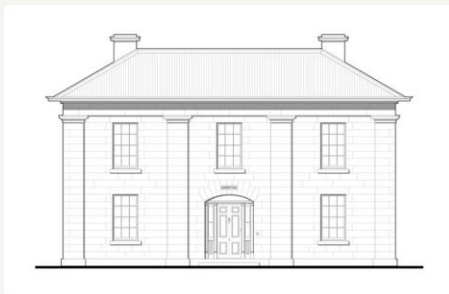




This booklet was produced
by Narryna The Merchant's
House

Thank you to Felicity
Hickman who provided the
research and text for this
document



103 Hampden Road, Battery Point

03 6234 2791

narryna@tmag.tas.gov.au

www.narryna.com.au

Facebook @Narrynamuseum





Introduction

Colonists' meals in the 1830's and 40's

The recipes included in this booklet focus on the fruit and vegetables grown in Narryna's kitchen garden. Unless stated otherwise, the recipes are taken from Edward Abbott's 'English and Australian Cookery Book' of 1864.

Abbott's recipes don't generally contain specific quantities of ingredients (e.g. 'take part of a pumpkin') and never specify an oven temperature.

Animal protein was the main ingredient in all meals - eggs, milk, bacon and other meats at breakfast, and fish (including crayfish and shellfish), beef, mutton, kangaroo, chicken and other birds at lunch and dinner. Abbott provides many recipes involving kangaroo - eg jugged, roast, ham, steamer and of course recipes using parts of animals that we usually discard (heads, feet, organs) The Derwent, he tells us 'teems with fish of the finest quality'.

British colonists of all classes delighted in the ready availability of so much protein. Even when he was feeling desperate about his financial situation, Captain Haig was able to provide food for his family by shooting birds or wallabies.

He also owned a small farm in Sandy Bay where a cow and hens would have been kept to ensure a supply of milk and eggs.

Regulations required that convicts under sentence, whether in private assignment, the female factory/penitentiary or government gangs, be provided with rations whose staples were meat and bread. There was no requirement for green vegetables to be included: the whole vegetable ration could be supplied in the form of potatoes - but even so, as long as masters complied with the rules, the convicts' diet was more adequate than in British prisons and workhouses.

Our kitchen garden is much smaller than the one Captain Haig's family would have been used to, but it does contain varieties of fruit, vegetables and herbs that we know were being grown in Van Diemen's Land in the 1840's and 50's. Despite this, neither Abbott nor Mrs Beeton offers a recipe using medlars, so the recipe shared here is from a current source.

The information on herbs is drawn from books by Gordon Taylor and John and Rosemary Hemphill (see references list)

We hope you will enjoy using and adapting the recipes and suggestions in this booklet. We would be delighted to receive your feedback and of course any photos of your activities.





Vegetables

Vegetables assist the stomach in digesting food, such as pork, goose and wild fowl

Peas(e) Pudding

(to serve with corned beef or boiled pork)

Soak a cup of dried peas for ten or twelve hours. Tie them loosely in a cloth, leaving room for them to swell, and simmer for a couple of hours. When tender, drain them.

Push them through a colander with a wooden spoon. Add an ounce[25g] of butter, a beaten egg, pepper and salt to taste. Beat them well together, tie lightly in a cloth and boil an hour in the same pot as the meat.

Tomato Sauce

Take fifteen ripe tomatoes, cut them in half and squeeze them; put them into a stew pan with a capsicum and a few spoonfuls of gravy; simmer for an hour, run them through a sieve; add pepper, salt and onion cut small, or a shallot.

Spinach

This vegetable must be well cleaned, and boiled quick. Put a little salt in the water and, when well done, strain it well from the water. Poached eggs, with fried bread as a garnish, are frequently served with spinach.



Beans

Beans are sometimes boiled with a small piece of bacon, if by themselves they need the addition of parsley and butter.



Green Peas

They require plenty of water and when done [boiled] must be removed from the fire. Drain them on a sieve and put them in the dish with the least bit of butter.

A sprig of mint boiled with them is usually sent up with the peas.

Apple and Onion Compound

(a 'more wholesome' alternative to pickles)

Mince fine equal quantities of apples and onions, after peeling both and coring the former. Add a little cayenne and sufficient vinegar to cover the mixture.

A very good relish for a chop, steak or cold meat.

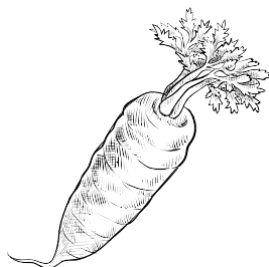
English Chutney

Two pounds [1kg] apples, peeled, cored and pounded; a quarter pound [125g] green mint chopped fine, the juice of two lemons, half a pound [250g] bird's eye chillies, half a pound [250g] salt, a quarter of a pound [125g] onions and the same of garlic. Pound them well, add a small quantity of good vinegar and fill jars to store.



Carrots, to dress (in the German way) (Mrs Beeton)

8 large carrots
3oz [90g] butter
salt to taste
a little grated nutmeg
1 tblsp finely minced parsley
1 dessertspoon minced onion
rather more than 1 pint [2 cups] weak stock or broth
1 tablespoon flour



Wash and scrape the carrots and cut them into slices about 1/4 inch [1/2 cm] thickness. Put the butter into a stew pan; when it is melted, lay in the carrots with salt, nutmeg, parsley and onion. Toss the stew pan over the fire for a few minutes and when the carrots are well saturated with the butter, pour in the stock and simmer gently until they are nearly tender. Then put into another stew pan a small piece of butter; dredge in about a tablespoonful of flour, stir this over the fire and when a nice brown colour, add the liquor that the carrots have been boiling in; let this just boil up, pour over the carrots in the other pan and let them finish simmering until quite tender. Serve very hot.

Pumpkin Soup

Take part of a pumpkin, pare off the skin and remove the seeds; cut into small pieces and place them in a stew pan on the fire, with some water. When the pumpkin is pulped, put in about 2 ounces [60g] butter and a little salt. Boil quart [4 cups] of milk and mix it with the pumpkin pulp. Put some bread, cut in thin slices, in the tureen, and pour the hot soup over it.



Vegetable Stock (Mrs Beeton)

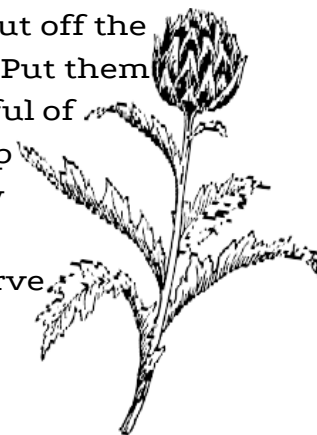
3 carrots	A bouquet garni (parsley, thyme, bay leaf)
2 onions	12 peppercorns
1 turnip	2 cloves
2 tomatoes	30z [80g] butter
1 stick celery	2 quarts [2.5L] water
1 head of lettuce	1 teaspoon salt



Cut the onions, turnips and carrots into thin slices and the celery into small pieces. Make the butter hot in a stew pan, put in the vegetables and fry gently for about half an hour, keeping the pan covered. In the meantime, shred the lettuce, and when the vegetables are sufficiently cooked, add it together with the tomatoes (sliced), herbs, flavourings and water and bring gently to the boil. Skim off the scum as it rises, then cover and simmer gently for about an hour and a half, strain and it is ready.

Artichokes, Globe, Boiled (Mrs Beeton)

Wash the artichokes in several waters, cut off the stems and, if necessary, trim the leaves. Put them into boiling water, add about 1 teaspoonful of salt to each quart (1.2 litres) of water. Keep the saucepan uncovered and boil quickly for about 25 to 30 minutes, or until the vegetables are tender. Drain well and serve with Hollandaise sauce or oiled butter.





Breakfast

"Breakfast has been considered the meal of friendship, and dinner that of etiquette"

Omelette aux fines herbes

Take three eggs, well beaten, one shallot, parsley and a little ham or bacon, chopped very fine all together, with a little cayenne and salt to taste. Put two ounces [50g] of butter into the frying-pan, and when it boils pour in the batter and fry. It will take about five minutes. (Abbott: Serve with brown gravy, vinegar and cayenne)

Pink [beetroot] Pancakes



Boil a large beetroot until it is very tender, then peel it, cut it into thin slices and pound it to a pulp in a mortar.

Add the yolks of five eggs, two tablespoons of flour, four of cream, powdered sugar and nutmeg. Beat the whole into a batter and fry the pancakes with lard. Serve hot, garnished with sweetmeats

Oysters

"The southern colonies produce this delicious and wholesome bivalve in perfection, and those from Tasmania are unequalled in goodness and flavour"



Sauces



Butter [white] sauce

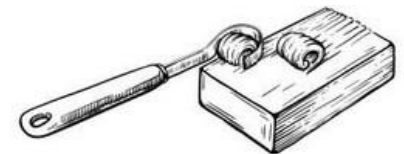
It is necessary that this should be well made - neither too thick nor too thin.

Cut about two ounces [50g] of butter into pieces, put it into a stew pan with a dessertspoon of flour and two table-spoonfuls of milk; when well mixed add six table-spoonfuls of water, hold it over the fire and let it simmer till thick, turning [stirring] it one way.

As a rule, never pour sauce over any kind of dish - serve in a jug.

Hollandaise Sauce (adapted)

2 egg yolks,
1 tablespoon cream,
1 dessertspoon lemon juice
1 tablespoon water
125g butter
1 teaspoon chopped tarragon
salt and pepper



Place a suitable bowl over gently boiling water and melt the butter. In a separate small bowl mix together all the other ingredients except the tarragon. Pour the mixture into the butter and continue beating until it thickens, then remove from the heat and stir in the tarragon.



Salads

'There is nothing more wholesome than vegetable salads, and there is no question that they promote digestion when eaten with moderation'

'The fastidious declare it is a mistake ever to wash lettuces; it destroys their crispness and it is more correct to eat the insects than to allow water to approach them'

To make a proper salad four different characters are said to be required: a spendthrift for oil, a miser for vinegar, a counsellor for salt and a madman to stir the different ingredients together



Meat salads

Any kind of meat, fish or fowl, cut up small and added to a salad make a light, pleasant and wholesome meal, especially in hot weather. Mustard and cress, radishes, chicory, chives, etc are all proper of their kind to be added.

Beetroot

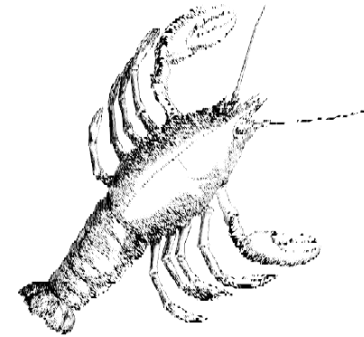
This root makes most excellent winter salad when dressed with pepper, oil and vinegar. Beetroot are an elegant garnish for many dishes.



French salad

Cut half a pound of cold roast beef into thin slices. Put into a salad bowl with a couple of lettuces cut into pieces. Season with half a teaspoon of salt, one tablespoonful of vinegar, three of good salad oil and a teaspoon-full of black pepper with a little garlic or shallot cut up fine; mix well together.

The French use large quantities of oil and black pepper with their salads and make them from cold potatoes, white chicory, kidney beans and various kinds of vegetables.



Lobster or Crayfish Salad

Cut lobster or crayfish into small pieces, and add the yolk of an egg, boiled hard, a mealy potato, a tablespoonful of vinegar, two of oil, a dessert-spoon of mustard, half a teaspoon of salt, the same of cayenne and then slice into pieces a couple of medium-sized lettuces. A tablespoonful of cream may be added. Mix the whole well together.



Fruit

Apple Pudding

(ref Spice and Savour - Rosemary Hemphill 1964 - but very much like colonial 'puddings')



Peel, core and slice enough cooking apples to thickly cover the bottom of a large buttered baking dish. Add 4 or 5 whole cloves and 2 tablespoons seedless raisins, sprinkle with lemon juice and strew with sugar. Pour over this a batter made with 2 cups plain flour, a pinch of salt, 1/2 cup sugar, 2 eggs and 2 cups milk. Bake in a moderate oven for 1 hour.

Red currant jelly

Put the fruit on the fire or hot plate, with a tablespoon-full of water at the bottom of the pan, and boil for twenty to twenty-five minutes, and pass the juice through a flannel jelly bag.

To every pint [600ml] of juice add a pound [500g] of sugar of the best kind. Return it to the pan and boil quickly for a little better than ten minutes, or until the preserve sticks to the spoon. It is then done, and you have only to run it into pots or jelly glasses. Cover with paper brushed over on both sides with the white of an egg.



Raspberry Jam

Weigh your fruit and put it in the preserving pan to simmer or boil, in the same way as jelly. When the fruit has set, add a pound of sugar for each pound of fruit. Let it boil ten or twelve minutes, skim occasionally, and when it sticks to the spoon it is fit for the pot.



To preserve apples, pears or quinces by drying

Peel and core them, and cut into thin slices; dry in the sun. When used in pies or puddings, soak them sufficiently in lukewarm water and the flavour of the fruit will be found to be excellent.

Fruit pies or tarts

(eg apples or pears - could be mixed with raspberries, currants or rhubarb)

Use fresh picked and washed fruit. Lay them in a dish with the centre highest and half a pound of moist sugar to a quart of fruit; rub the edges of the dish with yolk of an egg, cover with paste [pastry] in the usual way and bake in a quick [hot] oven. For icing, beat the whites of two eggs to a froth, lay it over the pie or tart, sift over it pounded sugar and return to the oven to set.



Spring Pudding (Rhubarb)

Wash and chop three dozen sticks of rhubarb. Put into a stew pan with a little lemon, cinnamon and sugar to sweeten. Set it over the fire to marmalade [to become a single mass rather than separate pieces of stem]. Line a dish with paste [pastry], insert the rhubarb and bake.

Fruit Fritters

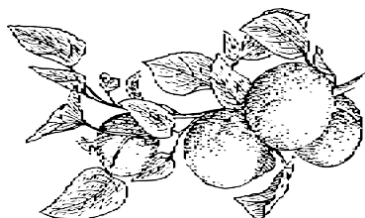


Fritters are made with batter a little thicker [than pancakes]. Apples, pears and peaches are sliced thin and mixed with the batter and fried. Peach fritters are delectable eating.

Pancake batter (traditional - not Abbott's) - 1 cup flour, 1 cup milk, 1 egg, 1 tbsp melted butter, 1 tsp carb soda. Beat all together to form a smooth batter.

Apple Jelly

Put a pound and a half [750g] of apples, cored and pared, in a quart [4 cups] of water. Boil until the apples turn to pulp and put them into a sieve to drain. To every pint [2 cups] of juice add half an ounce [15g] of isinglass [gelatine], the juice and peel of a lemon and sugar to taste. Pass it through a flannel bag into a jelly mould.



Medlar Cheese (similar to quince paste)

Neither Abbott nor Mrs Beeton provides recipes for medlars, but the most common recipes online are for Medlar jelly and Medlar cheese (refer to reference section for recipe link)

Put your 'bletted' medlars in a thick-based saucepan and add enough water to come halfway up the sides of the fruit. Squash the soft fruit with a potato masher or pestle then bring the mix to a boil. Turn the heat to low and simmer, stirring occasionally, for 15 - 20 minutes. Tip into a colander set over a bowl and push the pulp through (compost skin and seeds). Weigh the puree. Put it in a saucepan with half its weight in raw sugar and the juice of half a lemon

for every 500g of puree. Cook gently, stirring regularly, for 10 - 20 minutes, until the mixture turns jammy. Pour into an oiled mould or shallow dish and refrigerate until set. The 'cheese' will last almost indefinitely.



'Bletting'

Medlars are harvested when green and hard, and placed in a single layer in a box or tray for up to 3 weeks in a cool dark place until they are brown and soft - appearing 'rotten'.



Herbs

General

Add interest to scones or bread by adding herbs such as sage or rosemary.

Make delicious herb butters by beating dried herbs (eg parsley, thyme, sage) into softened butter

Teas - using fresh or dried herbs

Chamomile - soothing and relaxing

Marjoram - for cramps and digestive disorders

Peppermint - for heavy colds and indigestion; in summer a refreshing iced tea

Sage - restores energy, also a 'nerve tonic'

Vinegar

To add interest to dishes using vinegar - eg salad dressings - add thyme, tarragon or other herbs.

Bouquet garni

Tie together a few stalks of fresh parsley, thyme and bay leaves. Vary by adding other herbs. Add while simmering to soups, stews and sauces. Remove before serving

Sauces

Parsley, fennel, basil or tarragon can be added to the basic butter sauce in this booklet. Abbott (p30) also gives recipes for a sage and onion sauce for roast pork or duck, and mint sauce for lamb.



Lavender Pot-pourri

(to use in sachets or bowls)

Mix together dried flowers and leaves: 1 cup lavender flowers, 1/2 cup marjoram leaves, 1 tablespoon thyme leaves, 1 tablespoon mint leaves. In a separate bowl, combine 1 tablespoon orris root powder, 2 teaspoons ground coriander, 1/4 teaspoon ground cloves and a few drops lavender oil. Add this mix to the dry ingredients and distribute between sachets and bowls.

Lavender bag for linen

(from the Stokell family 1863)

Dried lavender flowers - half pound (250g)

Dried Thyme or mint - half ounce (15g)

Ground cloves - half ounce (15g)

Ground caraway seeds - half ounce (15g)

Mix all together and distribute among silk or muslin bags. They will impart a delicate scent to your linen.

Anti-moth herb bags

Mix a handful each of dried and crumbled wormwood, mint, tansy, a few dried pyrethrum flowers and half a stick of cinnamon cut up small. Divide between muslin bags; hang in wardrobes and distribute in drawers especially of woollens.

Other herbal insect repellents

Sage: strew on larder floors to repel insects, vermin

Tansy mixed with elder leaves keeps flies at bay.

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Medlar recipe (page 14)

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