An Antebellum South Cookbook

An Honors Thesis (HONRS 499)

By

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Abstract

Historians increasingly use diet as a means to understand the culture and economy of earlier periods. In the case of antebellum South Carolina, the diets of elite whites, as reflected by their cookbooks, demonstrate the regional dynamics of foodways. On one hand, their diet illustrates their dependence on locally produced foods, such as rice and corn. On the other hand, their ability to create new recipes, using spices, seasonings, and crops introduced by their slaves and far-flung trading networks. I have collected recipes divided into six types, and compiled them into a cookbook of the antebellum period in South Carolina. I begin the book with an introductory essay, which supports my conclusions and I analyzed the individual recipes throughout the cookbook.

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Iced tea, biscuits, and fried chicken. These three foods are the epitome of Southern cuisine. Today, they evoke images of green expanses of land, large fields, a slower pace of life, and a hospitable society. Southern cooking seems to give the feeling of homemade comfort foods, welcoming you back time and again. However, Southern cooking is much more than just these basic recipes, and deserves much more credit than it often receives. In many ways, gourmets and food critics look down upon Southern cuisine because they associate the South with greasy, fried foods, with very little spice other than the food that comes from New Orleans. They claim the food has very little depth of flavor, or mystery within its tastes, which makes food an adventure to eat. Critics claim that Southern food lacks the nuances and subtleties that distinguish the foods from France or Italy, or even the American Southwest. Southern cooking, to many people, fits inside very distinctive boundaries, which are very close together and do not cause people to study and savor the food (Fowler 8).

As scholars, historians, and “foodies” continue to look deeper into the plethora of recipes coming out of the nineteenth-century South, this point of view has been challenged. According to many such historians, the period between 1830 and the beginning of the Civil War was the golden age of Southern cuisine, just as it is the golden age of the plantation society. During this time period, the antebellum era, all the resources that make modern Southern cooking distinctive and interesting emerge within the society. Without the social diversity that permeated antebellum Southern society, the cuisine would live up to the complaints that gourmets have against the traditional view of the food of the South.
The first thing to understand when talking about Southern food is that there is no such thing as one cohesive body of Southern cooking (Fowler1). The diversity that made the society rich also made various distinctions within the realm of food, because each group used their own unique approach to fixing the foods, which varied by wealth and access to particular foods. The slaves from Africa had very different tastes than the immigrants who arrived in the South from Germany and Ireland in the middle of the nineteenth century. This was different still from the background of the people who were considered the first families within the South, who followed an English style of cooking. These differences account for the wide range of choices for cooking a single dish. There are numerous different recipes to follow, all of which could be found within the society in a different part of the South.

The cooking of the South was also dependent upon the regional differences found within its boundaries. The cooking of Louisiana is vastly different from the food that you will find in Virginia, which differs still from South Carolina and Georgia. The reasons for this are varied. First, many ingredients remained unique to each place, because of their location, climate, and connection to trade routes. In Virginia, for example, they grew a lot of wheat and had a fairly mild climate, so they made many of your traditional desserts and baked goods. In South Carolina, the climate was not so good for growing wheat because it was too wet to sustain the crop, and delicate desserts collapsed, so you will not find soufflés, or mousses, or any other recipes that require light and airy pastries, because they would deflate due to the humidity. This is not to say that flour and wheat products were not used in South Carolina, but generally, they were used less often than in Virginia.
Second, the origins of the populations in each place were very different and those differences affected the basis of the cooking that was followed. South Carolina’s society was mostly based on English cuisine, with some very strong influences from the African population that worked as servants and cooks within the society (Fowler 2). These influences can be readily seen in the fact that many of the recipes look like traditional English dishes, with the exception of a few additions, like tomatoes or seasonings that the Africans used from their background. In contrast, a much broader range of backgrounds influenced Louisiana, including French, Spanish, African, and influences from the West Indies, because Louisiana was one of the major ports for the American slave trade, which brought in people from all over the world. This diversity gave added influences from all over to the base cuisine, which was French in Louisiana, and made it a melting pot of flavors and textures, creating a completely unique flavor.

For the purpose of this cookbook, I will be focusing on the cuisine of the Southern Atlantic Coast, mainly South Carolina and Georgia. Although no one universal cuisine existed in the South, the cooking from this area is much more similar to that of the rest of the South than Louisiana, and offers the broadest range of resources at this point in time. The cuisine of South Carolina and Georgia has been received more study than other areas, and some of the most influential cookbooks of the time came out of this area, which gives students of history a clearer picture of the central place within the whole of the South that South Carolina specifically held.

South Carolina during this period played a crucial role within America. Historically, she was the staunchest support of slavery and states’ rights within the United States. She was the leader of the South in many ways. On the eve of the Civil War,
South Carolina led the call, for secession from the union. Within the domestic fields, South Carolina was also a leader, which the other States followed and emulated. While Mary Randolph’s *The Virginia Housewife* was one of the first cookbooks in America and was used across the entire country as a reference, within the South, the more influential book on their cuisine during this period was *The Carolina Housewife* by Sarah Rutledge. It followed the pattern of the earlier book, but was more widely used within the South. Both were references that most respectable housekeepers would have, but the former, while considered one of the best from the South, gave a broader sense, which appealed to the entire country rather than displaying the unique tastes of the region (Fowler 412).

The types of recipes available from this period tell us a lot about the culture of the South. In many ways, the beliefs of a society can be found within the foods they eat and the practices they observe in relation to food. Food plays a central role in the lives of people, so it makes sense that in order to find the heart of the society, you would turn to its cuisine. The ingredients found in the recipes place people within the hierarchy of the society in which they lived, because they would buy the best ingredients they could to claim their place within their social class. For example, some recipes call for imported truffles, and quality olive oil was a standard fat used in many recipes found within the cookbooks. Truffles then were very expensive as they are today, so the use of them in recipes suggests that the author of those recipes came from the planter class within the South, because only members of this class could have afforded to spend the money to secure this delicacy. The same can be said of the olive oils that were brought in from Italy. While they were less expensive, and so used more frequently, they remained a sizeable expense, which tells us that the upper class was used to luxury items and did not
shirk from spending extra money to secure things that made them feel rich or decadent (Fowler 27).

Another thing we can learn from the cuisine of the South is that hospitality played a large role within their society (Fowler 46). While the upper class woman may not actually do the cooking herself, she did direct her slaves, and she had the last say on what was served. The plantation mistress relied on a wide range of treats that could be made and kept for a long time so there was always something available to offer guests. Much like their English forerunners, the upper class of the South followed the meal schedule that placed the major meal in the afternoon, with just a light supper or tea in the evening. This left a good amount of time in the morning and early afternoon for visitors, and as it got later, people became more hungry and it would have been seen as impolite to not offer some type of refreshments to guests. The meals were very hearty and filling so most people would not necessarily need snacks, which was not a major part of their lifestyle, but it was imperative that a good housewife have food on hand in case she had a visitor who desired some refreshments during their visit (Fowler 46).

While southern women always had snacks on hand, they showed little interest in preparing appetizers. In general, Southerner’s had few courses within a meal, except on formal occasions. Items that would have been found within the traditional courses, like soups, salads, and cheese, would all be placed on the table alongside the main entrée and vegetables of the meal. Even though today some appetizers originate from the South, they do not generally originate from the antebellum era (Fowler 46). This tells us that while meals were not short and hurried, they would take time with all the food on the table so they could slowly eat all that was offered, rather than having to sit through
course after course. Part of this can probably be attributed to the fact that their major meal took place in the middle of the day, and while the society moved slower in the South than it did in the North, it still was impractical to draw out the meal over the course of several hours, which was the tradition in places like Spain, which had numerous courses.

In many ways, southerners enjoyed simple dishes, full of flavor, but not necessarily complicated preparations. Instead, the cookbooks from the time include very specific preparations, which were designed to highlight the flavor of the main ingredient within the dish, rather than the secondary ingredients. In many ways, their cuisine is all about balance. One thing that many people notice when looking at the traditional recipes for the South, is that in many ledgers and records of their meals, they do not mention the things that are ordinary or offered with any regularity, such as vegetables. This has led many to conclude that southerners did not eat very many vegetables. In fact, the opposite was probably true. The staples of their diet would have been those things that were available from their own stores, such as vegetables grown in their own gardens. Because these were supplies they had access to on a daily basis, they were not considered special, so they would not have been put into their ledgers, which kept records of the things they did (Fowler 200-201). Only expensive vegetables, such as asparagus, or some other vegetable they did not eat on a daily basis, received mention in their ledgers. The meats and main entrée would have been put into the ledgers because they often had to be purchased, and they were not enjoyed on a regular basis. Many days, the major dish of the meal would be some kind of soup or other dish that used up fresh vegetables nearing their expiration.
The food of the Antebellum South tells us a lot about what the society was truly like during this time period. It tells us things about the economic, and social conditions within the South. Much of South Carolina grew rice during the height of the plantation society. Rice was the major export of the area during this era, and it shows in the food of the time, fitting into every major division in cookbooks, including desserts, drinks and condiments, entrees, soups, and side dishes. The number of dishes that used rice rival dishes that come out of Southeast Asia, which is the major exporter of rice in the world today. The seasonings and spices that were paired with rice and corn show that trade routes not only brought home profits, but also new spices that flavored local foodstuffs.

Even location within the state of South Carolina shaped cooking choices and styles. The cooks in and around Charleston had many more opportunities to get seasonings like curry powder than the cooks who were in the upcountry region of South Carolina, away from the coast and the ports. Another thing that varies depending upon where the cooks lived within the area was their use of seafood. For many of the sources we have from the period, seafood played a large role in their everyday cuisine, as well as adding class to the meals when they had visitors or on special occasions. The cookbooks of the time included numerous recipes for ways of preparing all kinds of fish and seafood, as well as special sauces, condiments, and side dishes that complimented the tastes and textures of all the seafood that was available to those who lived within a close proximity to the sea. The ability to preserve fresh food through refrigerated shipping was just starting, so a few people outside of the coastal areas would enjoy some of the fresh seafood as well, but for the most part, the seafood was restricted to the coast and areas that were near the rivers.
Even though the elite white South Carolinians adamantly maintained that their African slaves had not culturally influenced them and that they taught their slaves to abandon their African religious and cultural traditions and adopt the religion and culture of the white Protestant America, the food tells a much different story. The food suggests that the spices, vegetables, and flavorings of the African slaves powerfully shaped their diet, which was touted as representing the cream of the white culture (Fowler 3-4).

One example is the use of tomatoes within Southern cuisine. Tomato plants were native to Central and South America. While they had been introduced to England by the mid-1700s and were used in a variety of ways, most Europeans considered the tomato an ornamental plant, rather than food (Smith 143). The tomato was probably introduced to South Carolina and the South from the Caribbean, brought by slaves sold from the plantations in the Caribbean to the plantations within the South. Tomatoes flavored recipes fitting into numerous categories, lending its distinctive flavor to thousands of dishes. Without the experience of the slaves coming from the Caribbean to South Carolina, tomatoes would not have been cultivated as food for many more years, and it would not play the prominent role within the cuisine of the Deep South that it does. It was the knowledge of the slave cooks who added the taste that has become synonymous with Southern cooking in many ways.

Ochra is another flavor that was introduced to white society by their slaves. A vegetable that originally came from Africa, the slaves brought it over with them and began to introduce it into the cooking. Tomato and ochra form a classic combination from the South, which began with the introduction from the slaves, then became a staple
Ochra is a vegetable that is often misunderstood outside of the South, but the people in the South have embraced its use since it was introduced.

The use of the flavorings with origins in slavery tell us that the black majority of South Carolina played a much larger social role than the antebellum whites acknowledged. The blacks brought other things to the society as well, such as their music, but the food of the period is one of the strongest signs that the whites were not as in control as they thought. The same goes for the immigrants who were streaming into the South. The use of the Irish potato suggests the Irish immigrants were also starting to influence the culture and add to the diversity that leads to the lack of a unified culture and cuisine. The cuisine and culture both reflect the many different facets caused by the different people who were taking part in the society.

The ingredients within this cookbook tell us a lot about the lifestyle of the people who made and enjoyed the food from the antebellum South. First certain ingredients appear repeatedly within the collections of recipes. Rice, corn, and tomatoes appear in almost every section of this cookbook because these ingredients were readily available most of the year. Rice is the major cash crop of South Carolina during the antebellum period, and corn and tomatoes are grown for private use all over the area. Cooks continuously created new recipes to use those products, to make them different and new, because no matter what the trade situation, they had access to these products. In most cases, these flavors were used to compliment the main flavor of the recipes because they were so usual that recipes that featured those flavors were often though to be boring.

Second, the ingredients demonstrate that many of the recipes pair extremely simple flavors together. The majority of the recipes are simple, missing many of the
complex seasonings required for other cuisines. This is because so many of the ingredients were things that were grown in private gardens, and the shipping process had not discovered ways to protect foods from spoiling, so the flavors were all extremely fresh. Fresh flavors do not need as many seasonings because their flavors are so much more vibrant and verdant, adding seasoning that could overpower the taste buds. The freshness of the cuisine reduces the need for so many additional ingredients, allowing the true flavors of the food to shine and take center stage. Some have mistakenly believed that the South’s relatively sparse number of ingredients caused the cuisine to lack complexity and interest.

This cookbook is divided into six sections. The first section offers recipes that fit in the category “In-Betweens.” According to Damon Fowler, “an appetizer is a recent phenomenon that few nineteenth-century Southerners would recognize” (Fowler 46). People in the South enjoyed large meals, but they enjoyed them in one single course, rather than drawing out the meals into numerous courses. They were also not big snackers, so the recipes found in this section are the kinds of food that would be kept on hand, just in case someone stopped by and they were called to offer hospitality. Hospitality was very important to antebellum Southern society, so they had some foods they kept on hand to offer guests.

The second section is filled with recipes for soups, sauces, and condiments. This section includes a vast array of recipes, because soups play an important role in the cuisine of the South, and it incorporates flavors used every day as well as flavors that were saved for very important occasions. This section also includes sauces, which are used to compliment numerous dishes, and condiments like catsup and mayonnaise that
were not available for purchase during the antebellum period, causing the cooks to make them if they had a need for them.

The third section is recipes of main entrees or meats and fish. This is the biggest section in the book because it covers so many different types of meats and fish, as well as numerous different preparations for most of the meats. Antebellum southerners had much less access to domestic meats, so they ate meats that have since gone out of consumption in most of society, such as mutton, rabbit, and venison. The wide range of recipes tell us their diet was very diverse, though there were certain foods they had more often then others. There is also an extensive list of recipes for seafood, especially shrimp and oysters. The amount these foods were consumed would depend where the families lived within South Carolina, but those who lived along the coast had access to a lot of seafood, and it played a large role in their diet.

The fourth section deals with recipes for vegetables. This is a fairly short section because while vegetables probably played a large role in the diet of the people of the South, they were not especially exciting, and many of the dishes tend to be extremely simplistic and basic. This supports the idea that the food was very fresh so they did not need a lot of seasoning and extra flavoring to make a delicious meal, but it does mean that many of the recipes we do have are basically the same recipes. In his book, Damon Fowler spends the most time presenting vegetable recipes, and while there are numerous ones, the majority stress keeping the preparations simple and basic. Therefore, I present some recipes, but I do not go into as much detail as I do with some of the other sections.

The fifth section focuses on baked goods and desserts. The South has a vast history of baking and preparing desserts. I focus on the recipes that do not depend as
much on baking because South Carolina’s muggy and humid climate impaired the ability of dough to rise, meaning many of the light, airy pastries were impractical in that section of the country, especially during the antebellum period when they did not have access to things like air conditioning. I focus on desserts mainly, but also baked goods that were unleavened, as well as a little bit more unusual.

The final section deals with the beverages that were consumed during the antebellum period. I present some of the traditional recipes like mint juleps and iced tea, but I also tried to find beverages that were a little more unusual. The South found a lot of ways to use beverages to help combat the heat and humidity of their homes. They combined drinks so that things like wine, which are not normally very refreshing when you are warm, were paired with lemonade to make a beverage that bespoke hospitality and offered relief from the climate outside. The list of recipes available for beverages is very in-depth, suggesting the culture in the South made many supplies that we take for granted today, being able to go out and purchase them.

The recipes in this book are in no way a comprehensive list of the foods they ate. In fact, I probably only chipped the tip of the wealth available. Many of these recipes would not have been everyday recipes; because they would have been so familiar with those recipes they would have no reason to write them down. Many recipes instead showcase the things they were capable on occasion, but they do give us an idea of the kinds of things they had available to them daily. We are also shown a glimpse of their lives through the foods they ate and enjoyed.
In-Betweens

In-betweens are a group of food that would best fit under the category of snacks or appetizers in today’s world. These foods did not have a big place in the cuisine of the Antebellum South. Snacking and multi-course meals were very unusual in the society of the South during this time. These foods were available because hospitality was so important to the society, but often refreshments were offered and not touched. These recipes would often be added to the dishes offered at major meals, but they would be served with the other dishes. This tells us a lot about the society that it seemed strange to have foods to snack on throughout the day, or to be served some food before the rest was offered. They often ate larger meals if they were a part of the upper class, but all the food available during the meal was available throughout the entire meal, meaning you did not have to wait for the showcases of the meal. They were often served together. Many of these recipes would be served at an evening tea, or the light supper they typically had, because the major meal was in the middle of the day.

To Stew Cheese: Sarah Rutledge

¾ oz. butter
Teacupful of cream
¼ lb. finely grated cheese (use a good quality of cheese)
Toasted bread

Melt the butter into the cream, and mix it with the cheese. Beat them all well together, place a slice of toasted bread into a dish, and brown it under the broiler or using a salamander.

To Toast Cheese: Sarah Rutledge

3 oz. finely grated cheese
4 oz. grated breadcrumbs
2-½ oz. butter
2 well-beaten egg yolks
1 Tbsp. cream
1 tsp. mustard
Salt and Pepper

Mix the ingredients together in a saucepan, and stir over the fire until it is heated through. Lay it thick on toasted bread, and brown it until the cheese is just starting to turn brown.
**Shrimp Paste**: Damon Fowler

1 ½ lb cooked shrimp, peeled and deveined  
¼ lb unsalted butter at room temperature  
2 Tbsp. grated shallots  
Salt and White Pepper  
Pinch of ground cayenne or a dash of hot sauce

Gradually grind the shrimp and the shallots in a mortar and pestle until it makes a paste. Work the butter gradually into the paste using the pestle until it is smooth. Season the paste.  
Lightly butter a 3-cup mold, or a bread pan, and press the paste into it until there are no air pockets. Cover and chill for several hours. Unmold the paste by placing it in hot water for a minute, loosening the edges with a knife and inverting the mold over a serving plate. Serve when the paste is soft enough to spread.

**Tomato Sandwiches**: Damon Fowler

2-3 fresh tomatoes  
Salt  
6 slices of firm white bread  
2 Tbsp. homemade Mayonnaise, or softened butter  
Black pepper  
Minced basil or mint

Peel the tomatoes, cut them in half, and seed and juice them. Slice them as thinly as possible, place them on a platter, salt them, and allow them to stand for 30 minutes to release any excess juice. Cut the crust of the bread, cut it into four squares, and spread with the mayonnaise or butter. Pat the tomatoes dry and lay them on the...
buttered side of half the bread. Season with pepper and herbs and place the other squares on top, buttered side down, and serve immediately.

Boiled Peanuts: Damon Fowler

1 lb. green peanuts, unshelled
1 qt. water (or enough to cover peanuts by an inch)
Salt

Briefly wash the peanuts, drain, and place in a large kettle. Add water by the cup until the peanuts are covered by about an inch when they are pressed down. Sprinkle 1 rounded Tbsp. per qt. of water and stir until its dissolved. Bring the water to a good boil, reduce the heat to a simmer, and cook until the peanuts are tender, between 1-2 hours. The tenderness depends on the tastes of the cook. Turn off the heat and let the peanuts sit until they reach the desired saltiness, drain and discard the brine. Serve the peanuts hot or cold and store the leftovers in the refrigerator.

Toasted Pecans: Damon Fowler

1 lb. pecan halves
2 Tbsp. unsalted butter
Salt to taste

Preheat the oven to 250° F. Spread the pecans on a 9x14 in. cake pan and roast stirring occasionally on the center rack until they begin to color, about an hour. Remove from the oven, dot with bits of butter and stir until all the nuts are coated with butter. Return them to the oven to toast for about 10 more minutes. Salt them to taste while they are still warm, and toss to coat. Let them cool slightly before serving.

This is a dish that is unique to down south, because in order to make it, you have to have access to fresh, green peanuts. These nuts seem to be an acquired taste, in that people either love them, or they cannot stand them. The peanut is something that is a regional delicacy, and they use peanuts in many different ways, these snacks being just one example.
Soups, Sauces, and Condiments

Soups represented the bulk of the daily cuisine for the Antebellum. There are literally hundreds of recipes for soup, some incorporating specialty items, such as the She-Crab soup, and some including only those ingredients that were available on a daily basis. This very short selection was chosen to illustrate the range of recipes available for different types of soup. There was a soup that incorporates every ingredient that was available to the cooks of the South. This section also includes sauces, which were made from numerous different flavorings, and could be serve on anything, whether it was meat, vegetables, desserts, appetizers, or even some soups. Once again, the recipes include in this section of sauces are just to highlight some of the types of sauces used, but it is in no way a definitive list. Finally, I also address condiments in this section, because there were no bottled catsups or mayonnaise to purchase in local stores, so Antebellum cooks had to make their own condiments.

Asparagus Soup: Annabella Hill

Asparagus
Any kind of meat, or meat broth
Water (if meat is used instead of broth)
1 tsp flour
1 teacup of cream

Cut the asparagus into 2 inch pieces.
Boil the pieces in water with meat, or in broth for 30 minutes. Season with salt and pepper. Right before serving, stir in a tsp. of flour mixed with a teacup of cream, and let that cook a few minutes.

Asparagus Soup represents a soup that is a very seasonal recipe. Asparagus has a very short season, one that was even shorter during the antebellum period, making this a soup that was only for special occasions. Asparagus was considered a delicacy then, so this would have been quite a compliment to guests to be served this.

Corn Soup: Annabella Hill

1 hock bone of ham
1 qt water
1 ½ teacups grated corn
1 qt. sweet milk
1 tbsp butter
1 tsp flour
Salt and pepper

Boil the hock bone and water, and skim it until the liquid is clear. Add the corn, milk, and butter rolled in the flour, and cook. Season with salt and pepper to taste.

This is a soup that would have been eaten on a daily basis. This soup would have been a soup served whenever they wanted a simple meal, one that celebrates the flavor of a regional crop. This soup illustrates the fact that in many cases, the vegetables were treated in the simplest way possible to celebrate their unique flavor.
**Chicken Soup: Annabella Hill**

1 chicken, cut into pieces  
3 qt. water  
½ pint rice  
Springs of chopped parsley  
Salt and pepper  
½ pt sweet milk  
1 tbsp arrow-root  
1 spoonful butter

Boil the chicken in the water, carefully removing all scum from the water. Add the rice parsley, and salt and pepper. Boil until the chicken is cooked through. Add the sweet milk and the arrow-root rolled into the butter. Allow the soup to thicken, and serve.

**Chicken soup is one of the basic recipes of which every society has their own version. This would have been a soup they could make whenever someone was sick, or they had a taste for it because it did not require any ingredients that were difficult to find. Once again, this soup spotlights the flavor of the chicken, complimenting it with lighter flavors.**

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**She-Crab Soup: Damon Fowler**

2 tbsp unsalted butter  
2 tbsp grated onion  
1 tsp all-purpose flour  
2 c whole milk  
1 c heavy cream  
8 medium female blue crabs, with roe preserved separately  
Salt and white pepper  
4 tbsp dry sherry  
4 very thin lemon slices

Set up a double-boiler, with water simmering over medium-high heat. In the top of the double-boiler, melt the butter and stir in the onion and sauté them until they are soft. Sprinkle the flour into the mixture and stir until smooth. Gradually add the milk and the cream. Stir until the milk is heated. Stir the crabmeat into the soup and heat it through, stirring constantly. Stir in the roe and simmer until it has been heated.

**She-Crab Soup is a soup that even today would be considered a delicacy. She-Crabs were loved for their flavor and because the roe located in the crabs provided a unique thickening agent. This is a recipe that would highlight the wealth of the family who served it. It would only be served on special occasions. This recipe came out of Charleston, South Carolina and is the epitome of Southern shellfish recipes. Almost every Southern cookbook contains a version of this recipe. This recipe comes from an anthology entitled**
through and thickened. Season it with salt and white pepper. To serve, put a tbsp of sherry in the bowl, ladle in the soup and top with a lemon slice.

**Shrimp Bisque: Damon Fowler**

2 qt. water  
2 ½ lbs shrimp, with shells and heads  
3 tbsp butter  
2 tbsp grated onion  
1 tsp all-purpose flour  
1 c heavy cream  
Salt and white pepper  
Pinch of ground cayenne pepper  
1 blade mace, crushed  
3 large egg yolks  
6 tbsp sherry  
6 very thin lemon slices

Bring the water to boil in a large kettle. Add the shrimp, cover, and cook for exactly 3 minutes, then immediately take the kettle from the fire. Lift out the shrimp,-reserving the liquid, and rinse the shrimp. Remove the heads and peel the shrimp, saving the shells and heads, and grind the shrimp, then set them aside. Return the shells and heads to the kettle, turn the heat to medium and bring the liquid to a boil, keeping an eye on it. Reduce the heat to low, and simmer until there is only 3 cups of liquid, then strain the broth and discard the heads and shells. Over a double boiler, melt the butter over low and stir in the grated onion. Sauté until the onion is soft, not brown, and then stir in the flour. Return this pot to the top of the double boiler, and begin adding the broth and the cream with a whisk until the soup begins to thicken. Add the shrimp and the seasonings, and simmer, constantly stirring until it’s heated through, about 2 minutes. Beat the yolks in a separate bowl until they are smooth, then slowly

*Two Hundred Years of Charleston Cooking.*

This soup is a sister soup to the She-Crab soup. While it is not as special as the previous soup, this soup is also considered a delicacy and illustrated the wealth of the family who could afford to serve it. It is a recipe that would be used to precede any meat course, which made it very easy to entertain guests with this recipe and to display the hospitality of your family.
beat in a cup of the hot soup. Add this mixture to the soup slowly, stirring constantly, until thickened then remove the soup from the heat. Serve with a teaspoon of the sherry on the bottom of each bowl, a ladle of soup, and a slice of lemon on top.

**Rich Gravy:** Sarah Rutledge

\[
\begin{align*}
\frac{1}{4} \text{ lb. butter} \\
2 \text{ tbsp flour} \\
1 \text{ lb. beef} \\
2-3 \text{ onions, chopped} \\
\text{Whole black pepper} \\
1 \text{ carrot} \\
\text{Bunch of sweet herbs} \\
3 \text{ pt. water}
\end{align*}
\]

Dredge the butter in the flour, then brown, stirring constantly. Add the beef, cut in small pieces, and the onions. When it becomes brown, add the seasonings, carrot, and the water. Let it boil gently down to 1 quart of liquid, and then strain it. This gravy is good for fowl or turkey.

**Egg Sauce:** Sarah Rutledge

3 tbsp butter  
4-5 hard boiled egg yolks, mashed smooth  
Cayenne pepper and salt.

Melt the butter, stir the yolks into it, and season with the cayenne and salt.

**Lemon Sauce:** Annabella Hill

Water  
Lemon peel  
Lemon juice

This recipe for gravy is just one of several for every type of meat served. This particular one is designed for fowl, which was a day to day meal, so while this recipe would show off the skills of the cook because of the richness of the gravy, it would not be an especially unusual treat for those who enjoyed it.

This sauce was also served with chicken, but it is a very unique recipe illustrating the variety of techniques used to change the flavors of food that were readily available within the society. The cooks of the Antebellum South were much more limited on the foods they had available to them, so they had to change their recipes to make them more exciting.

This is a very light sauce that would have been a little bit more special because the major flavor is one that was
Boil the lemon peel in the water until the flavor has been imparted from the peel. Just before serving, add the lemon juice until the sauce is pleasantly acidic.

**Caper Sauce: Annabella Hill**

\[ \frac{1}{4} \text{ lb butter} \]
\[ 2 \text{ tsp flour} \]
\[ 2 \text{ tumblers sweet milk} \]
\[ 6-8 \text{ tbsp capers} \]

Rub the flour into the butter, and then melt the butter over a low fire. Add the milk and the capers. Simmer slowly, and serve warm.

**Southern Browning: Damon Fowler**

All-purpose flour

Pour the flour in a nonstick skillet. Heat over a medium-low heat, and cook until the flower is a rich brown, about five minutes, stirring constantly. Turn off the heat, continuing to stir until the flour has cooled, about 5 more minutes. Pour the flour into a glass jar, seal it, and store it away from heat and light.

**Drawn Butter: Damon Fowler**

\[ \frac{1}{4} \text{ lb butter at room temperature} \]
\[ 2 \text{ tsp all-purpose flour} \]
\[ 1 \text{ tbsp water} \]
\[ \text{Salt to taste} \]

Over a double boiler, melt the butter and flour together, rubbing them together until well mixed, and then add the water and salt to taste. Swirl the mixture, holding it over the heat, until the butter melts and begins to bubble, about 4 minutes. Pour available, but it is not an ingredient that was grown within most of the South. It once again illustrates that cooks were not opposed to spending money on good food.

Capers were very much a delicacy, because they had to be imported from Italy. This would not be used on a regular basis. This would be used as a compliment to a dish on special occasions, such as celebrating an important visitor, and showing hospitality.

I included this recipe with the sauces because browning is something that is used in numerous recipes to add a nutty taste to any dish, but especially as a thickening agent for sauces. Browning is a building block of any Southern cook's repertoire of recipes. It is unique to the South.

Drawn butter is a recipe that highlights the ability of a cook, because it is a difficult recipe to master. Many cooks used a recipe similar to this because it was easier to control than the recipe that master cooks would have used which would not include flour to stop the butter from separating. A lot of recipes call for drawn butter, so recipes
Mushroom Catsup: Sarah Rutledge

Mushrooms
Fine salt
Cloves
Mace
Allspice

Gather your mushrooms, break them into pieces, and lay them in an earthen dish with fine salt for 12-15 hours, to draw out their liquid. Squeeze the mushrooms dry through a cloth. Boil the liquid once or twice with the cloves, mace, and allspice. Let the liquid cool, and bottle it.

Tomato Catsup: Sarah Rutledge

Tomato
Salt
Slices of onion
Pods of red pepper
Wineglass of port wine per qt of the mixture

Take perfectly ripe tomatoes, and place them in a shallow pan with salt, onions and red pepper. Stew them over a low fire until the juice becomes more like a jelly. Run it through a hair sieve and let it sit overnight. Add the wine to each quart of liquid, and bottle it, sealing each bottle carefully.

Mayonnaise: Sarah Rutledge

1 raw egg yolk
1 tsp. prepared mustard
½ tsp. salt
Sweet oil
1 tbsp vinegar

Rub the mustard and salt together, and then add the raw egg yolk. Slowly pour in the sweet oil, rubbing it in until you have the quantity you desire. Add the vinegar, and the sauce should be perfectly smooth.

In theory, this recipe looks similar to the mayonnaise we know today, but the flavor would be quite different, and unique to the tastes of the cook who made it. Every cook would have different flavors they add to flavor the mayonnaise. The prepared mustard in the recipe would have been another product prepared by the cook herself, so even following the same recipe would produce drastically different results, which illustrates the variety and diversity of Southern cuisine.
Meats & Fish

Meat and fish were the additions to the cuisine that received the most attention. They were used to flavor many recipes, as well as to be the centerpiece of a meal. The following recipes highlight the fact that meat played a large role in their cuisine. They also show the difference in the tastes of refined society as we think of it. The society made do with whatever meats they could, meaning they ate a broad range of meats, including different types of game, many of which have fallen out of popularity with the increased availability of domestic meats. The fish recipes show that fish also played a large role in their diets, because it was something they could go get for themselves, making it easier to get and supplement the diet.

Meat Puffs: Annabella Hill

1 sheet of pastry dough (pie dough), cut into circular pieces
Any meat or fish minced fine and seasoned
Wine or Catsup

Cut the pastry dough into uniform circles. Place a spoonful of the minced meat of your choice on half of each circle. Wet the meat with wine or catsup and fold the second half over the first half. Crimp the edges, bake or fry the puffs, and serve hot or cold.

Meat Puddings: Annabella Hill

1 lb. fresh meat scraps
Flour
Salt and Pepper
Parsley
Shallot, minced fine
Water
Pastry dough

Chop the meat into really small pieces, flour and season them with salt, pepper, parsley, and shallot. Form the meat into a large ball, using water to form the ball. Flour the ball and place it in the center. Meats wrapped in dough or made into pies were often used because the meat
of a circle of pastry dough large enough to enclose it completely. Flour a pudding cloth, and place the ball in it leaving a little bit of room for swelling during the cooking. Tie the cloth securely and boil it in enough hot water to cover it completely for about an hour. Make sure to boil it in a covered pot. When it is done, dip the cloth within cold water, and serve it in a hot dish. Serve it with a rich sauce, depending upon the type of meat used.

could make use of the scraps of meat that would just have to be discarded. The meat puffs and pies were typically made with meats and they did not include vegetables, as our meat pies of today often do. Instead, the vegetables included were used to season the meat and highlight the flavor of the meat. Vegetables cooked for their own flavors were usually served on the side.

**Chicken Pie: Annabella Hill**

1 chicken  
Salt and Pepper  
2 large Irish potatoes  
1qt. flour  
1tsp. soda  
1 teacup of lard  
1 tsp. salt  
Buttermilk  
Flour  
Hard Boiled eggs, or cold Irish potatoes  
Butter

Cut up the chicken as if you were frying it, season it, and stew it until it is almost cooked through. Peel the 2 Irish potatoes and boil until they can be mashed smooth. Add in as much flour is needed to make a smooth dough. Use the flour, soda, lard and buttermilk to make a smooth dough. Roll out the dough until it is ¼ in thick, and then line the sides of a baking dish with it. Place some of the chicken in the bottom to cover it and sprinkle with flour. Place 3 inch strips of the potato dough on top of the chicken, place the eggs or sliced potatoes in next, and repeat the layers. When the dish is full, melt some butter into the chicken stewing liquid; pour it over the pie and sprinkle with flour.
Roll out another piece of dough large enough to cover the top, notch the edges, cut a slit in the top of the pie, and bake until the dough is golden brown.

**Croquets of Poultry:** Annabella Hill

Meat of any cold fowl, chopped fine
Stale bread
Sweet milk
Butter
3 grated hard-boiled egg yolks
Nutmeg, salt, and pepper
2 Egg whites

Pound the chopped meat in a mortar and pestle. Soak an equal amount of bread in sweet milk until moistened. Press out the excess milk and add butter. Add the egg yolks, and season the mix. Beat the egg whites into a froth and add to the mixture. Mold them into wine glasses or make balls or cakes and fry in hot lard. Drain the excess grease and serve garnished with lemon, parsley, or celery.

**Steak A-La-Mode:** Annabella Hill

Steak cut in thin slices
Breadcrumbs
½ tsp. mace
½ tsp. cloves
½ tsp. allspice
½ tsp. ginger
½ tsp. red pepper
Salt, to taste
Tumbler of tomato catsup
1 Tbsp. butter

Pound the slices of steak out slightly, to keep them tender. Combine the breadcrumbs, seasonings, catsup and...
butter together to make a seasoning mixture. Layer the steak within and earthen dish, alternating between the meat and the seasoning mixture. Bake in a moderate oven for 30 minutes.

**Tomato Pillau: Annabella Hill**

1 whole chicken, or other fowl  
1 Tbsp. lard  
1 onion  
1 pt. tomatoes  
Salt and pepper  
1 tsp. sugar  
Boiling water  
1 pt. rice  
1 Tbsp. butter

Cut up the bird and fry it in the lard with the onion chopped up. Peel the tomatoes, chop them fine and season with the salt, pepper, and sugar. When the onion and the fowl are a light brown, place them in a stew pot, add the tomatoes, boiling water to cover. Stir in the rice, mixing it thoroughly and simmer gently until tender. Add the butter.

**Irish Potato Hash: Annabella Hill**

Irish potatoes  
Cold pickled beef, or cold boiled salt mackerel  
Onion  
Parsley  
Butter  
Salt and Pepper

Peel the Irish potatoes, slice them thin, and stew them in a little bit of water with the onion and parsley. When they are half done, add the meat, minced fine, the butter, and seasonings. Serve hot after the potatoes are mashed and mixed with the meat.

This is a recipe where it actually fits under entree recipes and the meats, but it is actually highlighting the flavor of the vegetable used in the recipe. Pillaus often do this. They are main dishes that incorporate the vegetables with rice and meats. Once again, this would be a dish enjoyed daily, using the ingredients that are on hand in most Antebellum kitchens.

This recipe shows the effect some of the Irish immigrants had on the cuisine and society in general. Potatoes were things that were becoming more popular around this time because of the Irish immigrants arriving who had depended on the potatoes for so long. In this recipe, the potato is a perfect backdrop for the flavor of the pickled meats.
Mutton Stew: Annabella Hill

Any pieces of mutton not suitable for cutlets or chops
Onion
Parsley
Red and Black pepper
2 grated hard-boiled egg yolks
1 Tbsp. butter
Brown flour, if required

Stew the meat with the onion and the parsley and season strongly with the pepper. Boil two eggs very hard and grate the yolks. Stir the yolks into the butter, and then add the butter to the gravy. If the gravy needs to be thickened, use brown flour.

Basic Fried Chicken with Cream Gravy: Damon Fowler

2 young fryers, cleaned and disjointed
Salt and pepper
2 c all-purpose flour
¾ lb. lard
Gravy:
2 Tbsp cooking fat from chicken
1 Tbsp flour from chicken coating
1 ½ c light cream
Salt and pepper

Wash the chicken pieces, pat them dry, and season with salt and pepper. Dredge the chicken in the flour, pat of any excess flour. Heat the lard in a large cast-iron skillet to 325 -350°F. Slip the chicken skin side down into the lard and reserve the left over flour. Cook the chicken slowly until the bottom is golden brown, about 15 minutes. Turn them over and cook another 15 minutes until they are golden on the other side. Remove the chicken and drain. Pour off all but 2 Tbsp of cooking fat, add 1 Tbsp of flour to the fat and cooking until it

This recipe shows an Antebellum cook making use of every scrap possible because meats were not necessarily always readily available and they used every part possible in the different dishes, to not lose food due to waste or even allowing the food to go rotten before it was used up.

Fried chicken is a recipe that is almost synonymous with the South. It is a recipe that people of every economic status could afford, at least on occasion. Every cook had her own recipe for chicken, but most of them look similar to this one.
begins to brown. Slowly add the cream, stirring constantly until the gravy is slightly thickened. Let it simmer for 3-4 minutes, season with salt and pepper, and serve immediately with the chicken.

**Mary Randolph’s Rabbit Stew:**
Damon Fowler

2 large rabbits, dressed
½ lb salt-cured pork or dry-cured ham
2 large onions
2 large sprigs of parsley
2 large sprigs of thyme
½ tsp whole cloves
1 blade mace, crushed
Salt and pepper
Ground cayenne
1 qt. water
2 Tbsp butter at room temperature
1 Tbsp browning
¼ c red wine
2 Tbsp chopped parsley

Wash and pat dry all the meats to prepare them to cook. Peel and thinly slice the onions, tie herbs together and ground all spices together. In a deep pan, layer the rabbit, the spices and herbs, the onions, and the pork. Repeat these until they are all used up. Pour boiling water over the rabbit mixture and add the herb bundle. Turn the stew to medium heat, and slowly bring to a boil, skimming the stew. Reduce the heat to a bare simmer, cover and allow to simmer for about 2 hours, until the rabbit is tender. Knead the butter and browning together. Remove the herb bundle, skim off as much fat as possible, and slowly add the flour and butter mixture. Thicken the stew for 3-4 minutes, add the wine, simmer for another 5 minutes and garnish the stew with chopped parsley.

This recipe really illustrates the difference between the stews of the antebellum period and today. Much like the pies, many of the stews consisted of meats and some seasonings and a sauce, whereas today, most stews also incorporate vegetables as fillers for the dish. Instead of masking the flavors of the meat or the vegetables in the dish, they kept them in separate dishes.
Medallions of Venison with Cranberries and Madeira:
Annabella Hill

1 1/2 lbs venison or pork tenderloin cut into medallions
3 Tbsp unsalted butter or lard
1/4 c all-purpose flour
Salt and pepper
1/2 c Madeira
1 c Cranberry preserves

Pound the medallions until they are 1/4 inch thick. Turn the oven to 100°F and heat a plate while you cook the meat. Place the butter or lard into a large skillet. Dredge the medallions into the flour and place them in the fat. Brown them on one side for about 2 minutes, flip it over and season the browned side with salt and pepper. Cook the medallions on the other side for 2 minutes and then place them on the warmed plate. Drain the fat, return the skillet to the heat, add the Madeira, and bring it to a boil, scraping the drippings off the bottom of the pan. Let it reduce slightly then pour it over the steaks. Return the pan to the heat, and warm the preserves until the jelly melts and the berries are warm. Serve alongside the medallions.

Beef Collops: Damon Fowler

2 lbs round steak, sliced thin
Salt and pepper
1/3 c lard
All-purpose flour
1 c water

Pound the medallions to 1/4 in thick and season with salt and pepper. Melt the fat

This recipe is interesting because it makes use of wild game, venison, but it pairs it with an ingredient that was probably saved for special occasions, Madeira. This suggests that venison was a perfectly respectable dish to serve during the period, whereas today, it is not a dish that is often served.
down in a skillet; dredge the medallions in the flour, brown for about 1 minute per side, then remove from the skillet and drain off most of the fat. Sprinkle the bottom with the flour and stir until the flour is lightly browned. Add the water, raise the heat to high, scraping the drippings off the bottom and stirring until the mixture boils. Return the meat and any runoff juices back into the pan, lower the heat and simmer for about 45 minutes or until meat is tender and sauce is thick. Remove the steak, check seasoning for the sauce and serve over the steaks.

**Carolina Pilau: Sarah Rutledge**

1 ½ lb bacon
1 qt. rice
1-2 chickens, in pieces
Salt and pepper

Boil the bacon. When it's close to being done, add the rice, then the chicken and season with salt and pepper. When the rice is tender and the chicken is done, serve it with the rice on the bottom and the meat on the top.

**Hopping John: Sarah Rutledge**

1 lb bacon
1 pt red peas
1 pt rice
1 qt water

Boil the red peas in the water, and when they are about half done, add the bacon. When the peas are don, add the rice. When the rice has boiled for 30 minutes, take it off the fire and onto the coals to steam, adding more hot water as it gets low. Season with salt and pepper and garnish with mint. Serve it with the peas.
and rice on the bottom and the bacon on top.

**Shrimp Pie:** Annabella Hill

2 qt. peeled shrimp  
2 Tbsp. butter  
½ pt. tomato catsup  
½ tumbler vinegar  
Black and Cayenne pepper  
Salt  
Grated biscuits or breadcrumbs

Add the butter, catsup, and vinegar to the shrimp. Season the mixture with the salt and peppers, and put it into an earthen dish. Top with the grated biscuits or the breadcrumbs in a thick layer. Bake very slowly for 30 minutes.

**Shrimp Sauce:** Annabella Hill

1 tumbler of shrimps with skins  
1 tumbler of water  
2/3 tumbler of butter  
1 tsp. flour  
Salt, pepper, and catsup to taste

Skin the shrimp and boil the skins in the water. Drain the water and add it to the butter with the flour. Simmer the sauce for a few minutes, then add the shrimp, chopped fine and let them stew until they were done. Use salt, pepper, and catsup to taste.

**Pan-Fried Fish:** Damon Fowler

8 small whole fish or fish steaks or fillets  
Lard or Peanut oil  
2 c. dry breadcrumbs, cracker crumbs, fine cornmeal, or all-purpose flour  
Salt and Pepper  
Ground Cayenne

Shrimp was a fairly regular part of the diet in coastal South Carolina as illustrated by the number of recipes that feature shrimp. Shrimp has a distinctive flavor that pairs well with the tomatoes, as well as many other flavors, so it is often paired with more strong flavored foods than many other seafood.
2 large eggs
2 lemons

Clean whole fish, and then wash fish well and pat dry. Fill a skillet about half way up with oil or lard and heat over medium-high heat until the oil or lard reaches about 400°F. Season the breading, and place close to the skillet. Crack the eggs and lightly beat them. Dip the fish into the egg mixture, get rid of the excess egg, roll it in the breading, and place carefully into the oil. Fry until the fish is golden brown, no more than 3-4 minutes per side for whole fish and steaks, and 1-2 minutes for fillets. Pat off the excess grease, then serves with a garnish of lemon wedges.

Annabella Hill’s Deviled Crab: Damon Fowler

24 medium blue crabs or 2 lbs. commercially packed crabmeat
4 Tbsp. extra-virgin olive oil
1 Tbsp. dry mustard mixed with 1 Tbsp. wine vinegar
Salt and pepper
Cayenne pepper
1 c. dry breadcrumbs
2 Tbsp. unsalted butter

Preheat the over to 400°F. Mix the crab with the oil, mustard, and seasonings. Fill either the crab shells or ramekins with the crab mixture; sprinkle each one with a little bit of breadcrumbs and dots of butter. Put the crab on a cookie sheet and bake them until they are heated and browned, about 20 minutes.

Creamed Oysters: Sarah Rutledge

1 qt. shucked oysters
1 c. strained oyster liquor
2 Tbsp unsalted butter

Fried fish was a food that was enjoyed by many people when they would go out to fish fries as social events. Fried fish was a recipe that most Southern cooks knew, especially if they were located near a body of water.

This recipe highlights the expense it was to serve crab. It was a delicacy, and this recipe would have been especially impressive, because it also used olive oil, which had to be imported from Europe, making it a major expense.
1 Tbsp flour
2 c heavy cream
Nutmeg
 Pepper
 Salt
12 crisp buttered toast points

Bring the oyster and liquor to a simmer over medium heat, until the oysters begin to plump. Remove oysters from the liquor and keep them covered. Bring the liquor to a boil over medium heat. Roll the butter in the flour, and add it in small pieces to the boiling liquor, until the butter is dissolved and the sauce begins to thicken. Stir in the heavy cream, nutmeg, and pepper. Bring to a boil, and then simmer on low until sauce is thickened. Right before serving, reheat the oysters in the cream sauce without boiling them, and serve over the toast points.

A Savannah Shrimp and Tomato Pie: Damon Fowler

8 ripe tomatoes
1 small onion
1 ld. Headless shrimp with shells
2 c soft breadcrumbs
¾ c milk
Salt and pepper
Ground cayenne
¾ dry breadcrumbs

Blanche and peel the tomatoes, then quarter, seed and chop them, and reserve the liquid. Add the tomato, liquid, and onion to a kettle and bring to a boil over medium high heat. When it boils, reduce the heat to a low simmer and cook about 15 minutes, then turn off the heat. Peel the shrimp and set them aside. Pour the milk over the soft breadcrumbs, tossing them to absorb the liquid. This dish compliments the subtle flavor of the oysters, which were also expensive by pairing it with cream and nutmeg, which make the dish feel decadent and elegant.
equally. Preheat the oven to 375°F, and lightly grease a glass casserole dish with butter. Put a layer of ½ the milky breadcrumbs, ½ the shrimp, and ½ the tomatoes. Season with the salt, pepper, and cayenne, and then repeat the layer. Sprinkle the dry breadcrumbs over the top and bake for 20-30 minutes, or until the shrimp are cooked and the top is browned.

**Oyster Pie: Annabella Hill**

Puff pastry dough
1 egg white
Oysters
2 hard-boiled egg yolks
1 Tbsp. butter rolled in flour
1 wineglass of sweet cream

Line a drum-shaped mould with the pastry dough, making both a top and a bottom of the pie. Brush the dough with egg whites, and bake. While the dough is baking, place enough oysters to fill the mould into a stew pan with their liquor. Grate in the egg yolks, and rub a dessert spoonful of flour into the butter, and add to the oysters. Stew for five to six minutes, until they begin to shrink. Add the cream. When the pastry is done, place in a serving dish, fill the pastry with the oysters, replace the top crust and serve hot.

As before, the oysters in this recipe were paired with cream and other flavors which feel decadent, but which do not have strong flavors. This allows the oysters to take center stage and be appreciated when they are acquired.
Vegetables

The majority of the vegetables enjoyed within the antebellum society would have been homegrown in private gardens. The flavors were much fresher than those we typically get today, which would explain why the recipes were so simple. They celebrated the simple and unique flavors of the vegetables themselves. The fact that they were homegrown also helps to explain why vegetables were often not included in registers and recipe books from the time. Vegetables were everyday foods, not pretentious foods that told of your status. They probably made up the bulk of the diet in the South, but records would not show that because vegetable dishes, while delicious, were never the spotlight dish or something to feel pride for making.

Ochra and Tomatoes: Annabella Hill

Ochra
Tomato
Salt and Pepper
Onion
Sugar
Butter

Peel the tomatoes and slice an equal amount of ochra. Season both with salt and pepper. Add some onions. Sprinkle some sugar on the tomatoes. Add some butter to the stew-pan, add the vegetables and stew for 45 minutes.

This recipe celebrates the one of the most influential pairings within Southern cooking. This also illustrates the effect the slave population had on the society, because both of the premier flavors were flavors that were really made popular because of the slave population. This illustrates the majority slave population in South Carolina did play a larger role in society than is sometimes thought.

Tomato Fritters: Sarah Rutledge

Tomatoes
Green Corn
Sugar
Salt and Pepper
2 eggs
1 tumbler sweet milk
Flour

Peel, mince and drain the tomatoes and add them to and equal amount of green corn with the milk from the cob. Season them with sugar, salt and pepper. Add the eggs, milk, and flour to make a

This recipe is unique in that it combines two flavors together that were often celebrated on their own. Corn fritters were a popular item in the South, as were tomatoes, and this recipe combines the two into one recipe. It kind of represents the blending of the cultures alive within the South to make the distinctive society of the antebellum period.
batter, and fry them in large cakes in boiling lard.

**Fried Sweet Potatoes:** Annabella Hill

Sweet potatoes
Lard
Salt

Peel and slice the sweet potatoes. Fry them in hot lard, turning often. Season it with salt and serve.

**Stewed Ochra:** Annabella Hill

Ochra
1 wineglass hot water
1 Tbsp butter
1 tsp Flour
Salt and pepper

Chop the ochra into round disks, and place it in a stew-pan. Add the water, the butter rolled in the flour, and seasonings. Cover the pan, shake occasionally, and stew until tender. It can be made with tomatoes and onions.

**Green Corn Pudding:** Annabella Hill

2 well-beaten eggs
2 tumblers grated corn
½ tumbler milk
1 tbsp butter
Salt and pepper

Mix all the ingredients together until well combined and bake until they are golden.

**Young French Beans:** Mary Randolph

Sweet potatoes were introduced to the South because they were similar to the yams that were grown in Africa, and some African slaves probably thought they were the same. The sweet potato went on to become one of the most distinctive flavors in Southern cuisine, again illustrating the influence of the slave population.

Ochra, as was observed earlier was food that was introduced by the slave population, but it gained popularity throughout the society during the Antebellum period. This simple recipe allows the distinctive flavor of the ochra to shine.

These last three recipes just showcase the simplicity of the vegetable
1 lb green beans
Salt
2 tbsp butter, melted

Snap the ends of the beans and let them soak for 15 minutes to freshen them. Bring 2 qt water to a boil in a pan, and add a handful of salt to the water. Gradually drain the beans from the cool water and add them to the boiling water. Bring the water back to a boil, and cook until they are tender but still green. Drain them, toss them in butter, and serve them.

**Baked Whole Tomatoes: Damon Fowler**

4 large ripe tomatoes

Preheat the oven to 375°F. Gently wash the tomatoes and place them in a baking dish, stem side up. Bake them until the skin wrinkles, about 30 minutes. Serve hot.

dishes of the Antebellum South. There is nothing fancy or unusual about them, instead they just show the knowledge of the people who prepared them because they knew to allow the flavors to shine on their own without a lot of complex seasoning.
Baked Goods and Desserts

The south has long been known for its baked goods and desserts, though many of the diverse recipes have disappeared in modern times. There was a time when cooks were judged mainly by their ability in the area of baking rather than any other culinary endeavor. There are just a few categories of dessert that were popular in the south, the boiled pudding, ices and the charlotte being the biggest categories. The recipes for desserts varied the least from the English recipes that made up the basis for much of Southern cooking. This is probably because while ingredients and techniques varied because of the availability of certain ingredients, the ingredients and techniques for dessert stayed relatively constant. This is also because this was one area in which the mistress of the house probably controlled and may have made herself, and she would be more likely to stick close to the original recipes. Many of these recipes would not have been used on a very regular basis, but they were very popular, and they represent some of the recipes that were considered the best the South could offer.

Short Journey Cake: Sarah Rutledge

1 lb. white sugar
1 tbsp butter
2 tbsp lard
3 eggs
Flour

Rub these ingredients together in a mortar and pestle, with as much flour as will give a consistency that will allow it to spread on a tin sheet at about \( \frac{1}{4} \) inch thick. Bake the cake until it is crisp.

Both the journey cake and corn cakes are recipes that were used throughout the South. One reason was that both were unleavened breads, so they were not as affected by the heat and humidity of the Deep South. While they did eat breads that were leavened and required time to rise, these were recipes that could be made with leavened breads would just collapse because of the dampness in the air.

Corn Cake: Sarah Rutledge

1 pt. mixed corn and wheat flour
1 teacup brown sugar
1 tbsp butter
4 eggs
1 nutmeg
Dash of brandy

Mix all these ingredients together to make a batter, and bake.

Sweet Potato Waffles: Annabella Hill

40
2 tbsp. mashed baked sweet potato
1 tbsp butter
1 tbsp sugar
1 egg
1 pt. sweet milk
6 tbsp sifted flour

Add the butter to the sweet potato while it is hot, then add the rest of the ingredients, mix well, and bake.

Johnny Cake: Annabella Hill

1 pt boiled rice or hominy
1 egg
1 tbsp butter
Salt
Flour
Mix the rice with the egg, butter, salt and enough flour to make a soft dough. Roll to ½ in. thick and bake quickly, without blistering the cakes. Serve hot.

Baked Pudding: Annabella Hill

2 tumblers of sifted flour
2 tumblers of sweet milk
5 eggs
Butter
1 tsp yeast powder

Mix the eggs, then add the flour, then the milk, and then strain the batter to remove any clumps. Butter an earthen dish, rapidly stir into the batter the yeast powder, and pour the batter into the dish. Bake in a quick oven, and serve with a liquid sauce.

Cake Pudding: Annabella Hill

Sponge cake, slightly stale

The sweet potato waffles illustrate the wide variety of uses of sweet potatoes within the Southern cook's kitchen. This was remarkable because this was an ingredient that was introduced because it looked similar to the yams the slaves had used in Africa before they came to the South.

The Johnny Cake is a traditional recipe of the time period, because it made use of a crop that was grown in the South, meaning they usually had access to the ingredients, especially in South Carolina, where the rice crop was one of their biggest cash crops.

These puddings are both examples of a typical dessert from the Antebellum South, which illustrates the population of desserts that would not deflate and collapse. The baked pudding would have been a very light dessert, with the yeast powder and the sifting of the flour adding air, but the lack of any time for rising would reduce the amount of collapse that could take place.
Raisins, currents, citrons mixed  
1 qt. milk  
6 egg yolks  
Sugar  

Layer the dish starting with a layer of the cake, followed by a layer of the fruit, then another layer of the cake. Beat together the milk and egg yolks to make a rich custard. Sweeten the custard with the sugar, then pour over the layers of cake, and bake. Serve with a wine sauce.

**Rice Pudding: Annabella Hill**

\[
\begin{align*}
\frac{1}{4} \text{ lb. rice} \\
\frac{1}{4} \text{ lb. butter} \\
6 \text{ eggs} \\
\frac{1}{4} \text{ lb. sugar}
\end{align*}
\]

Boil the rice until it is soft, stirring frequently to prevent scorching. When it's warm, add the butter. Beat the eggs separately, add the sugar and any flavorings desired, and then mix all of the ingredients together. Serve with a transparent sauce.

**Cocoanout Custard: Annabella Hill**

\[
\begin{align*}
8 \text{ egg whites} \\
8 \text{ tbsp powdered loaf sugar} \\
4 \text{ tbsp melted butter} \\
\text{Meat of 1 cocoanout, grated} \\
\text{Wineglass of Wine}
\end{align*}
\]

Beat the egg whites to a froth, then add all the other ingredients and bake the custard inside a puff pastry.

**Soft Ginger Cake: Annabella Hill**

4 eggs, beaten separately  
3 tumblers of flour  

The cake pudding strongly resembles a traditional English trifle recipe, which illustrates the connection between the two cuisines.

This dessert was very popular within the South, because once again, the major ingredient was a crop that flourished within the climate, especially within South Carolina. One thing the cooking of the Antebellum South was based on was the use of fresh ingredients, so the most popular recipes made use of ingredients that would be regularly available.

The cooks of the Antebellum South were not opposed to spending money to buy specialty items. This is illustrated in this recipe because cocoanout is not grown anywhere in the South, so it would have had to be imported. This was probably not a daily recipe, but it was used on occasion.
1 tumbler of butter
1 tumbler of sugar
1 tumbler of molasses
1 tsp of soda, stirred well into the molasses
Ginger to taste.

Mix all the ingredients together, and bake for a soft cake.

**Sally Lunn: Damon Fowler**

1 c milk
1/4 tsp dry yeast
3 large eggs
20 oz all-purpose flour
1 tsp. salt
4 tbsp. butter, at room temperature

Scald the milk and allow it to cool to 90°F. Add the yeast and let it dissolve. Break the eggs and beat them slightly, then add the milk mixture into the eggs. Mix the flour and salt with the butter until it resembles a coarse meal, make a well in the center, pour in the milk mixture and work it into the flour until it is smooth. Lightly knead the bread on a lightly floured surface for about 5 minutes, then gather the dough, return it to a mixing bowl, cover it and let it rise for 4-6 hours. When it has doubled in size, lightly punch it down again and knead it for about 1 minute. Butter and flour a bundt cake pan, roll the dough into a long sausage shape and place it into the pan and press the ends together. Cover the pan and allow the dough to double in size again. Preheat the oven to 400°F, and bake the Sally Lunn until it is light gold in color and cooked through, about 30 minutes.

**Charlotte Russe: Damon Fowler**

1 tbsp unflavored gelatin

The Sally Lunn is the Southern version of an English brioche. Many versions of this recipe add sweeteners, which the earliest version did not include, but this was a dish that was adopted by the entire South. The sugar really did not appear in the recipe until after the Civil War.
1 tbsp cold water
¼ c milk, room temperature
3 c heavy cream
1 ¼ c sugar
1 tbsp homemade Vanilla Extract
1 recipe pound cake
2 tbsp sherry
½ c jam or fruit preserves
7 large egg whites
Fresh berries or cut fruit

Soften the gelatin in the water, then dissolve it in the milk and set aside, stirring occasionally to stop it from settling. Pour 2 cups of cream in a large mixing bowl, sweeten it with 1 cup of sugar and beat until it is stiff. Fold in the vanilla. Stir the gelatin, and then carefully fold it into the whipped cream and set it aside. Cut the cake into ½ in thick pieces and line the sides of the mold or bowl with the cake, leaving no gaps. Sprinkle with the sherry and spread it with a thin layer of jam. Beat the egg white until stiff peaks form, then fold it into the whipped cream mixture. Spoon it into the cake-lined mold and chill for 4-6 hours to set the cream. To serve, top it with the remaining cake, gently invert the mold to release the dessert, make whipped cream with the remaining cream and sugar and garnish the dessert with the cream and fresh berries.

Cold Cream Sauce: Lettie Bryan

½ c sugar
2 c heavy cream
½ lemon
Whole nutmeg

Stir the sugar into the cream until it is dissolved. Grate the lemon zest into the cream then add the lemon juice through a strainer. Stir until the cream is lightly

The Charlotte was a very popular dessert within the Antebellum South, consisting mainly of fruit within a cake mold. A Charlotte Russe was a very fancy version of this dessert that was filled with Bavarian cream rather than a fruit filling. It was originally a French dessert, but it quickly spread to England and the South and was readily adopted.

One way Southerners changed their dessert menus was offering certain recipes with a different sauce. This is an example of a dessert sauce that would dress up the traditional pound cake, or even fresh fruit and make it a dessert suitable to serve to guests.
thickened and season it to taste with a few grates of nutmeg. Serve with pound cake or fresh fruits.

**Chocolate Ice: Sarah Rutledge**

6 egg yolks  
¾ lb. sugar  
¼ lb. chocolate  
1 Teacup of boiling water  
1 qt. cream  
1 qt. milk

Mix the egg yolks and sugar as if making a cake. Roll out chocolate and pour boiling water on it, a little at a time, until it is well mixed. Boil the milk and cream together; mix it with the chocolate mixture slowly. Place the new mixture back onto the fire until it returns to a boil, and then slowly pour the mixture onto the eggs, stirring constantly. Place back on the fire and stir until it becomes thick, but not boiling. Let cool, and then freeze.

**Milk Ice: Sarah Rutledge**

Milk  
Peach-water or Rose-water, or other flavorings

Take the amount of milk you wish to freeze, flavor and sweeten with the peach or rose-water, and then freeze.

**Custard Ice: Sarah Rutledge**

Good custard, prepared sweet  
Cream

Prepare the custard, making it very flavorful and sweet, add an equal amount of cream as you have custard, and then freeze.

These three recipes illustrate the popularity of ices, or ice cream in the Antebellum South. These are just a few of the different recipes for making ices, but they do provide the method for making them, allowing the other cooks to adapt the recipes to fit whatever flavors and products they have available in their own kitchens.
Beverages

Beverages are a part of every society’s cuisine that is often overlooked. The beverages of the Antebellum South tell us a lot about their society. According to Damon Fowler, a leading food historian in the area of the classical South, the most popular drink of the time was coffee, and it was the one that was the most missed when the blockades during the Civil War took effect. However, during the classical period is when many of the drinks that are now identified with the South began to grow in popularity, such Iced Tea and Juleps. Iced drinks were extremely popular and cooks within the society made many different alcoholic cocktails and beverages. Most people made wine and beers privately, because there were no major breweries at this time, and it was expensive to buy imported drinks. They did import many drinks, but whenever possible, cooks would either make new recipes using the imported drinks, or they would make their own wines and beverages.

Egg Wine: Sarah Rutledge

3 egg yolks (beaten with 1 Tbsp. cold water)
½ pt. white wine
½ pt. cold water
Sweetener to taste (Sugar would have been used)

Mix the half pint of wine with the half pint of water. Sweeten the mixture to taste, and then make it boil up. Add a little bit to the egg yolks to temper them, and then mix the eggs with the wine mixture until thoroughly mixed. The drink will be frothy and the consistency of thin chocolate.

Egg Nogg: Sarah Rutledge

6 eggs (separated)
1 qt. milk
½ pt. brandy
6 Tbsp sugar

Beat the yolks of the 6 eggs with the sugar. Beat the egg whites until you have stiff peaks. Fold the egg whites
into the egg yolk mixture, being careful to not lose the air in the egg whites. Mix the brandy into the mixture. Boil the milk then add it to the mixture. Chill and serve.

**Sherry Cobbler: Sarah Rutledge**

Crushed ice  
1 ½ Tbsp. powdered sugar  
Lemon slices  
1 glass sherry wine

Place the sugar and the lemon slices in a tumbler. Fill the tumbler half full with crushed ice, pour the sherry onto the ice, and then pour it from tumbler to tumbler until the drink is well mixed. Serve chilled.

**Sherry Cobbler: Annabella Hill**

Sherry Wine  
Lemonade  
Ice

Mix the lemonade with the Sherry to desired strength. Serve over ice.

**Lemonade au Lait: Annabella Hill**

Juice of seven lemons  
Tumbler of Sherry wine  
¾ lb. loaf sugar  
1 qt. boiling water  
2 tumblers boiling sweet milk

Mix the lemon juice, sherry wine, sugar, and boiling water together. Let cool, and then add the boiling sweet milk. Allow to stand for twelve hours, then strain and serve.

**Cream Beer: Annabella Hill**

The origin of this name is unknown, but it predates the cobbler, which refers to a fruit dessert featuring a crumb topping. Though there are numerous recipes, the basic idea is to mix sherry with the refreshment of lemonade, which made it a more refreshing drink than just drinking plain sherry.
Syrup:
6 lbs. double refined sugar
4 oz. tartaric acid
2 qt. water
2 egg whites, beaten to a froth
Lemon juice

Place the sugar, acid, and water in a pot and heat until just warm. When warm, add the egg whites. Pour the mixture through a thin cloth, but do not force it through. Flavor the syrup with lemon to taste. Bottle the syrup and store it in a cool place.

To use the syrup: Place 2 Tbsp. of syrup into a tumbler. Fill the tumbler until it is 2/3 full with water. Just before serving, stir in ½ tsp. of soda.

Ginger Beer: Annabella Hill

6 qt. water
1 oz. cream of tartar
2 oz. ginger
1 lb. loaf sugar
2 oz. tartaric acid
1 lemon rind
½ tumbler of strong hop yeast

Boil water, cream of tartar, and ginger together for 10 minutes, then strain. Add sugar and let it simmer until the sugar is dissolved. Pour into an earthen vessel that contains the acid and the lemon rind. When it has become lukewarm, add the hops, stir well together, and bottle. Tie the corks down tightly and let sit a few days before serving.

Tomato Wine: Annabella Hill

Ripe Tomatoes
1 lb. sugar per 1 qt. of tomato juice

The popular flavor associated with the slaves who probably helped to promote its popularity, also makes an entrance in the beverages, in a version of
Mash tomatoes well and let stand for 24 hours. Then, strain the juice and add sugar depending on the amount of tomato juice. Let this mixture ferment again, skimming it frequently. When the liquid is clear, bottle it. To use, sweeten water to taste, and add wine until the mixture is pleasantly acidic.

**Strawberry Cordial:** Annabella Hill

1 qt. strawberry juice  
1 pt. white brandy  
½lb. loaf sugar

Mix the strawberry juice, brandy and sugar together and let it stand for two weeks. Strain it through a piece of muslin and a sieve, and bottle.

**Iced tea:** Damon Fowler

2 qt. bottled water  
¼ c. loose black tea  
Sugar to taste  
Sliced lemon  
Mint sprigs

Place 1 qt. water in a kettle and bring to a boil. Put the tea in a teapot or heatproof bowl. When the water begins to roll, pour it over the tea, give it a stir and let it stand for no more than five minutes. Pour the tea through a filter into a pitcher, add the remainder of the water and stir. Serve over ice with sugar, sliced lemon, and mint.

**Corinthian Julep:** Damon Fowler

2 large sprigs of mint  
1 tsp. sugar  
3 jiggers (about ½ c.) bourbon

There are several stories that say iced tea was introduced during the World Fair in 1904, but there are references to iced tea in several cookbooks in the South early in the nineteenth century.

This is a traditional mint julep, but people during the antebellum period enjoyed juleps of all different flavors,
Strip one of the mint sprigs, place them in the bottom of a julep cup or tumbler, and crush them with the sugar and mix well. Add a little bourbon to melt the sugar and combine. Fill ½ the cup with shaved ice, and pour in the remainder of the bourbon. Stir without touching the outside of the cup or tumbler until it begins to frost over. Pack with ice to the rim, insert a straw, and stir without touching the outside until the entire cup is frosted. Garnish with the rest of the mint, remove the straw, and serve. Including strawberry and cinnamon juleps.
Bibliography


I looked through this book, which was well done, but because my focus was South Carolina, I only used a few of her recipes, because they were ones that were similar to recipes in other books. Her book is very well put together.


This was my major resource for the majority of my project. His book was very readable and informative, providing cited information about the history. His sources were very trustworthy, and his analysis was very in-depth.


Her book provided numerous recipes for my project, and added another dimension of the study by showing what kinds of resources the women of the time I was researching had to work with. Her list of recipes was exhaustive, and seemed very complete.


Like with Lettice Bryan, Randolph's book fell a little outside of my topic range, but she provided me with a very good example of what the early part of my time period was like, as well as providing the recipes for a few foods that were enjoyed all over the region, including South Carolina.


This book provided some good introductory material to the subject for me, though I used it very little because much of the material that was available was outside of the time period I was studying. I did get some resources from it.


After the Fowler book, this was probably my most valuable resource for the project. It provided me with some accounts of the food from the time, as well as numerous recipes. It was also well organized so it was very easy to find the information I was looking for within its pages.
Smith, Andrew F. *The tomato in America: early history, culture, and cookery.* (Columbia: University of South Carolina, 1994).

This book was not a huge resource, but it provided some of the information about the tomato specifically, which helped support some of the information I was finding in other sources.