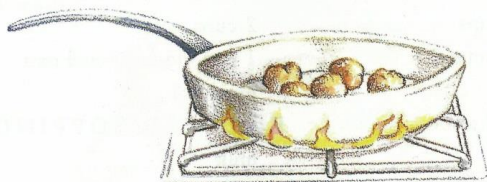


# Frontier Recipes from Laura Ingalls Wilder's Classic Stories

## Breakfast Sausage Balls (16 balls)



*The little pieces of meat that had been cut off the large pieces, Ma chopped and chopped until it was all chopped fine. She seasoned it with salt and pepper and with dried sage leaves from the garden. With her hands she molded it into balls.*

### Tools

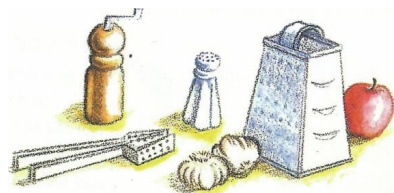
measuring spoons  
medium-sized bowl

peeler  
grater  
garlic press  
10-12" frying pan

### Ingredients

1 pound ground pork  
Oregano, sage, nutmeg, cinnamon (2 pinches each)  
1 teaspoon salt  
15 grind of black pepper  
1 apple  
1 garlic clove

1. Place the pork in the bowl. Sprinkle the spices, salt, and pepper on top. Peel the apple and grate it, using the largest holes on the grater. Next peel the garlic clove and put it through the garlic press. Add the apple and the garlic to the mixture.
2. Mix thoroughly with your hands. (Do not taste until the meat is well cooked). Divide the mixture into 4 parts, and roll each part into 4 balls. You should have a total of 16 balls.
3. Put the sausage balls into the unheated frying pan.
4. Cook the balls over medium heat. Shake the pan occasionally so that they brown evenly. Cook for about 10 minutes, until the centers are no longer pink and the balls are cooked all the way through.



## Ma's best butter cookies (about 25 cookies)

*Ma baked vinegar pies and dried-apple pies, and filled a big jar with cookies, and she let Laura and Mary lick the cake spoon.*



### Tools

Measuring cup  
Measuring spoons  
Small bowl  
Large bowl  
Baking sheet  
fork  
Spatula  
Wire rack  
Airtight tin

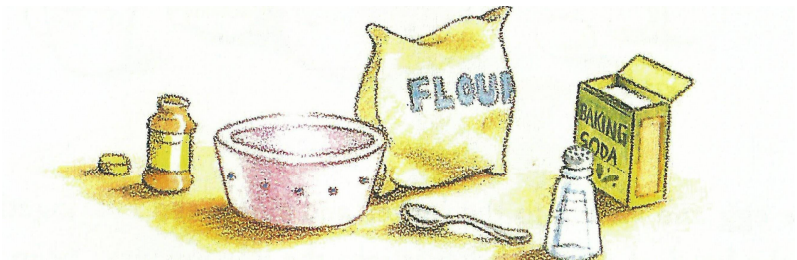
### Ingredients

1  $\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon powdered ginger  
1 stick unsalted butter, room temperature  
1 egg  
 $\frac{1}{2}$  cup light brown sugar  
1 teaspoon vanilla  
2 tablespoons sugar or multicolored sprinkles

1. Preheat the oven to 375°.
2. Put the flour, salt, baking soda, and ginger into the small bowl and mix it lightly.
3. Use a sturdy tablespoon or a large wooden spoon to cream the butter and sugar: First mash the softened butter thoroughly in the large bowl. Next, add the brown sugar and mash the butter and sugar together until they are soft and completely combined.
4. Add the egg and vanilla to the butter and sugar and mix together well. Empty the bowl of dry ingredients into the wet mixture. Keep stirring until thoroughly combined. Finish off with your hands if you'd like, mixing until the dough is one uniform light-brown color.
5. Put the two tablespoons of sugar or sprinkles into the bowl that held the flour mixture. Wash your hands and don't dry them. Roll walnut-sized balls of dough.
6. Press one side into the sugar or sprinkles, coating the top generously. Place the balls, topping side up, 1  $\frac{1}{2}$ " apart, on the cookie sheet. Press the fork into the top of each cookie.
7. Bake for 12 minutes or until the cookies are lightly browned. Remove with the spatula and place on the rack to cool. Store in the airtight tin.

## Johnny-Cake (6 servings)

*Laura always wondered why bread made of corn meal was called johnny-cake. It wasn't a cake. Ma didn't know, unless the northern soldiers called it johnny-cake because the people in the south, where they fought, ate so much of it. They called the southern soldiers Johnny Rebs. Maybe, they called the southern bread, cake, just for fun. Ma had heard some say it should be called journey-cake. She didn't know. It wouldn't be very good bread to take to a journey.*



### Tools

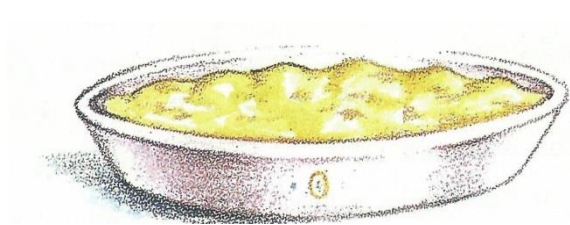
2-quart bowl  
Baking sheet

### Ingredients

2 cups stoneground white or yellow cornmeal  
1 teaspoon salt  
1 teaspoon baking soda  
2 teaspoons drippings  
2 teaspoons molasses  
1 cup cultured buttermilk

1. In the bowl mix well the cornmeal, salt and baking soda. Place drippings in the center.
2. Stir molasses into  $\frac{1}{2}$  cup boiling water, and pour the mixture on the dripping. Stir until drippings are melted and meal mixture becomes a paste. Stir in the buttermilk and mix well.
3. Grease the baking sheet and pour the batter onto it, spreading it evenly by tilting the sheet or pressing with a wet hand.
4. Preheat oven to 400° F. Bake for 20 to 30 minutes, until dough surface is cracked and edges are browned. Remove from the pan before it cools.
5. Cut into squares and serve with honey, molasses, baked beans or boiled cabbage and meat.

## Mashed potatoes (6 servings)



*Almanzo could open his eyes. He sat and silently looked at that table. He looked at the big bowl of cranberry jelly, and at the fluffy mountain of mashed potatoes with melting butter tickling down it.*

### Tools

Paring knife or peeler  
4-quart kettle  
1-pint saucepan  
Potato beetle  
Slotted spoon  
Heatproof serving dish

### Ingredients

6 medium "old" potatoes  
1 teaspoon salt  
Butter "the size of an egg"  
pepper

1. Scrub potatoes and put them in the kettle. Add 1 teaspoon of salt, cover with water and simmer. After 15 minutes begin testing with fork; when potatoes are soft and flaky remove from heat, drain and peel.
2. Heat milk in the saucepan just to boiling point; add butter. Break up the potatoes in the kettle with the beetle and add half the buttery milk. With the beetle blend the potatoes and liquid; then switch to slotted spoon and beat "as you would a cake" - that is working always in the same direction to incorporate as much air as possible.
3. Add more milk as needed until the potatoes are creamy and quite wet.
4. Spoon potatoes carefully into the serving dish, sprinkle with salt and pepper and place in warm oven until ready to serve.
5. Browning on top, under the broiler if necessary, will give the dish a distinctive old-fashioned touch.

## Eggnog (6 servings)

*In the middle of the morning, Mother blew the dinner horn. Almanzo knew what that meant. He stuck his pitchfork in the ground, and went running and skipping down across the meadows to the house. Mother met him on the back porch with the milk-pail, brimming full of cold egg-nog.*



### Tools

$\frac{1}{2}$ -gallon Bowl  
16-inch platter  
milk pail and dipper or punch bowl

### Ingredients

6 separated eggs  
 $\frac{1}{2}$  cup granulated sugar  
1 quart homogenized milk"  
2 cups heavy cream  
 $\frac{1}{2}$  freshly ground nutmeg

1. Beat the egg yolks and sugar in the bowl until thoroughly blended.
2. Slowly beat in the milk, then stir in the cream.
3. Refrigerate this mixture while you beat the egg whites on the platter until they stick to it and form soft peaks.
4. Pour the cold egg-milk mixture into milk pail or punch bowl and scrape the egg whites onto the surface, blending some in with a few deep strokes of the spoon.
5. Sprinkle the nutmeg over the foamy surface and carefully dip into cups so as not to disturb the foam.



# Metric Conversion Table

## VOLUME

<i>Liquid</i>	<i>Milliliters</i>	<i>Liters</i>
1 teaspoon	5	.005
3 teaspoons = 1 tablespoon	15	.015
4 tablespoons = $\frac{1}{4}$ cup	59	.059
$\frac{1}{2}$ cup	118	.118
16 tablespoons = 1 cup	237	.237
2 cups = 1 pint	473	.473
2 pints = 1 quart	946	.946
4 quarts = 1 gallon	3785	3.785
<i>Dry</i>		
1 dry pint	550	.550

$\frac{1}{2}$  liter is about equal to 1 pint;  
1 liter is about equal to 1 quart.

## WEIGHT

<i>Ounces</i>	<i>Pounds</i>	<i>Grams</i> (to nearest hundredths)	<i>Kilograms</i>
.35		9.92	
.5		14.17	
.6		17.01	
1.0	.06	28.35	.03
4.0	.25	113.40	.11
8.0	.50	226.80	.23
16.0	1.00	453.59	.45
24.0	1.50	680.39	.68
32.0	2.00	907.18	.91

10 grams are about equal to  $\frac{1}{3}$  ounce;  
1 kilogram is about equal to 2 pounds.

## LINEAR MEASURE

<i>Inches:</i>	$\frac{1}{2}$	1	4	8	12	16	18	20	24
<i>Centimeters:</i>	1.27	2.54	10.16	20.32	30.48	40.64	45.72	50.80	60.96

1 centimeter is about equal to  $\frac{1}{2}$  inch;

10 centimeters are about equal to 4 inches;

1 meter, or 100 centimeters, is about equal to 40 inches, or 1 yard plus 4 inches.

## TEMPERATURES

	<i>Fahrenheit</i>	<i>Celsius</i> or <i>Centigrade</i> (to nearest degree)
Home freezer	0°	-18°
Water freezes	32°	0°
Room temperature	68°	20°
Bloodwarm	98°	37°
Pasteurizing	145°	63°
Water boils (sea level)	212°	100°
Soft-ball syrup	234-240°	112-116°
Firm-ball syrup	244-248°	118-120°
Hard-ball syrup	250-266°	121-130°
Low oven	300-325°	149-163°
Moderate oven	350-375°	177-191°
Deep fat for frying	375-400°	191-204°
Hot oven	400-425°	204-218°

To convert Fahrenheit temperature into centigrade, subtract 32, multiply by 5, and divide by 9. (5 centigrade degrees are 9 Fahrenheit degrees.)