

THE U.S. HISTORY COOKBOOK

**DELICIOUS RECIPES AND
EXCITING EVENTS
FROM THE PAST**

Joan D'Amico
Karen Eich Drummond, Ed.D., R.D.

Illustrations by Jeff Cline
and Tina Cash-Walsh

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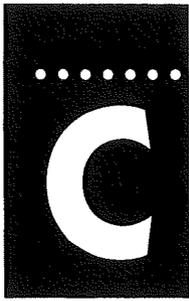
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THE FIRST THANKSGIVING



One cold day late in November 1620, a British ship named the *Mayflower* laid anchor off the tip of Cape Cod in present-day Massachusetts. The *Mayflower* was supposed to land in what was called "Northern Virginia," but the ship landed farther north instead. The passengers on the *Mayflower* were mainly **Pilgrims** from England who wanted to separate from the Church of England. They had spent a hard two months at sea to get to the New World because they felt it was the one place where they could practice their religion as they wished.

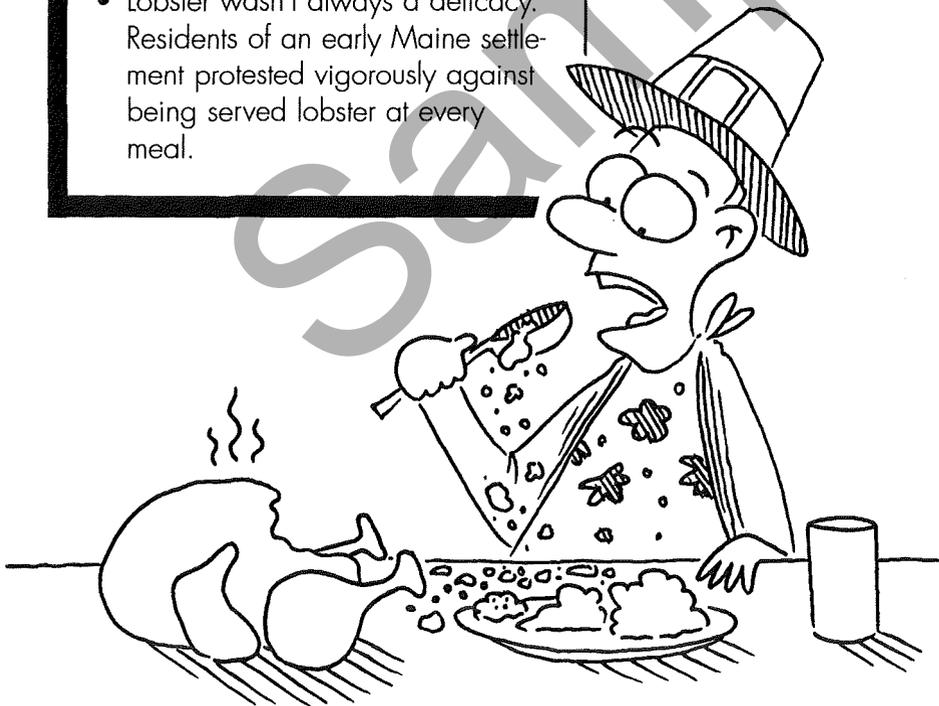
In a short time, the Pilgrims established their settlement on the shores of nearby Plymouth Bay. The area around Plymouth Bay was once inhabited by the Patuxet tribe. However, the Native American tribe had

all been wiped out by 1618 by disease (probably smallpox) carried by earlier European explorers.

FUN FOOD FACTS

- The Pilgrims didn't use forks. They used knives and spoons and also their hands to eat. Thankfully they brought along large napkins!
- Cranberries, which grew wild in wetlands areas, were first called "crane berries" because cranes tramping through the wetlands gobbled them up.
- Lobster wasn't always a delicacy. Residents of an early Maine settlement protested vigorously against being served lobster at every meal.

The first winter was very tough for the Pilgrims. They had only limited housing and food, and many died of malnutrition, exposure, and illness. Only half the original 102 settlers lived through to spring. In the spring, however, the Pilgrims' fortunes changed when they met Squanto, a member of the Patuxet who had grown up around Plymouth, but was kidnapped by an English captain and sold into slavery in Spain. Upon escaping from Spain, Squanto went to England where he was





able to get on a ship sailing to the New World. Unfortunately, when he returned to his old village, he discovered that his people had all died. Using the English he had learned from his captors, Squanto was able to show the Pilgrims how to plant corn, catch cod and herring, tap maple trees for their sweet sap, and trap deer and other **game** (wild animals that are hunted).

Squash, beans, and a type of corn called maize were very important crops for the Native Americans, and they became important to the Pilgrims and future colonists as well. Native Americans showed the Pilgrims how to plant five kernels of corn into a mound of soil. Then, when the corn stalks were two or three feet tall, beans and squash were planted around the stalks. The cornstalks supported these plants and shaded them from the hot summer sun. Native Americans then taught the Pilgrims how to harvest the corn, grind it into cornmeal, and use it in cooking and baking.

The Pilgrims' first autumn was beautiful and their harvest was plentiful, and they decided to have a harvest feast. The Plymouth 1621 harvest feast included lots of food, games, and ninety Native American guests. It probably took place in late September or early October. Squanto was asked to invite braves from the local Wampanoag tribe and their leader Massasoit to the feast. **Venison** (deer meat), goose, duck, wild turkey, lobster, Indian corn, wild grapes, and puddings were some of the featured foods.

Golden Harvest Pumpkin Bread

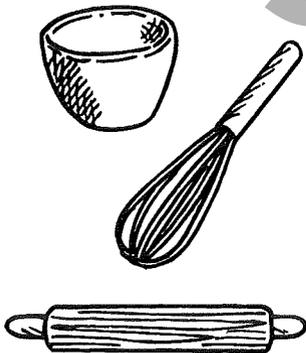
Time

25 to 30 minutes
to prepare
plus
1 hour to bake

Tools

5 x 8-inch loaf pan
dry and liquid
measuring cups
measuring spoons
2 medium bowls
sifter
wooden spoon
1 small bowl
fork
wire whip
zipper-lock plastic bag
rolling pin
rubber spatula
oven mitts
wire rack

Makes
1 loaf



The first Thanksgiving with the Pilgrims was an awesome feast, but we don't know much about the specific foods or dishes served. There certainly would have been pumpkin (pumpkin), but not in pumpkin pie. The pumpkins would probably have been stewed or boiled. Here's a way to make pumpkin a bit tastier.

Ingredients

vegetable oil cooking spray	3/4 cup sugar
1 3/4 cups all-purpose flour	2 eggs
1/4 teaspoon baking powder	1 cup canned pumpkin purée
1 teaspoon baking soda	1/3 cup low-fat or skim milk
1 teaspoon salt	1 teaspoon vanilla extract
1 teaspoon ground cinnamon	1/2 cup pecans
1/4 teaspoon ground nutmeg	1/2 cup raisins
1/3 cup margarine or butter	

Steps

1. Preheat the oven to 350°F. Spray the loaf pan with vegetable oil cooking spray.
2. In a medium bowl, sift together the flour, baking powder, baking soda, salt, cinnamon, and nutmeg. These are the dry ingredients.
3. In the other medium bowl, cream the margarine and sugar by pressing the ingredients against the bowl with the back of the wooden spoon until soft and fluffy.
4. Break the eggs in the small bowl, and mix with a fork. Add the eggs, pumpkin, milk, and vanilla and mix with the wire whip.
5. Place the pecans in the plastic bag and zip the bag closed, making sure all the air is gone. Crush the nuts by rolling the rolling pin over the bag several times until the texture is coarse.

..... Cornmeal Blueberry Mush, or Sautauthig (Sawf-taw-teeg)

Time
15 minutes

Tools
dry and liquid
measuring cups
colander
measuring spoons
3-quart saucepan
and lid
wooden spoon
wire whip
small bowl

Makes
9 1/2-cup servings



This recipe was a favorite dish of the Native Americans of the Northeast. It was a simple pudding made with crushed dried blueberries, cracked corn (called samp), and water. Later, settlers added milk for additional richness. The Pilgrims loved sautauthig and many historians believe that it was part of the first Thanksgiving. Here is an updated version so you can try it too!

Ingredients

2 cups fresh blueberries	1/2 teaspoon salt
1 1/2 cups low-fat or skim milk	3 tablespoons maple syrup
1 1/2 cups water	1/2 teaspoon ground nutmeg
3/4 cups cornmeal	1 tablespoon sugar

Steps

1. Put the blueberries in the colander and rinse them under running water. Gently pat them dry.
2. Combine the milk and water in the saucepan.
3. Set the saucepan over medium heat, and stir constantly with the wooden spoon until bubbles form around the edges of the pan.
4. Using the wire whip, slowly stir in the cornmeal and salt and whisk constantly until there are no lumps in the mixture.
5. Reduce the heat to low. Cover the saucepan and simmer for 10 minutes until thickened.
6. Turn off the heat and fold in the maple syrup and blueberries.
7. In the small bowl, mix together the nutmeg and sugar. Sprinkle on the top of the mush and serve immediately.



6. Add the creamed mixture to the dry ingredients and stir together just until the ingredients are well moistened.
7. With the rubber spatula, fold in the raisins and pecans.
8. Pour the batter into the greased baking pan.
9. Bake for 1 hour, or until the bread is firm and deep golden brown. Using oven mitts, remove the bread from the oven.
10. Let the bread cool on the wire rack for 20 minutes. Turn the pan over onto the wire rack and shake gently to remove the bread.

