



## ELP and ESP Station Handout The Kitchen

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### **INTRODUCTION**

This handout will teach you how to run the Kitchen station on an ELP or ESP day and will also give you historical background of cooking practices at Sutter's Fort in the 1840s. Through the Kitchen station, your students will experience firsthand what it was like to cook at Sutter's Fort in the 1840s while they help make dinner for the whole class and parent volunteers. They will also learn about the history, science, and language of agriculture and cooking and have the chance to practice some basic math skills.

### **I. GOAL:**

The students will learn what food the people of the 1840s ate, where it was obtained and how it was prepared. With this new knowledge, the student will gain a greater awareness of the everyday lives of those that lived before us and develop a respect for the past and an appreciation for today's life styles.

### **II. OBJECTIVES:**

- A. Through discussion in the classroom prior to the overnight experience, students will learn what kinds of food were available and where and how they were obtained.
- B. On the day of the living history experience, each student will participate in the preparation of the groups' evening meal.

### **III. THE COOKS:**

Sutter hired several men as cooks at New Helvetia during the ten years it operated as a frontier outpost. Among those hired were: William Daylor, John Henry Brown, George Davis, David Dewey Dutton, and a black man known only as Myers. It was reported that Sutter's Indian employees did the cooking at the Fort and perhaps the white men only acted as overseers. Indians were most likely also used as servers. Brown had the position as "Mandator" or overseer of the cookhouse and butcher shop.

### **IV. THE PLACE:**

The kitchen is located along the north wall of the Fort, west of the central building. The room has a large hearth fireplace, oven and "mush pot" with its own fire pit. Within the fireplace is a built-in pot/kettle crane, an overhead iron bar for hanging pots and a masonry-warming shelf on the right hand side of the interior hearth wall. Furniture in the room consists of cupboards, shelves, three tables and some chairs and/or benches. Racks are affixed to the exterior of the fireplace to hang the numerous utensils.





The historic kitchen was completed at the end of 1991 after nearly a year of research, planning, buying and building. It is the first fully operational kitchen since Sutter's original kitchen.

No known description of the Fort kitchen exists. In order to select the type of cooking hearth to be built, the research team needed to look at who was employed by Sutter during the early years of the Fort's construction. Research found that most of these men were of English/American/French nationalities and in the past had worked as trappers and sailors. By looking at cooking systems of the Northwest Europe, Great Britain, the United States, frontier forts, and ship board cooking, we could start to see what design would influence the Fort's builders. Man takes his environment with him no matter where he goes. Thus, the group decided upon a European kitchen style with a floor level hearth, an in-wall bake oven and a ship's stew pot. This type of cooking system reflects the cooking experiences of the early employees at the fort.

Also available to you is a cleanup room to the east of the historic kitchen, called the Modern Kitchen. This room is out of the public's view and meets the storage, disposal and cleanup needs. The modern work area consists of three deep sinks, a disposal system, water heater, two large equipment storage cupboards and two refrigerators (one for ELP). This facility was also built in 1991.

## V. THE CRAFT:

### 1. Historic use of the Fort kitchen

We know that Sutter was feeding his employees (non-Indians) three times a day, ("...all of the men employed at the Fort were furnished with three meals per day") breakfast, dinner (at noon) and a formal meal at 3 p.m. Meals were probably served in the central building dining hall. While Sutter may have dined separately, the kitchen hearth dimensions would easily serve the cooking needs for 12 to 30 employees and Captain Sutter.

From what we have learned, Sutter provided only one meal (breakfast) to the Indian workers. They were fed a cooked mush, similar to the acorn mush they cooked for themselves back in their villages. Indian workers occupied the lowest strata of the Sutter's Fort community and were sometimes treated inhumanely by today's standards. Research shows us that the Indians were fed from communal wooden "troughs," measuring about three feet long and about seven inches wide and deep. Each trough would feed about 10 men. While some ethnographic information indicates that some California Indian groups shared communal meals (i.e. eating from a communal basket), such activities usually occurred among small family groups. At the Fort, eating from troughs demonstrated a marked contrast to the manner in which Sutter and other members of the Fort's community dined. Sutter fed between 30 to 150 workers each day, depending on the time of the year.

Visiting immigrants would have done pit cooking outside the walls of the fort by their wagons or near the immigrant quarters supplied by Sutter, "a biscuits throw from the fort" (east). Some references have been made to the fact that the bakers allowed the women to use the beehive ovens at times.





## 2. ELP use of the Fort kitchen

Sutter's Fort Environmental Living Program uses the kitchen to prepare the group's evening meal and may also use it as a "base" for the hot chocolate for the night watches. As today, yesterday's kitchen was the hub of activity and the ELP kitchen is no exception. As in all stations in the ELP experience, the students will be coming to the kitchen in shifts to do the work. Keeping with the ELP goal, the children are expected to do as much as possible of the food preparation. Parents are there only to supervise the tasks and to oversee safety. The actual cooking (watching the pot) is normally done by parents throughout the day. By the time the ELP day arrives, children should already have a clear understanding of what foods were available to the pioneers, where it was obtained and be familiar with the method of cooking.

### **A Beginning**

#### Wood, Water and Waste

#### **WOOD:**

Your teacher will make sure that appropriate wood has been provided for your fire. A designated fire starter will get your fire started in the morning.

#### **WATER:**

You will have three water sources. The "well" for filling buckets is in the center of the grassy area on the east side of the Fort. It is in the form of a spigot and hose attached to a ground level pipe. Your source for all other water is in the modern kitchen. When cleaning up, keep in mind that the capacity of the hot water heater is small so it is probably best to do your cleanup as you go along rather than all at once and run out of hot water. Large water tubs are available for heating wash and rinse water over the outdoor fires if you wish to have the children do the washing outside in a period style. Adult supervision is highly recommended. A small basin should be kept in the kitchen for washing of hands before handling foodstuffs.

#### **WASTE:**

All garbage is to be disposed of in the garbage cans located in both kitchen areas. (Please do not use the trash cans hidden in barrels on the pathways of the Fort). If you need additional garbage cans for lunch and dinner please contact an ELP staff person. If a can becomes more than half full before the morning's cleanup, please remove the liner, tie it off, and store in the modern kitchen area or place near the East Gate (A full liner is sometimes too heavy to remove). During cleanup time the next morning, all garbage bags are to be stacked beside the east gate. Can liners will need to be replaced before you leave. You will need to bring these with you. This cleanup is part of the 'living experience'; have the kids do it!

There is a garbage disposal in the modern kitchen area, but it should only be used in severe cases. All cookware and dishes must be scraped into the garbage cans before being rinsed out into the sink with the disposal. Please bring old milk cartons or coffee cans with lids to contain





greasy or large pieces of garbage. The fort's sewer lines are old and plug easily. If you have something to dump with a lot of liquid, please use the strainer so you can catch the large pieces. Use the sink with the disposal for this. No gray water is to be poured onto the grass or down drains in the yard.

## **SUGGESTED PLANNING PROCEDURE**

1. Research the foods and cooking methods of the period. There are many good books at most libraries and in the Sutter's Fort Trade Store on the subject. Returning teachers have great ideas too, ask them! This manual also includes some information and recipes for you.
2. Decide on a menu. Let the children help make suggestions after discussion of period foods and what makes a nutritious meal. They can vote on the menu or you may prefer to have a parent's food committee do the deciding. Items to take into consideration when deciding on your menu - how many people you will be feeding - are siblings and grandparents being invited or will only those who participated be attending? Find out if you have any food allergies, vegetarians, diabetics, hypoglycemics, religious beliefs, etc. Menu options will also be affected by what can be solicited (see #3) and if you have a parent or grandparent who happens to have deer or bear meat in the freezer. Use the parents, grandparents, etc. as resources. Does someone hunt, fish, own a store, or a farm?
3. Once a menu has been selected, make a list of ingredients needed. Compose a letter of introduction with a brief description of the ELP to use in soliciting donations from local grocery stores, butcher shops, fruit stands, etc. Community groups will sometimes donate money. Again, returning teachers know best, ask them!
4. Think the cooking process through and what items you may need, Check this list against the list of available supplies and make another list just of bowls, pots, baskets, towels, etc. that will have to be brought from home. Make a list and send it home with each child to pass around to family. All items brought from outside must be marked with the owner's name and the schools name. If the item is an heirloom or special to you, please leave it at home if you don't want it broken or stained. If you find you have to purchase period looking containers, shop the thrift stores for old tin ware, wooden bowls, old jars and baskets.

Those unacquainted with hearthside cooking tend to think it is all done directly over a fire. Though flames are necessary for roasting and cooking on a crane, the coals are important also. After a few hours of burning a fire, a large amount of coals are ready to be raked or shoveled into individual mounds on the hearth, creating cooking areas similar to burners on a 20<sup>th</sup> century stove. Roasting, baking, frying and simmering are all done over glowing embers. The need for a steady supply of embers necessitates a continuous fire. You could be incorporating all of these cooking methods into your ELP cooking.

5. You may choose to spread your cooking projects out to make use of both the indoor and outdoor fire areas. Outdoors there is a large grill and spit hanger for roasting meat over coals or an open fire. Three spits are available above the fireplace for use on the outside grill. On the spits you can prepare ham, roast beef, chickens, small turkeys and game animals.





Cooking in the outdoor fire area provides a heightened visual and aromatic experience for visitors to the Fort; it also gives you more room in the indoor kitchen and may reduce the heat. Most cooking in the original Fort was probably done outdoors.

The following tools are essential for open hearth food preparation and are provided for you:

A swinging crane, s-hooks, Dutch ovens, iron pots, chains, trammels, spider pans, trivets, poker, tongs & shovel, fire dogs (andirons), long handled tools including spoons, ladles, meat forks and spatulas.

Additional equipment is also supplied for you and is listed on the kitchen inventory sheet provided at the Parent/Teacher Workshop.

## **KITCHEN USE POLICIES**

Inventory must be taken prior to using both the period and modern kitchens. Any discrepancies must be reported immediately to the ELP staff. Your school will be responsible for any discrepancies found at the close of your ELP. The equipment available for your use is listed on your inventory sheets. There are other things in the kitchen that are not for ELP use. We ask that you do not use these items. Please report any broken/damaged item(s) to staff. Your school will be responsible for the replacement of any broken, damaged or missing items.

Each team is responsible for the station they are using. The public is not allowed into any of the display rooms and under no circumstances should your children be left unattended in a room. Once the fire has been started, an adult must be in the kitchen at all times. You may move any of the cookware you are not using, trying to remember where they were so the following morning you can return them to their original location. There are pictures available for reference.

The three tables in the kitchen may be moved to wherever you find most convenient, being careful not to drag them across the uneven floor. If you put a table directly under the window or near a door, remember to keep all knives and other small items out of reach of the public. Please remember to use cutting boards when cutting or chopping your ingredients.

All non-period items (such as Tupperware and plastic bagged goods) must be kept in the room next to the kitchen that we refer to as the "annex room". A pathway must be maintained through the room and please do not block any of the doorways.

## **WHAT TO BRING**

Remember to bring plenty of trash bags, rags, soap, bleach, disinfectant and lots of towels. (And also the grease containers mentioned previously). Towels are not only for clean up but to lay on a table top to work on, to keep food covered in case of flies and also to cover small non-period items you want close at hand. Label everything - items as well as the boxes you bring them in. Also, remember to bring containers for leftovers. Sometimes local shelter will take food so





please keep them in mind if you should have any foodstuffs left over. (You will have to transport the food to them, however).

## **RESTROOMS**

The bathroom facility located in the annex room area is off-limits as it is connected to the old sewer system and cannot take heavy use. There are restrooms located inside the Fort just to the right of the east gate. Please use those during your stay.

## **KITCHEN CLEAN UP INVENTORY**

In order to maintain both the "period" and "modern" kitchen in good condition for all the classes using them, it is essential that a thorough cleaning be done and all items inventoried.

Prior to your use of the kitchen, you will receive an inventory sheet from park staff. Please double-check the items on the inventory. If any item is missing, please notify park staff. At the end of your visit, when all items are properly cleaned and put away, notify the night ELP staff person that you are ready to inventory. He or she will conduct the inventory with you to confirm that all kitchen items are accounted for and that any personal items are not left behind.

Food scraps should be scraped into a trashcan prior to being washed. The "modern" kitchen disposal cannot handle large amounts of food. The disposal is located in the sink on the north (left) side of the three sinks. Do not put food scraps into any other sink. All dishes, pots, utensils, etc. should be thoroughly washed with soap and water. (Please refer to the section on care of cast iron for directions on how to clean the cast iron pots and utensils.) Rinse the plates, cups, utensils, etc. in a solution of bleach and water, then rinse in plain water. This will thoroughly disinfect them for the next class. **DO NOT PUT THE CAST IRON INTO THE BLEACH SOLUTION.** (The children should do as much as possible, but you may wish an adult to work with the bleach so the children's outfits don't get bleach on them.) Clean up must be supervised by an adult.

It is a good idea to clean all dishes and cookware as soon as possible after use so you have time to relax in the evening and inventories can be completed in a timely manner in the morning.

**Hint: When finished with cast iron cookware, soak in hot water to avoid food sticking.**

The tables in the "period" kitchen should be wiped with hot soapy water and a mild bleach solution. The floors in both kitchens should be swept and any spills mopped. Please wipe out the refrigerator after your use, and wipe the ELP kitchen storage cabinet shelves prior to returning the dishes.

Items are left behind and not marked cannot be returned and will be used in the kitchen.

## **Fire Safety**

Today we see a fireplace as a charming optional feature for a home. In yesterday's world a fireplace was essential to living and the very center of family life. It supplied heat, light and the





means by which all food was cooked. Twentieth century fire building is relatively easy, merely a matter of crumpled newspaper, laying on wood and striking a match or turning on a gas switch. Before the convenience of phosphorous matches (also known as lucifers), coals were carefully banked at night to endure a ready fire for the next day. A "cold fire" meant a sometimes frustrating struggle with flint and steel and damp wood. Our present day screened fireplaces, coupled with normal precautions, diminish fire hazards. In the past, however, the fear of fire prompted constant vigilance. Hearth injuries were second only to childbearing (birthing babies) as the leading cause of death in women.

Your first step in building your fire is placing two buckets of water nearby for an emergency. This is mandatory for the fire pit outside as well as the fire inside. All fires must be watched. If the decision is to have an outside fire, you must have a fire tender at all times at that fire also. Remember, especially if your overnigher is in March, April or May, that we have high attendance those months and there could be as many as 500 to 700 children visiting the fort on your ELP day. Public safety is a major concern if you decide to have that outside fire. (This may help you decide whether an outside fire is worth it or not.) Maybe a good time for an outside fire is after the gate is closed to the public at 5:00 p.m. It is your decision but also your responsibility.

Fire safety for you and your class should be an assigned task for a responsible adult. When working around fires (especially women and girls in long dresses and aprons) extra care has to be taken. Women and girls should be reminded to tuck the skirts of their dresses between their legs when reaching to stir or move a pot on the fire. Men wearing aprons should take caution also. Hems of dresses and trousers should be checked periodically to make sure they have not come in contact with live embers. Sweep the floor often dipping the broom into water after sweeping near the fire. Ladies wearing artificial nails should take extreme caution around the fire. Acrylic and fiberglass nails will burn very easily. Women, men, girls and boys with long hair should have their hair tied back in a ponytail for the men and boys, and braids or buns for the women and girls. This keeps the hair from falling into the fire and getting into your face. Women and girls with short hair should be wearing day caps.

There is a fire extinguisher behind the east kitchen door. Make sure everyone knows where it is in the beginning of the day. In old-time kitchens, the advice was to keep a woolen blanket handy to smother out a fire. A blanket hanging somewhere in the kitchen can also be an interpretive tool for the public. Try not to use or wear synthetic fabric near fire. It ignites and melts quickly. Natural woven fabrics such as wool, linen or cotton are best. If an accident does happen, go directly to the ticket booth. If the Ranger (he/she is trained in first aid) is not present, he/she can be contacted quickly by radio, even if off the grounds and the park aid has quick access to the phone for a 911 call. Remember that you are not to add more wood to the fire the next morning after 7:00 a.m.

### **Care of the Dutch Ovens & All Cast Iron Ware**

PLEASE FOLLOW STEPS 2, 3 & 4 FOR THE CARE OF ALL CAST IRON WARE.

1. The How and Whys of Dutch Oven Cooking:





Dutch ovens are made of cast iron. Because they are so heavy, they heat evenly with little heat. The heavy lid, when it is set on properly, acts as a pressure cooker.

The Dutch oven was a mainstay for the people who came across the plains. So many different foods could be cooked in these versatile kettles that they were a prized possession. When a wagon had to be lightened, the travelers were reluctant to give up their Dutch ovens.

Today, in case of a power outage, a Dutch oven is a good item to have on hand. Meals can be prepared using the oven and no one misses dinner. The Dutch oven can save the day!

## 2. How to "Season" a New Dutch Oven:

After acquiring a new Dutch oven, it should be "seasoned" to prepare it for use. The manufacturers of Dutch ovens put a protective coating on the inside of the ovens that must be removed before using the oven the first time.

Place the Dutch oven over heat until it becomes quite warm. Wipe the bottom and sides with paper towels until the towels come out clean. After this protective coating is removed, pour a small amount of vegetable oil. Wipe the sides and bottom again with paper towels, spreading the oil evenly over the whole surface. Apply only a light surface covering, if too much oil remains, it has a tendency to become rancid. Lightly oil the lid and outside of the oven as well. This keeps the lid and oven looking better, and helps it resist rust. You may need to repeat this process a few times to get the proper seasoning.

Now the Dutch oven is ready to use.

## 3. How to Re-Season an Oven:

If an oven has not been used for sometime, or if the oil has gone rancid (you can tell by the smell), start over again just as if it were a new oven. Heat it, wipe it out, and re-oil it. Wipe it out again as explained in the previous section, leaving only a light covering.

If the oven should become rusty, all is not lost. In most cases it can be saved. Wipe off all the rust, then warm the oven and start cleaning it with oil. Rub it especially well when it is rusty.

If the oven was put away dirty and left for a long period of time, the insides may become pitted. This oven can also be saved. Scour it with a soap pad, rinse it well, heat until the moisture is completely out, then season it as described before.

## 4. How to clean a Dutch Oven:

Always try to clean the Dutch oven as soon after use as possible. There is usually enough heat left in the oven for cleaning, and heat is an important factor in cleaning an oven.







Place the oven over heat and scrape out the food with a spatula or putty knife. Continue to scrape and wipe until clean. Pout in a little oil, wipe out the excess and be sure to coat the sides and bottom. Wipe off any moisture on the lid, and oil it also.

A good item to have for cleaning a Dutch oven is a burlap bag. Just scrape out the oven with a spatula or putty knife and then wipe it good with a burlap bag. This is faster than paper towels, as burlap won't tear like the towels do. After it is clean, oil the oven. Washing a Dutch oven is not recommended, but if it gets to the point that it will only come clean by washing, then go ahead. Use hot water and a soapless scrub pad. Soap will remove the seasoning that is there. Never put the cast iron in the bleach rinse mentioned earlier. After the oven has been washed, heat it thoroughly for several minutes to remove all the moisture. Then the oven must be re-seasoned.

Some Dutch oven owners like to burn them out to get them clean. This is done by putting them upside down in a fire. This is not recommended. Though it gets the oven clean, it also takes the seasoning out of the oven, and that's what gives the food flavor. After ovens are burned out they have to be re-seasoned, and they must be cooked in several times to put the flavor back in. The longer and more you use a Dutch oven, the better the flavor gets.

And remember - don't put ice cold water in a hot Dutch oven or hot water in a very cold one - it can cause it to break.

#### 5. Building Fires for Dutch Oven Cooking:

Start your fire about 1/2 hour before you plan to start cooking. Don't use large logs - you want your fire to burn down to coals quickly and large logs take too long. When your fire burns down to where you have nice hot coals, you are ready to start your cooking. The fire for the coals has to be replenished with wood continually throughout the process so that you will have coals ready when you need them. The wood will burn down to coals, which in turn are removed with a shovel and placed on the Dutch oven as needed. The best wood to use should be well seasoned and split into quarters.

The preceding information was taken in part from:

Let's Cook Dutch, a Complete Guide for the Dutch Oven Chef. By Robert L. Ririe.

### **California Cuisine circa 1840s**

The following are eyewitness accounts of food and/or meals at the ranches, towns and missions in California in the 1840's. If the person/place is known, it is indicated.

#### Captain Sutter's Table:

"...roast beef, vegetables when we had them. Many times we had neither sugar nor coffee. Peas were fair substitute for coffee, and acorns still better. We had very little tea. When I traveled I lived on jerked beef and drank cold water." (Sutter)





"...for fourteen days we lived in luxury at the Fort. Drinks, fish, bread, butter, milk, beef, pork, potatoes, wonderful salmon." (Fremont)

"...the first course consisted of good soup...next course consisted of two dishes of meat, one roasted - the other fried, and both highly seasoned with onions; bread, cheese, butter, and melons constituted the dessert." (Bryant)

Theodore Cordua's production:

Salted and smoked meat and bacon, hams, sausages, head cheese, wheat, barley, peas, flour, onions, potatoes, cabbages, cows, calves, milk cows, butts, steers, hogs, chickens, sheep, butter, cheese, salted and smoked salmon, caviar from river sturgeon, perch, deer, elk, beaver, antelope, wild geese, ducks, and quail.

Location not known:

Hot Spanish dishes and San Gabriel wine and fruit.

Reid House:

Roast turkey, enchiladas, dolres, fruit, wine

Mission San Juan Bautista:

Raisins, apricots, apples, peaches, pears

San Francisco:

Wheat, beans, peas and kidney beans

Monterey:

Vegetables, eggs and milk are scarce; chickens, beef, mutton and tortillas are not.

Location unknown:

One dish consisting of beef, tongue, pumpkins, garlic, potatoes in their jackets, cabbage, onions, tomatoes and peppers.

Los Angeles:

Morning: coffee and tortillas, 11 a.m.: stewed beef seasoned with chili colorado, a rib of roast beef, a plate of frijoles with tortillas, a bottle of native wine.

Dr. Marsh's rancho:

Aguardiente (brandy made from California grapes), breakfast: warm bread made from unbolted flour, stewed beef seasoned with chili colorado (a species of red pepper), frijoles (a dark colored bean), coffee.

Johnson's Ranch:

Milk, coffee, unbolted flour cooked in tallow, a pile of small cheeses, cream, wheat, barley, corn, butter

Robert Livermore's residence:





Aguardiente, loaf sugar, stewed beef seasoned with chili colorado, frijoles, tortillas, tea.

Davis home:

Beef broiled on an iron rod, steaks with onions, mutton, chickens, eggs.

**FOODS BEING IMPORTED INTO CALIFORNIA:**

1. Sent for from the Oregon Territory by J.H. Brown (Sutter's Cook):

Butter, onions, pickled tripe, hams, bacon, eggs.

2. The manifest of the brig Euphemia, Feb. to Sept. 1846:

Table salt	salt	black pepper
Curry powder	arrowroot	vinegar
Durhem mustard	native mustard	brown sugar
Loaf sugar	sugar candy	rock candy
Syrup	molasses	cherries
Processed cherries	ground ginger	processed ginseng
Pickles	prunes	currants
Almonds	pineapples	cheese
Beans	rice	soy
Flour	dried apples	china
Preserves	salad oil	hams
Salmon	beef	pork
Tinned sardines	sandwich isle coffee	Santa Domingo coffee
Manilla coffee	brandy	cordial
Cherry cordial	orange cordial	porter
Port wine	muscat wine	sherry wine
Champaign	ale	elixir
Oolong tea	imperial tea	gunpowder tea
Green tea	<i>Soueram</i> tea	<i>ylm</i> tea
<i>Powering</i> tea	good bread	old bread

**MR. NATHAN SPEAR'S BUSINESS RECEIPTS - Oct. 1841 to Dec. 1843:**

Brandy	potatoes	butter
Dried beef	quarter of beef	rum
Wheat	bacon	rice
Onions	cabbage	cloves
Olive oil		

**CROPS RAISED BY CALIFORNIANS IN 1846:**

Figs, pears, peaches, corn, pumpkins, beans, melons





ANIMALS RAISED FOR FOOD BY CALIFORNIANS:

Castilian stock chickens	hogs	beef
Veal	turkey	milk cattle
Oxen	sheep (lamb & mutton)	geese

HOLIDAY FARE AND FEASTS AT THE FORT:

1. Christmas 1847 at the Fort "...fat steers were slaughtered and the flesh was cleaned from the ribs to make frezades..."
2. Christmas 1847 at Hoch Farm:
  - Soup of many ingredients
  - Salmon, perch, trout, coastal barracuda, with suitable sauces
  - Pigs feet (pozola) and peppers
  - Fruits of the delicate parts of beef, with chili and tomatoes, olin podrido
  - All manner of meats and vegetables stewed together
  - Various fricasees of chicken and turkey
  - The roli was veal
  - Dinner closed with an assortment of feathered game: quail, grouse, ducks, geese, pigeon.

FOODS RELATED TO THE INDIANS AT SUTTER'S FORT:

Cooked wheat	boiled brew	beef
Refried bread	fried burro	beef bones
Cooked mush		

BASIC FOOD STUFF AT SUTTER'S FORT:

1. Agricultural Products:
 

Peas (roasted for coffee substitute)	salad radishes
Acorns (roasted for coffee substitute)	leeks
Sugar	strawberries
Coffee	melons
Tomatoes	pumpkins
Cucumbers	salt
Onions	flour
Cabbage	corn
Turnips	pepper
Beets	mustard
Ship bread	peas
Spanish water melons	potatoes
Figs	beans
Olives	milk





Quinces	butter
Peaches	cheese
Apricots	unbolted flour
Almonds	prunes
Teas	sage
Dill	plums
Spanish peppers	sugar melon
Nectarines	barley
Apples (many varieties)	Indian sour (?)
Pears	sweet maize
Grape vines	fruit trees
2. Domesticated Livestock:	
Sheep (lamb and mutton)	goats
Boar	pozola (pigs feet)
Chicken (egg and fowl)	turkey
Cattle (veal, steer)	oxen
Mule	burro (donkeys)
Dog	cat
Horse	
3. Wild Game Animals:	
Wild cattle	antelope
Salmon	tule elk
Perch	mule deer
Bass	jack rabbit
Sturgeon	beaver
Trout	wild pigs
Coastal barracuda	pigeons
Ground squirrels	quail
Tufted partridge	grouse
Ducks (many varieties)	lions
Wild horses, mule, donkey, burro	wild dogs, cats
Geese	bear

The following appeared in a Living History Newsletter and was compiled by John Kelly. His information source was The Frugal Housewife by Mrs. Child (no first name is mentioned). It is part of a guide to American Housewives in 1833.

## VEGETABLES

Parsnips should be kept down cellar, covered up in sand, entirely excluded from the air. They are good only in the spring.

Cabbages put into a hole in the ground will keep well during the winter, and be hard, fresh and sweet in the spring. Many farmers keep potatoes in the same way.



Onions should be kept very dry and never carried into the cellar except in severe weather, when there is danger of their freezing. By no means let them be in the cellar after March; they will sprout and spoil. Potatoes should likewise be carefully looked to in the spring, and the sprouts broken off. The cellar is the best place for them, because they are injured by wilting; but sprout but three times; therefore, after you have sprouted them three times; they will trouble you no more.

Squashes should never be kept down cellar when it is possible to prevent it. Dampness injures them. If intense cold makes it necessary to put them there, bring them up as soon as possible and keep them in some dry, warm place.

Cabbages need to be boiled an hour; beets an hour and a half. The lower part of a squash should be boiled half an hour; the neck pieces fifteen or twenty minutes longer. Parsnips should boil an hour or an hour and a quarter, according to size. New potatoes should boil fifteen or twenty minutes; three quarters of an hour or an hour is not too much for large, old potatoes; common sized ones, half an hour. In the spring, it is a good plan to cut off a slice from the seed end of potatoes before you cook them. The seed end is opposite to that which grew upon the vine; the place where the vine was broken off may be easily distinguished. By a provision of nature, the seed end becomes watery in the spring; and, unless cut off, it is apt to injure the potato. If you wish to have potatoes mealy, do not let them stop boiling for an instant; and when they are done, turn the water off, and let them steam for ten or twelve minutes over the fire. See they don't stay long enough to burn to the kettle. In Canada, they cut the skin all off, and put them in pans, to be cooked over a stove by steam. Those who have eaten them, say they are mealy and white, looking like large snowballs when brought upon the table.

Potatoes boiled and mashed while hot are good to use in making short cakes and puddings; they save flour and less shortening is necessary. It is said that a bit of unslacked lime, about as big as a robin's egg, thrown among old, watery potatoes, while they are boiling, will tend to make them mealy. I never saw the experiment tried.

Asparagus should be boiled fifteen or twenty minutes; half an hour, if old.

Green peas should be boiled from twenty minutes to sixty, according to their age; string beans the same. Corn should be boiled from twenty minutes to forty, according to age; dandelions half an hour, or three quarters, according to age. Dandelions are very much improved by cultivation. If cut off, without injuring the root, they will spring up again, fresh and tender, till late in the season.

Beet-tops should be boiled twenty minutes, and spinach three or four minutes. Put in no green vegetables till the water boils, if you would keep all their sweetness.

When green peas have become old and yellow, they may be made tender and green by sprinkling in a pinch or two of pearlash, while they are boiling. Pearlash has the same effect upon all summer vegetables, rendered tough by being too old. If your well-water I very hard, it is always an advantage to use a little pearlash when cooking.

Tomatoes should be skinned by pouring boiling water over them. After they are skinned, they should be stewed half an hour, in tin, with a little salt, a small bit of butter and a spoonful of water, to keep them from burning. This is a delicious vegetable. It is easily cultivated and yields a most abundant crop. Some people pluck them green and pickle them.

The best sort of catsup is made from tomatoes. The vegetables should be squeezed up in the hand; salt put to them and set by for twenty-four hours. After being passed through a sieve, cloves, allspice, pepper, mace, garlic and whole mustard seed should be added. It should be



boiled down one third, and bottled after it is cool. No liquid is necessary, as the tomatoes are very juicy. A good deal of salt and spice is necessary to keep the catsup well. It is delicious with roast meat; and a cupful adds much to the richness of soup and chowder. The garlic should be taken out before it is bottled.

Celery should be kept in the cellar, the roots covered with tan, to keep them moist.

Green squashes that are turning yellow, and striped squashes are more uniformly sweet and mealy than any other kind.

If the tops of lettuce be cut off when it is becoming too old for use, it will grow up again fresh and tender, and may thus be kept good through the summer.

It is a good plan to boil onions in milk and water; it diminishes the strong taste of that vegetable. It is an excellent way of serving up onions, to chop them after they are boiled, and put them in a stewpan, with a little milk, butter, salt and pepper and let them stew about fifteen minutes. This gives them a fine flavor and they can be served up very hot.

### WEIGHT AND MEASURES

Tested and arranged by Miss Leslie

From: Alice Leslie's New Cookery Book of 1857

Wheat Flour	one pound or 16 ounces	is one quart.
Indian Meal	one pound 2 ounces	is one quart.
Butter, when soft	one pound 1 ounce	is one quart.
Loaf sugar, broken up	one pound	is one quart.
White sugar, powdered	one pound 1 ounce	is one quart.
Best brown sugar	one pound 2 ounces	is one quart.
Eggs	10 eggs	is one pound.

### Liquid Measure

Four large table-spoonfuls	are	half a jill.
Eight large table-spoonfuls	are	one jill.
Two jills	are	half a pint.
A common-sized tumbler	holds	half a pint.
A common-sized wine glass	holds	half a jill.
Two pints	are	one quart.
Four quarts	are	one gallon.

About twenty-five drops of any thin liquid will fill a common-sized tea-spoon.

Four table-spoonfuls will generally fill a common-sized wine glass.

Four wine glasses will fill a half pint tumbler, or a large coffee cup.

A quart black bottle holds in reality about a pint and a half, sometimes not so much.





A table-spoonful of salt is about one ounce.

A dash	is	1/8 tsp.
A pinch	is	1/16 tsp.
A smidgen	is	1/32 tsp.

### Dry Measure

Half a gallon	is	a quarter of a peck.
One gallon	is	half a peck.
Two gallons	are	one peck
Four gallons	are	half a bushel.
Eight gallons	are	one bushel.

### ELP Kitchen Clean-Up Checklist

#### Things you will be required to do in the Modern Kitchen:

- Wash all materials used and return to cabinet.
- Inventory cabinet contents.
- Clean coffee maker, return filters to large cabinet.
- Remove everything from refrigerator and wipe down.
- Clean Sinks.
- Sweep floors and mop if anything sticky has been spilled.
- Empty the trash can and replace the liner.
- Close the window.

#### Things you will be required to do in the Period Kitchen:

- Clean and season all iron ware that you used.
- Thoroughly wash all cutting boards that you used.
- Remove ashes from the fireplace and dump in outside fire pit (except a small amount for show)
- Scrub all table tops and wipe down with a mild bleach solution.
- Sweep all floors and mop if anything sticky has been spilled.
- Leave a starter stack of wood to the right of the fireplace.
- Empty the trash can and replace the liner.
- If you use the meat spits, make sure they are washed.
- Leave buckets upside down.
- Close the window.

#### Suggested items to bring for kitchen use:







- Dish towels: Bring many! For the period kitchen, bring tea towels or flour sack towels. Terry cloth is useful in the modern kitchen, but not acceptable in the period kitchen.
- Dish soap with sponges or dish cloths.
- Pot scrubbers
- Bleach (quart) for rinsing dishes and wiping tables.
- Vegetable oil for seasoning the cast iron ware
- Cloths for application of the oil
- Food storage bags or containers for leftovers
- Trash bags: heavy duty, 39 gallon capacity size

## REPLACEMENT PRICES – PLUS SHIPPING AND HANDLING

### Cast Iron

#### Lids-

Dutch oven-

10" \$22.00

12" \$30.00

14" \$50.00

<http://www.castironcookware.com/>.

#### Dutch Ovens-

10" \$50.00

12"- \$60.00

14"- \$70.00

<http://www.castironcookware.com/>.

#### Skillet-

12"- \$26.00

14" w/ lid-\$32.00

<http://www.castironcookware.com/>.

#### Iron Pots-

(Working on a price quote)

<http://www.atlasfalkirk.co.za/PotjiePots/potjiepots.html>

[www.modertradingpost.com/ /index.html](http://www.modertradingpost.com/index.html)

#### Griddles-

Rectangle- \$55.00

Round- \$25.00

<http://www.castironcookware.com/>.





## **Ceramic**

### **Salt Glaze Pitcher-**

Range from \$32.00 - \$68.00

<http://www.amerheritage.com/salespages/otherpottery/eldreth/eldrethsaltglaze1.htm>

<http://www.rowepottery.com>

### **Ceramic bowls-**

Sorrento (off white) 9" bowl \$20.00

Sorrento (off white) 10" bowl \$22.00

[http://www.villagekitchen.com/mfg/signature/sorrento/sorrento\\_bowls.html](http://www.villagekitchen.com/mfg/signature/sorrento/sorrento_bowls.html)

### **Salt Glaze bowls-**

Small 8" mixing bowl- \$34.50

Large 11" mixing bowl- \$ \$48.00

<http://www.amerheritage.com/salespages/otherpottery/eldreth/eldrethsaltglaze1.htm>

<http://www.rowepottery.com>

### **Crocks-**

3qt- \$45.00

6qt- \$58.00

<http://www.amerheritage.com/salespages/otherpottery/eldreth/eldrethsaltglaze1.htm>

<http://www.rowepottery.com>

## **Wooden bowls**

### **Small-**

6" ranges from \$11.00 to \$17.00

8" ranges from 18.00 to \$20.00

### **Large-**

9" ranges from \$21.00 to \$26.00

10" ranges from \$32.00 to \$48.00

<http://www.hollandbowlmill.com/>

## **Enamelware**

### **Cups-**

12 fl. oz-\$3.75

<http://www.campingcomfortably.com>

12 fl. oz -\$8.00

24 fl. oz- \$10.00

<http://www.summitcampinggear.com/gsimug.html>

