



NEWPORT RESTORATION FOUNDATION

Founded by Doris Duke

Onion Soup

Take half a pound of Butter, put it into a Stew pan and set it on the fire, and let all the Butter melt, and boil until it is done making a Noise; then have ready ten or a Dozen middling sized Onions, peeled and cut small, which throw into the Butter, and let them fry for a Quarter of an hour; then shake in a little Flour, and stir them round; shake your Pan and let them do a few minutes longer; when you must pour in a Quart or three Pints of boiling water; stir them round, and throw in a good piece of the upper Crust of the stalest bread you have. Season with Salt to your Palate. Let it then stew or boil gently for ten Minutes observing to stir it often; after which take it off the Fire, and have ready the yolks of two Eggs beaten fine in a Spoonful of Vinegar, and then stir it gently and by Degrees into your Soup, mixing it well. This is a delicious Dish.

Gardiner, Mrs. *Receipts*. 1763. Reprinted by White & Horne 1938.

Period recipes courtesy of the Newport Restoration Foundation, 2008.

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Cold Slaw

Select the hardest, firmest head of cabbage. Cut it into two and shave it as fine as possible. A cabbage cutter is best. It must be done evenly and nicely. Lay it in a nice deep dish. Melt together vinegar, a small piece of butter, pepper and a little salt. Let it scald and pour over it.

Hot Slaw

This is made in the same manner except it is laid in a sauce pan with the dressing and just scalded but not boiled. Send it to the table hot.

Abell, Mrs. L.G. *The Skilful Housewife's Book*. 1846

Period recipes courtesy of the Newport Restoration Foundation, 2008.

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Syllabub

“Sweeten a quart of cider with double refined sugar, grate nutmeg into it, then milk your cow into your liquor, when you have thus added what quantity of milk you think proper, pour half a pint or more, in proportion to the quantity of syllabub you make, of the sweetest cream you can get all over it”

“Take two porringers of cream and one of white wine, grate in the skin of a lemon, take the whites of three eggs, sweeten it to your taste, then whip it with a whisk, take off the froth as it rises and put it into your syllabub glasses or pots, and they are fit for use.”

Both recipes from: Simmons, Amelia. *American Cookery*, 1796.

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Trifle

“Soak a piece of cake in wine, lay it in your dish make some rich custard in cups, turn them out on the cake, then lay on the whipt syllabub.* You can omit the custard if you choose” Today’s Adaptation: Pound cake, Custard, Cream whisked with sugar and noyau or sherry, Fresh berries layered between custard and cream

* Syllabub is cream or milk mixed with wine, cider or other acid, often includes sugar, & is whipped until frothy.

Whitehorne, Mrs. Elizabeth. *Sugar House Cookbook*. a handwritten receipt book circa.1801–1845, in the Newport Historical Society archives. Elizabeth and Samuel Whitehorne’s house, at 416 Thames Street, Newport, is a Newport Restoration Foundation property.

Period recipes courtesy of the Newport Restoration Foundation, 2008.

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Asparagus Loaves

“Take two small loaves of baker’s bread, make an opening in the top and take out the inside; fry the loaves a nice brown, then fill them with asparagus prepared in the following manner. Boil asparagus in the usual way, and reserve a few stalks whole. Chop the remainder a little, but not very small. Put some cream and a bit of butter to it, mixed with a little flour, cayenne pepper, salt and nutmeg, and boil it up. Fill the loaves and put the whole stalks into the top for ornament, and serve it.

Glasse, Hannah. *The Art of Cookery*, 1747

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A Most Delicious Salad Sauce

“Take the yolks of four hard-boiled eggs, rub them through a sieve, and add to them one teaspoonful of salt, stir well up, then add two tablespoonsful of made mustard, stir well up, then add by one spoonful at each time, six spoonsful of salad oil; mix this well together until it becomes as smooth as mustard, then put in one teaspoonful of anchovy sauce, and one gill of cream or new milk, and stir well together; and last of all put in by degrees some good vinegar to your own taste. Should you make it too sharp with vinegar, add one teaspoonful of fine white sugar in powder, this will soften it, and give it an excellent flavour. Bottle it for use. This will keep for any length of time in the hottest weather and is excellent with any kind of salad or boiled slaw, and is a fine relish with fish. Shake it well up before you put it on your salad.”

Roberts, Robert. *The House Servant's Directory*, by 1827

Period recipes courtesy of the Newport Restoration Foundation, 2008.

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