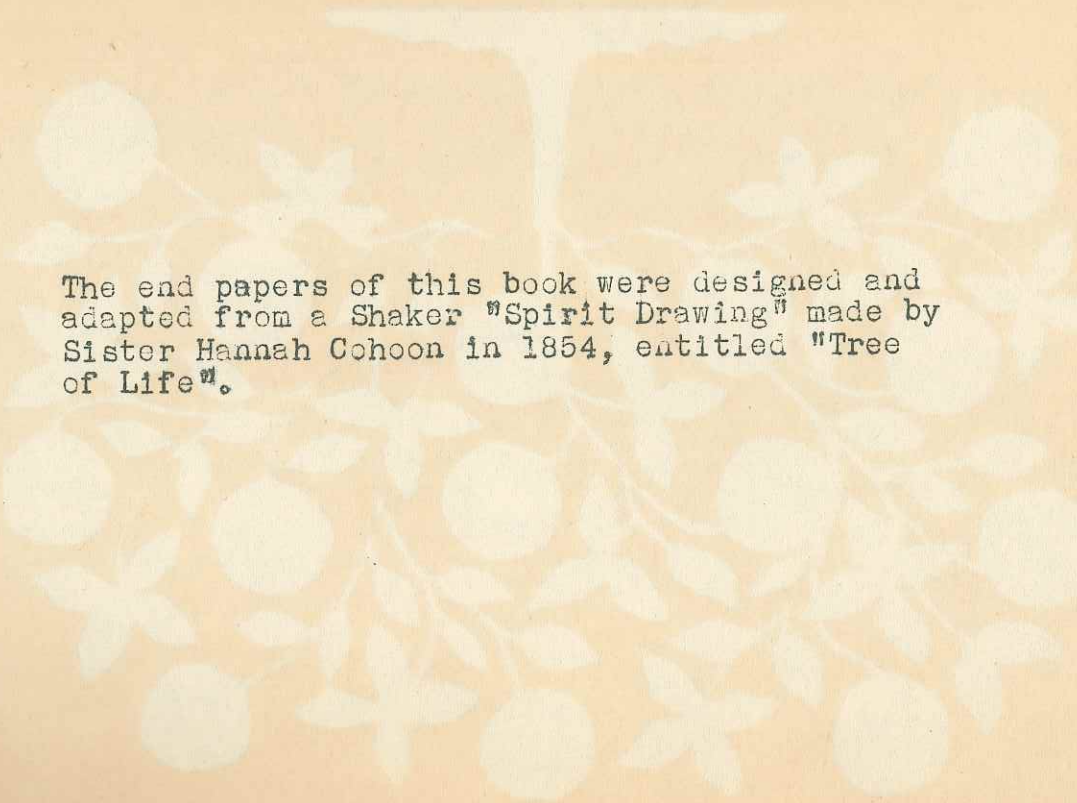
$\frac{1}{4}$ teaspoon salt

Mix 2 of the 3 cups of sugar with the cup of milk
Add salt and cook for 10-15 minutes
Take the other cup of sugar and heat in an iron skillet until
brown (don't burn)
Add this to the cooking mixture and cook 5 minutes more
after cooking, beat until thickened enough to spread on cake
If mixture will not thicken, add 2 tbs. of cornstarch and
continue to mix.





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The end papers of this book were designed and adapted from a Shaker "Spirit Drawing" made by Sister Hannah Cohoon in 1854, entitled "Tree of Life".

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