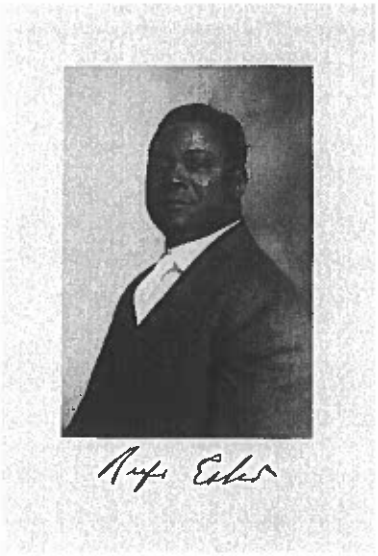
Raspberry Shrub

City/Region: United States of America
Time Period: 1911

FROM HISTORY

Put one quart of ripe raspberries in a bowl, add two cups of vinegar, mash the berries slightly, and let stand overnight. In the morning, scald and strain until clear. Measure, and to each cup of juice add one cup of sugar, boil twenty minutes and seal.

—Rufus Estes, *Good Things to Eat, as Suggested by Rufus*



Rufus Estes

A vinegar-based drink might sound a little suspect at first glance, but they've been popular since at least Ancient Rome, where soldiers drank an energy drink called *posca*. Back then, it was just vinegar and water, so the addition of berries and sugar in more recent centuries should be welcome. The combination of sweet and sour creates a similar profile to the whiskey sour or even a tart lemon drop martini.

Recipes for shrub can be found in many cookbooks of the eighteenth and nineteenth centuries, but the source for this version is unique, as *Good Things to Eat, as Suggested by Rufus* was the first cookbook written by an African American chef. Rufus Estes was born into slavery in Tennessee in 1857, the youngest of nine children, seven boys and two girls:

After the war broke out all the male slaves in the neighborhood for miles around ran off and joined the "Yankees." This left us little folks to bear the burdens. At the age of five I had to carry water from the spring about a quarter of a mile from the house, drive the cows to and from the pastures, mind the calves, gather chips, etc.

"Chips," in this case, referred not to potato chips, but to dried cow poop that could be gathered and burned as fuel. After this work I'm sure Rufus was champing at the bit for any other job, and after the war the family moved to Nashville, where, at sixteen, Rufus began work in a restaurant.

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Raspberry Shrub

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He proved himself an excellent cook and in 1881 was offered a lucrative job, at $10 a week, in Chicago, where he could pursue his passion for cooking. In no time, he secured a position on one of the prestigious Pullman cars, luxury train cars that catered to the wealthiest and most famous American figures of the late nineteenth century. Rufus called out a number of them in his cookbook including the African explorer Henry Morton Stanley, the princess of Spain, and Presidents Grover Cleveland and Benjamin Harrison. As a chef to America's elite, Rufus became something of a celebrity himself and by the end of the century was the head chef for the Illinois subsidiary of J. P. Morgan and Andrew Carnegie's United States Steel Corporation.

Having achieved acclaim as a chef, Rufus did as all celebrity chefs (or YouTube chefs) do and wrote a cookbook, the first copy of which was auctioned off for an astonishing $11, an estimated $350 today. The book mostly includes dishes that would have been served to the clientele he spent his life cooking for, but many have their roots in his earlier years. Recipes like his fried chicken, hominy muffins, and this recipe for raspberry shrub.

MAKES ABOUT 1 QUART **COOK TIME:** 12 HOURS 45 MINUTES

1 quart (700 g) fresh ripe raspberries, washed

2 cups (475 ml) white wine vinegar

3 cups (600 g) granulated sugar

Sparkling water, if desired

1. Put the raspberries in a small saucepan with the white wine vinegar. Mash the berries enough so that there are no full berries left intact, but it does not need to be mashed to a puree. Cover the saucepan and let sit for 12 hours.

2. Once the berries have been infused into the vinegar, take the saucepan and set it over a medium heat, bringing it to a boil for 1 minute. Then remove it from the heat and pour the mixture through a sieve into a large saucepan. Add the sugar and whisk until dissolved, then set the pan over medium-low heat and bring to a simmer for 20 minutes, stirring occasionally to ensure all of the sugar has dissolved. Remove the shrub from the heat and let it cool completely before pouring it into a container to chill in the refrigerator.

3. Once chilled, the shrub can be drunk as is over ice or slightly diluted with sparkling water, if desired. It's also excellent mixed into a cocktail of white wine or another spirit.

Chicken Pasty or Hand Pie

https://www.colonialwilliamsburg.org/discover/resource-hub/recipes/hand-pies/

Ingredients

- 2.5 lbs diced or ground chicken
- 1 large onion, diced fine
- 2 stalks celery, diced fine
- 1 tbsp. minced garlic
- 1 tbsp. chopped fresh parsley
- 1 tsp. fresh thyme leaves
- 1 tsp. fresh rosemary
- 1/4 tsp. black pepper
- 3 tbsp. unsalted butter
- 2 cups chicken stock
- 2 medium sized potatoes, diced into 1/4" cubes
- 16 x 6" round or square pastry dough portions
- 1 egg beaten with 1/4 cup of heavy cream

Instructions

1. Preheat oven to 350F/177C
2. In heavy saucepan, melt 2 tbsp butter.
3. Add diced or ground chicken and brown.
4. Add salt & pepper to season. Continue to brown chicken.
5. Add 1 tbsp. butter, onions, celery and garlic. Cook until tender. ~ 5-10 minutes.
6. Add diced potatoes and cook until tender. ~ 15-20 minutes.
7. Add chicken stock and additional salt & pepper to taste.
8. Slightly smash potatoes.
9. Add parsley, rosemary & thyme.
10. Place 3 oz. portions onto one side of pastry dough. Use as much filling as will fit comfortably on that half pastry.
11. Fold the unfilled side over the filling and crimp the edges with fingers or fork. Brush with egg wash.
12. Bake for 20-25 minutes or until golden brown. Enjoy immediately or on-the-go!

Esquites

It's Mexican corn made easy.

Yields: 6 - 8 serving(s) Prep Time: 20 mins Total Time: 30 mins

Ingredients:

- 1 Tbsp. vegetable oil
- 8 ears yellow corn, husks removed and cut off the cob
- 1 poblano pepper, seeded and diced
- 6 green onions, thinly sliced, whites and greens separated
- 1 tsp. kosher salt, plus more to taste
- 1/2 tsp. black pepper, plus more to taste
- 2 garlic cloves, grated
- 3/4 cup crumbled Cotija cheese
- 3/4 cup chopped fresh cilantro
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1 medium lime, zested and juiced
- 1 tsp.
- chili powder, plus

Directions:

1. Heat a large cast-iron or stainless steel skillet over medium-high heat. Add the oil, then corn kernels, poblano, green onion whites, salt, and pepper. Cook until the corn begins to char, 8 to 10 minutes. Stir in the garlic. Remove from heat and transfer the mixture to a large bowl.
2. Add the cheese, cilantro, mayonnaise, sour cream, lime zest, lime juice, chili powder, and the green onion greens. Fold to combine. Season with salt, pepper, and chili powder to taste.

Notes from the recipe:

Can you make esquites with frozen corn?
Frozen corn can be substituted. This recipe calls for eight ears of corn that yield a little over six cups of kernels. Three (10-ounce) bags from the freezer section and that should be plenty.

What is a good substitute for Cotija cheese?
If this salty, crumbly cheese is not available use crumbled Italian pecorino romano or Greek feta instead.

https://www.thepioneerwoman.com/food-cooking/recipes/a43579093/esquites-recipe/

Slow Cooker "You'll Never Miss the Bacon" Vegetarian Boston Baked Beans

1 pound dried small white beans or navy beans
Water for soaking beans
1 medium yellow onion (diced)
1 medium green pepper (diced)
1 cup vegetable broth or water
1/2 cup molasses (I use Grandma's original)
1/2 cup dark brown sugar
1 tablespoon olive oil
2 teaspoons dry mustard
1/2 teaspoon smoked paprika
1/8 teaspoon cayenne pepper (more or less to taste)
3 teaspoons kosher salt
1/4 teaspoon freshly ground black pepper
1 bay leaf

Instructions
Sidenote: They needed more cooking in addition to soaking them overnight and the many hours in the slow cooker. First I put the par-cooked beans in the fridge overnight and then cooked them in a dutch oven on low and for another couple of hours.

Soak. Rinse the beans and sort through them, discarding any beans that look "off" or any foreign objects. Place beans in Crock Pot and cover with 3-4 inches of water. You can also add them to a pot or bowl; I just like to use my Crock Pot stoneware because in the end that's one less dish to clean. Cover and let soak overnight or for at least 8 hours. Pour the soaked beans into a colander and rinse well. Rinse out the Crock Pot. Set soaked beans aside; you'll add them back to the Crock Pot in a minute.

Assemble. Add onion, pepper, broth, molasses, brown sugar, olive oil, dry mustard, smoked paprika, cayenne pepper, salt, and pepper to Crock Pot. Mix until combined. Add back your soaked and drained beans and stir until combined. Add bay leaf.

Cook. Cook on high for 8-10 hours or on low for 12-14 hours. Note: Slow Cookers can vary, so the first time you make this, you may want check on it periodically and see if you need more broth or water after the first few hours. But don't worry, your beans shouldn't turn to mush! The molasses helps to prevent that.

Leftover beans keep up to three days refrigerated in an airtight container. They also freeze well.

https://www.kitchentreaty.com/slow-cooker-youll-never-miss-the-bacon-vegetarian-boston-baked-beans/

Lemon Blueberry Cake

Ingredients
3 cups (375 g) all-purpose flour
1 ½ cups (300 g) granulated sugar
1 Tablespoon cornstarch
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon table salt
½ cup (113 g) unsalted butter, softened and cut into 8 pieces
½ cup (120 ml) canola, vegetable, or avocado oil
¾ cup (180 ml) buttermilk
2 Tablespoons lemon zest, zest lemons before squeezing
¼ cup (60 ml) lemon juice, fresh-squeezed preferred
4 large eggs, room temperature preferred
½ teaspoon vanilla extract
2 ½ cups (340 g) blueberries, see note (12 oz)
1 batch lemon frosting or preferred frosting

Instructions
Preheat oven to 350F and line three 8" round cake pans by lightly but thoroughly greasing and flouring the sides and lining the bottoms with parchment paper. Set aside.

In a large bowl, whisk together flour, sugar, cornstarch, baking powder, baking soda, and salt.

Using an electric mixer, add softened butter, one tablespoon at a time, adding the next tablespoon only after the first is combined. The mixture will appear sandy in texture.

While mixing on low-speed, slowly drizzle in oil.

In a separate bowl or large measuring cup, whisk together buttermilk, lemon zest, lemon juice, eggs, and vanilla extract until combined.

With mixer on low-speed, slowly drizzle in the buttermilk mixture until the batter is smooth and completely combined.

Use a spatula to stir in blueberries.

Evenly divide batter into prepared cake pans and transfer to 350F oven (if your oven is not large enough for all three pans or if you only have two pans, it is fine to let the remaining batter sit on the counter while the first two pans bake. If all of your pans do fit in the oven, make sure to keep an eye on them as most ovens do not cook evenly and some pans may be done sooner than others). Bake for 30 minutes or until the surface of the cake springs back to the touch and a toothpick inserted in the center comes out mostly clean with a few moist crumbs.

Allow cakes to cool in cake pans for 10-15 minutes before running a knife around the edge of the pan to loosen cakes and carefully inverting onto a cooling rack to cool completely before decorating.

Once cooled completely, decorate the cake using lemon frosting (or preferred frosting).

(I cut a layer in half, filled with macerated strawberries and used whipped cream for the frosting)
https://sugarspunrun.com/lemon-blueberry-cake/#wprm-recipe-container-35825