

2017 HOOKED ON HISTORY: 1800's Victorian Times Recipes

We had so much fun cooking with the kids and they loved being able to have a hands-on experience. They cleaned, chopped, cut, measured, kneaded, stirred, pulled, rolled, smelled, and tasted everything along the process.

Hope you try these recipes out again...and remember if something does not turn out exactly right, you might have a happy accident, like with our fudge turning into fudge sauce.

Enjoy!!!

DAY 1: Strawberry Jam and Yogurt Cheese

SURE-JELL Strawberry Jam

Servings - about 8 (1-cup) jars or 128 servings, 1 Tbsp. each

Ingredients:

- 5 cups prepared fruit (buy about 2 qt. fully ripe strawberries)
- 1 box SURE-JELL Fruit Pectin
- 1/2 tsp. butter or margarine
- 1 tsp. lemon juice
- 6 cups sugar, measured into separate bowl

Directions:

- Bring boiling-water canner, half full with water, to simmer. Wash jars and screw bands in hot soapy water; rinse with warm water. Pour boiling water over flat lids in saucepan off the heat. Let stand in hot water until ready to use. Drain well before filling.
- Stem and crush strawberries thoroughly, one layer at a time. Measure exactly 5 cups prepared fruit into 6- or 8-qt. saucepot.
- Stir pectin and lemon juice into fruit in saucepot. Add butter to reduce foaming. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in sugar. Return to full rolling boil and boil exactly 1 min., stirring constantly. Remove from heat. Skim off any foam with metal spoon.
- Ladle immediately into prepared jars, filling to within 1/4 inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly.

Note: we ended our process here, but if you want to store your jam longer, follow the below steps to further process.

- Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1 to 2 inches. Add boiling water, if needed.) Cover; bring water to gentle boil. Process 10 min. Remove jars and place upright on a towel to cool completely. After jars cool, check seals by pressing middle of lids with finger. (If lids spring back, lids are not sealed and refrigeration is necessary.)

Herb Yogurt Cheese

PREP: 10 MINS TOTAL TIME: 8 HOURS 10 MINS YIELD: MAKES ABOUT 1 1/4 CUPS CHEESE AND 2 CUPS WHEY

Ingredients:

- 1 quart homemade yogurt or store-bought plain low-fat yogurt
- 3 tablespoons finely chopped fresh chives
- 2 tablespoons chopped fresh flat-leaf parsley leaves
- 3/4 teaspoon coarse salt

Can also use any other type of herb or if you want a sweet cheese, omit the herbs and salt and use a cinnamon & sugar mixture, to taste.

Directions:

1. Fold a large piece of cheesecloth to form at least 4-layers (roughly 18-inch square). Place in a sieve set over a large bowl, and spoon yogurt into center.
2. Gather the 4 corners, tie a piece of kitchen twine just above yogurt to form a tight bundle.
3. Rest large can on top adding weight to help with drainage.
4. Let yogurt (still in sieve over bowl) and drain in refrigerator at least 8 hours and up to 24 hours.
5. Open cheesecloth. Transfer yogurt cheese to a bowl; set whey aside for another use. Stir chives, parsley and salt, into yogurt cheese.

DAY 2: Candies

Salt Water Taffy

Ingredients:

- 2/3 cup white corn syrup
- 1 cup granulated sugar
- 1 tablespoon cornstarch
- 1 tablespoon butter or margarine
- 1/2 cup water
- 1/2 teaspoon sea salt
- 1 tsp. vanilla

Note: you can use any flavoring (use 1 dram of candy flavoring i.e. bubblegum, cherry) and you can add color by using gel paste coloring

Directions:

1. In a medium sized saucepan, over medium-high temperature, mix all ingredients together and stir until incorporated.
2. Once butter has melted, insert candy thermometer and heat mixture until 255F. Remove from heat and pour hot liquid into a buttered pan. Allow to cool to touch.
3. Once cooled, remove taffy from the pan and start to "pull" it with buttered hands. Stretch taffy piece over and over until the color changes from translucent to opaque. This will take about 15 minutes.
4. Pull taffy into a long rope. Butter the blades of a pair of kitchen scissors and cut rope into bite sized pieces. Wrap taffy in wax paper for serving.

Rock Candy

Ingredients:

- 3 3/4 cups sugar
- 1 1/4 cup light corn syrup
- 1 cup water
- 1 pinch salt
- Powdered sugar
- 1 teaspoon orange oil

Note: Can you other flavors and colors i.e. 1 tsp. peppermint oil and 1 teaspoon of green food coloring can be used

Directions:

1. Mix sugar, corn syrup, water and salt in a large, heavy saucepan. Cook these ingredients until the candy thermometer shows the temperature to be 300 degrees.
Another way of knowing that the mixture has reached the desirable temperature is by releasing a few drops of the mixture in cold water. The moment these drops separate into hard threads, the appropriate temperature has been attained.
2. Stir candy with a wooden spoon after the temperature reaches 270 degrees to help to avoid the scorching of the mixture.
3. Remove from heat and add peppermint oil and food coloring.
4. Then prepare a cookie sheet and sprinkle powdered sugar on it. Pour the mix onto the cookie sheet.
5. When the candy so spread on the cookie sheet begins to harden, break the candy into pieces. It is then ready to be served.

Old-Fashioned Chocolate Fudge

Ingredients:

- 2 cups white sugar
- 1/2 cup cocoa
- 1 cup milk
- 4 tablespoons butter
- 1 teaspoon vanilla extract

Directions:

1. Grease an 8x8 inch square baking pan (we used greased parchment paper). Set aside.
2. Combine sugar, cocoa and milk in a medium saucepan. Stir to blend, then bring to a boil, stirring constantly. Reduce heat and simmer. Do not stir again.
3. Place candy thermometer in pan and cook until temperature reaches 238 degrees F(114 degrees C). If you are not using a thermometer, then cook until a drop of this mixture in a cup of cold water forms a soft ball. Feel the ball with your fingers to make sure it is the right consistency. It should flatten when pressed between your fingers.

4. Remove from heat. Add butter or margarine and vanilla extract. Beat with a wooden spoon until the fudge loses its sheen. Do not under beat.
5. Pour into prepared pan and let cool. Cut into about 60 squares.

Fudge-making Tips

- Use a heavy-duty saucepan with a tight-fitting lid, and always use a candy thermometer.
- Cover your saucepan for a few minutes after the mixture starts to heat. This will allow the condensed steam to wash down the sides of the pan and help keep large sugar crystals from forming in your fudge.
- Cook the fudge syrup to 236 degrees Fahrenheit (113 degrees Celsius). This is affectionately known as the soft-ball stage.
- Let the fudge cool down to 110 degrees Fahrenheit (43 degrees Celsius) without any disturbance. Don't stir it -- don't even think about stirring it. The best way to discourage the growth of large sugar crystals is to leave the hot fudge alone. This is where having a candy thermometer in place becomes important.
- After the fudge reaches 110 degrees Fahrenheit, start stirring and keep stirring until the mixture thickens. Stir like your life depended on it. Enlist the aid of a helper if you have to. The more you stir, the better consistency your fudge will have [source: [Science of Cooking](#)].

Day 3 – Peach Hand Pies

Old Fashioned Flakey Pie Crust

Ingredients:

- 3 cups Flour
- 1 cup Shortening (my preference is LARD) should be cold – we used Crisco
- 3-5 Tablespoons ICE WATER
- 1 Tablespoon Vinegar (we always use cider vinegar)
- 1/2 teaspoon Salt (added to flour)

Directions:

1. Place flour in mixing bowl, cut in shortening with a pastry blender.
2. Add your ICE WATER, and your vinegar, 1 tablespoon at a time using pastry blender until the dough starts to form a manageable ball. (This does not take long and the amount of water will vary) you get a feel for this after doing it for a while as to what just feels right.
3. When you have a nice soft ball of dough, wrap it up in plastic wrap and place in the refrigerator for 20-30 minutes to rest. and chill. (this makes it easier to roll out.)

Peach Filling:

Ingredients (makes 6):

- 1 peach (ripe, but not too soft)
- flour
- brown sugar
- lemon juice
- vanilla
- butter or margarine
- cinnamon and any other spices

Directions:

For the filling, wash and peel the peach*, then chop it up into small pieces. Mix it in a bowl with a little bit of flour, brown sugar, cinnamon, lemon juice and vanilla. You can add more spices or sugar to taste.

- Note: we peeled the peach using a blanching method – place peach into boiling water for a minute and then take out and place directly into ice cold water. The skin will easily come away from the peach, without the need to use a knife and losing any of the fruit.

Assembly:

1. Sprinkle flour over a surface and roll out the crust.
2. Using a bowl or other rounded object, use it as a guide to cut circles out of the dough. Depending on the size of the circles, you can make either half circle pies by folding them in half, or circular ones by layering two.
3. Spoon a small amount of the filling onto each of the circles and fold them in half.
4. Use a fork to press the edges close.
5. We sprinkled a bit of cinnamon sugar over the tops before baking them.
6. They take 10-15 minutes at about 375 degrees, until lightly browned.

Day 5: Tea Sandwiches

- Take any type of soft bread we used white bread.
- Roll slices with a rolling pin to flatten down.
- Place two slices on top of each other and cut off the crust
- Spread with butter or margarine
- Add sliced cucumbers, jam, etc.

We also used our yogurt cheese – both a savory and sweet version