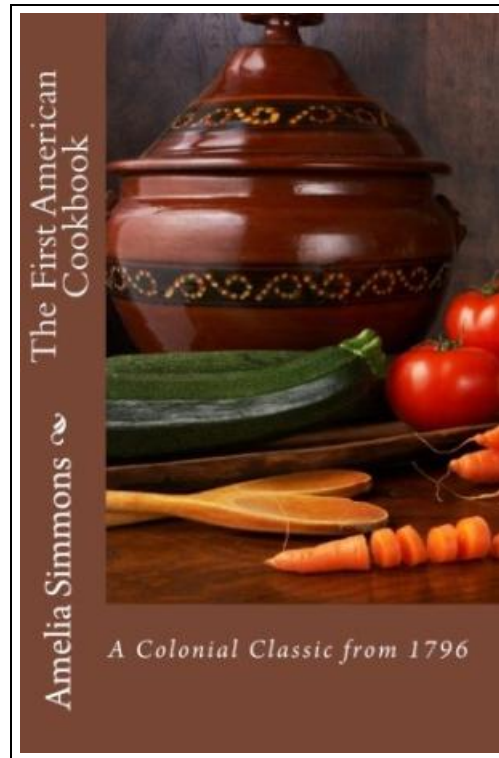


The First American Cookbook: A Colonial Classic from 1796



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Reviews

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(Torrance Vandervort)

THE FIRST AMERICAN COOKBOOK: A COLONIAL CLASSIC FROM 1796



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Createspace, United States, 2010. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.An early colonial classic, The First American Cookbook is a reflection of America itself, which was and continues to be a giant melting pot of cultures and cuisines. The First American Cookbook is a book of firsts. It was the first cookbook published in American, the first book of receipts written by an American, and the first cookbook containing uniquely American food options. First published as American Cookery, The First American Cookbook also contains the first published recipe for cakey gingerbread, the first publication of the word cookie, and the first documented use of pearlash as a leavening agent. Many recipes call for immense amounts of flour, shortening, and sugar, sometimes more than 5 lbs., with measures such as a teacup full and a slow oven. Author Amelia Simmons helpfully provides instructions about how to decide whether to acquire beef from oxen or dairy cattle and how to dress a turtle. The amount of information contained in this brief little volume is amazing. The First American Cookbook is worth a careful perusal even if none of the recipes catches your fancy. This is a great, fun little look at the past of American cooking. Though it s clear from the recipes in The First American Cookbook that our pioneers didn t fret over calories or cholesterol, this fascinating little book does provide an interesting peek into the daily life of the early American housewife, plus a great guide for experiencing some of what our ancestors ate.



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