

Then and Now: Cooking Breakfast

Breakfast is the most important meal of the day. A good breakfast gives us energy to take care of all we need to do each day. Today we might have a quick breakfast sandwich, maybe pancakes, or waffles and bacon and eggs. Some of us like to have coffee for breakfast while others prefer milk or juice. The settlers in Arkansas also knew the importance of a good breakfast. Common breakfasts for them would be bacon, biscuits, and for a special treat waffles! If we are cooking breakfast today or an early settler cooking breakfast the objects used are the same, with just a few changes.

Frameworks: H.12.k.3, H.12.1.3

Match the modern items below to the items used by someone living in the 1800s.



Writing activity:

If you were going to make a special breakfast for your family what would it be? _____

Primary Source Documents:

Recipes like the ones shown below show the diet of early Arkansans.

Waffles.

These delicious articles, with butter and honey, make a very agreeable addition to the breakfast table. Every body, though, does not know how to make them. We find in an exchange paper the following recipe for making quick waffles:—Mix flour and cold milk together to make a thick batter. To a quart of the flour put six beaten eggs, a table spoonful of melted butter, and a teaspoonful of salt. Some cooks add a quarter of a pound of sugar and half a nutmeg. Bake them immediately. Rice waffles are made after this method:—Take a tea cup and a half of boiled rice—warm it with a pint of milk, mix it smooth, then take it from the fire, stir it in a pint of cold milk, and a teaspoonful of salt. Beat four eggs, and stir them in, together with sufficient flour to make thick batter.

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The Arkansas Banner

Little Rock, Arkansas

20 Sep 1847, Mon • Page 1

RYE COFFEE.

Try it.—A writer in the Plough Boy, who signs, "Economy," says that he has been assured by a lady of the first respectability, that she had used Rye Coffee in her family for one month, and that the cost had been but eighteen cents—that none of her family (except one servant who was in the secret) knew but that it was coffee of the best kind.

Directions—Put a quantity of rye into warm water, rub it well thro' the hands, then rinse it well in clean cold water, dry it, and then burn and grind it in the usual method.

CLIPPED FROM

The Arkansas Gazette

Arkansas Post, Arkansas

01 Jan 1820, Sat • Page 4

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