



Chapter 23

Using Recipes

Recipes Then and Now

Directions: The recipes below were written a century or more ago. They have been copied exactly as they originally appeared, including spelling differences. Read each recipe carefully. Then answer the questions under *Thinking Critically*, and complete the activities as directed by your teacher.

To broil a Beef-Stake: Take slices of tender beef one inch thick, put on hot coals 15 minutes; turn the stake if possible without introducing a fork; pepper and salt as may be agreeable; butter when done will render it palatable. (Amelia Simmons. *American Cookery*. 1796.)

Broiled Scrod: A young cod, split down the back and backbone removed, except a small portion near the tail, is called a scrod. Scrod are always broiled, spread with butter, and sprinkled with salt and pepper. Haddock is also so dressed. (Fannie Farmer. *Boston Cooking School Cook Book*. Boston. 1896.)

Molasses Gingerbread: One table spoon of cinnamon, some coriander or allspice, put to four tea spoons pearl ash, dissolved in half pint water, four pounds flour, one

quart molasses, four ounces butter, (in summer run in the butter, if in winter, warm the butter and molasses and pour to the spiced flour), knead well 'till stiff, the more the better, the lighter and whiter it will be; bake brisk fifteen minutes; don't scorch; before it is put in, wash it with whites and sugar beat together. (Amelia Simmons. *American Cookery*. 1796.)

Common Gingerbread: Take a pound and a half of flour, and rub into it half a pound of butter; add half a pound of brown sugar and half a pint of molasses, two tablespoonfuls of cream, a tea-spoonful of pearl ash, and ginger to the taste. Make into a stiff paste, and roll it out thin. Put it on buttered tins, and bake in a moderate oven. (Sarah Josepha Hale. *The Good Housekeeper*. 1841.)

Thinking Critically

- Describe how recipes have changed since these were written.

- Which recipe is most similar to recipes today? Why?

- Two recipes call for pearl ash. Provide a definition of this ingredient, and describe its function in the recipes. What ingredient has replaced pearl ash in present-day recipes?

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For Further Study

- ◆ Start a collection of your favorite recipes. If you are able, add recipes from your grandparents' or great-grandparents' collections. Do they need to be rewritten into a different format? Determine how you will organize your recipe collection. Share it with your classmates.
- ◆ Analyze recipes in several cookbooks or magazines. Which format is used most often? Describe any other formats you find. What would be an advantage or disadvantage of using these formats? Discuss your findings in small groups.
- ◆ Predict and describe how recipes might be different by 2025. Submit your description to your teacher.
- ◆ Recipes can be written in a number of different formats. Each format has its own advantages and disadvantages. The recipes in your textbook are written in the *standard format*: ingredients are listed first, and directions are provided with numbered steps. One advantage of the standard format is that it is easy to determine which ingredients you will need. A disadvantage, however, is that it becomes necessary to look back and forth from the directions to the ingredients list as you prepare the recipe. Study the descriptions of the formats with the abbreviated sample recipes below. Then answer the questions that follow.

<p style="text-align: center;">Action Format</p> <p>Ingredients are described immediately after the step in which they are used—set off from the action steps.</p>	<p style="text-align: center;">Garbanzo Salad</p> <p>Tear into pieces:</p> <ul style="list-style-type: none"> ◆ 8 leaves Romaine lettuce <p>Place lettuce in a salad bowl. Toss with:</p> <ul style="list-style-type: none"> ◆ 500 mL canned garbanzo beans, rinsed ◆ 250 mL chopped apple ◆ 125 mL chopped green pepper
<p style="text-align: center;">Narrative Format</p> <p>The recipe is given in paragraph form.</p>	<p style="text-align: center;">Microwave Baked Potatoes</p> <p>Scrub 4 potatoes. Pierce each potato with a fork. Place potatoes one inch apart in a microwave-safe dish. Microwave at 100-percent power for 6 to 8 minutes. Turn potatoes over and rearrange. Microwave at 100-percent power for an additional 6 to 8 minutes.</p>

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1. Which of the three formats—standard, action, or narrative—do you prefer? Why?

2. Why is it important to read/study the recipe before you actually prepare the recipe? What might you discover as you study it beforehand? Explain your answer.

3. A well-written recipe tells you the *yield* or number of portions the recipe makes. Why is it necessary to know the *yield* of a recipe?
