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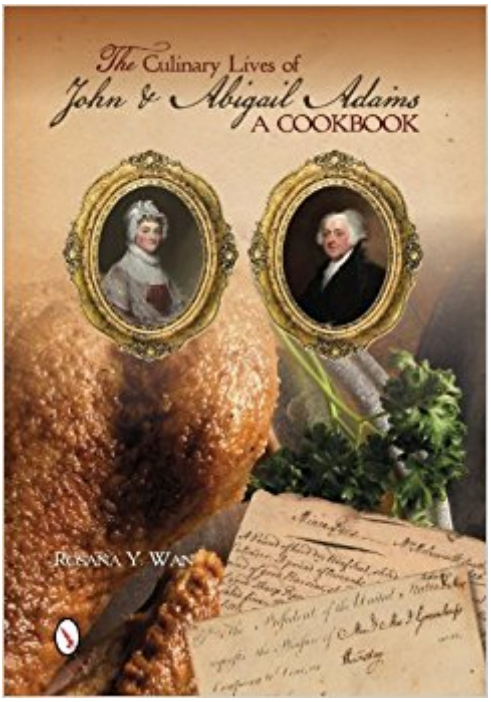
The Culinary Lives Of John & Abigail Adams: A Cookbook



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Synopsis

Throughout their 54-year marriage, John and Abigail Adams enjoyed hearty, diverse cuisine in their native Massachusetts, as well as in New York, Philadelphia, and Europe. Raised with traditional New England palates, they feasted on cod, roast turkey, mince pie, and plum pudding. These recipes, as well as dishes from published cookbooks settlers brought from the Old World, such as roast duck, Strawberry Fool, and Whipt Syllabub, are included in this historical cookbook. Join John, who wrote his wife about dinners with upper-class families in Philadelphia while serving in the Second Continental Congress, and Abigail, the loyal and generous hostess who crossed the Atlantic to join the first American Ambassador to Great Britain, on this culinary journey. Together or separate, at home or abroad, this extraordinary couple humbly experienced an international style of cookery that inspired modern American culinary culture. Now, while attempting these 56 recipes, read about and toast their contributions to democracy.

Book Information

Paperback: 152 pages
Publisher: Schiffer Publishing, Ltd.; 1 edition (October 28, 2014)
Language: English
ISBN-10: 0764346695
ISBN-13: 978-0764346699
Product Dimensions: 6.9 x 0.7 x 10 inches
Shipping Weight: 1.4 pounds (View shipping rates and policies)
Average Customer Review: 4.8 out of 5 stars 11 customer reviews
Best Sellers Rank: #912,080 in Books (See Top 100 in Books) #143 inÃ Â Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > New England #1198 inÃ Â Books > Cookbooks, Food & Wine > Cooking Education & Reference > History

Customer Reviews

Born in Hong Kong and raised in various places in the United States, Rosana Yin-Ting Wan attended University of Houston-Downtown in Houston and later graduated with honors from Suffolk University, Boston, with a degree in history. Since relocating to Boston, where she currently lives, she has pursued her passion for studies in the history of the American Revolution. She is an avid traveler, an independent scholar, a Park Ranger at the Adams National Historical Park, and a sergeant in the Army National Guard. She is a former re-enactor of the Charlestown Militia Company.

I have a very slim association with the author, and was hoping for a good book. I was not disappointed! Very interesting to read, lots of good history, and much about the relationship between John and Abigail. I would recommend it to everyone who has an interest in the Adamses, or Early American history, or cooking.

Wonderful recipes for those who like historical cooking.

just received this and have about 12-14 White House and Presidential cookbooks. So far, just scanning over the recipes and quite a few look good. Overall, good history about John and Abigail, which is two for the price of one with these types of Historical cookbooks. This is the fifth one similar to this book i.e George Washington, Thomas Jefferson, James Madison and Lincoln and enjoy reading about them as well as their eating habits.

Beautifully written. Great being able to zoom in and out of time testing out recipes from long ago and comparing them with today’s recipes. Fantastic imagery by the way, and easy to follow recipes. Can’t wait to try them all and review again.

thank you

Rosana Y. Wan’s commentary showed a great deal of knowledge gleaned from the letters and diaries of Abigail and John Adams. One learns about the private lives of the Adams family and about material culture and society in Colonial America.Wan traces the culinary history of foods, discusses cooking methods and early cookbooks, and even covers dinnerware with photographs of dishes and utensils from the John Adams National Park.A timeline of the Adams family with illustrations is an impressive overview of this remarkable family. One realizes how much of their married life John Adams was hobnobbing in high society abroad while Abigail ran the family farm, put away food, and enjoyed local produce in season.Wan’s chapters include Breakfast, Bread, Meat and Poultry, Sauces, Seafood, Vegetables, soup, pudding and snacks, and drinks. Each chapter includes introductory essays that are informative and interesting, including quotations from the Adams papers.She also provides a chapter on bills of fare for those who want to recreate an 19th c. dinner party. The recipes are updated for today’s measurements and readily available ingredients.Recipes include classic dishes like Buckwheat Cakes, English-Muffin style muffins,

Indian Corn and Rye Bread, Roast Leg of Lamb with Mint Sauce, and Peas with Mint.More unusual are the Garden Sauce for meat made with sorrel, sweet apple, vinegar and sugar and white bread for thickening; Roasted Salmon with nutmeg, cinnamon, and allspice; Salad Sauce made of sieved boiled egg yolk and ground mustard, oil and vinegar; and Cucumber Soup. Baked Custard includes sweet tasting coriander along with cinnamon.Classic Plumb Pudding was a favorite Adams family treat saved for holidays because of the exotic spices required, while Indian Pudding was made of readily available ingredients of corn meal and molasses. Wan notes that John Quincy Adams wrote to his wife Louisa about Indian Pudding being served at his family's New Year's Eve dinner.New Englanders made Cranberry Tarts. I need to try that! The Whipt Syllabub has never appealed to me. It is made of milk or cream curdled by adding brandy and includes egg whites, sugar and lemon juice.Drinks of the day included hot Toddy made of rum and molasses in lukewarm water with a dash of nutmeg. Abigail's Punch recipe was made of oranges and lemons, brandy and rum. Grog was dark rum and water with lemon juice to taste. The lemon juice would have been good for sailors at sea to guard against scurvy.Whether you are interested in the Adams family, early American cooking, the history of cooking in America, or just enjoy reading recipes this is a delightful book.

I have never reviewed a cookbook before but this was well worth it. I found it fascinating all the hard work that went into making meals during that time period, from the ingredients to how it was cooked. My mother and I tried the roast duck just to eat something new and it was wonderful! A lot of work because we normally don't have meals like that but it was well worth the effort.

Title: The Culinary Lives of John & Abigail Adams - A CookbookAuthor: Rosana Y. WanPublished: 10-28-14Publisher: Schiffer Publishing LtdPages: 152Genre: Crafts & HobbiesSub Genre: History;ISBN: 978064346699Reviewer: DelAnneReviewed For: NetGalleyMy Rating: 5 Stars.What do you get when you combine history, memoires an a culinary book? Simple, The Culinary Lives of John & Abigail Adams. Rosana Wan has given us a book that takes us into the daily lives of John and Abigail Adams which she gleaned from the study of letters and diaries of our former president and first lady. We learn of the process of cooking and hosting during the revolution and afterwards. How their travels during their ambassadorial years. How Abigail introduced the cuisine of European cultures into the American culture that have since become adopted and adapted to become part of our own history and are popular even today.This is a great book for anyone like myself that loves American history and trying different recipes. We may have more modern equipment to cook with but it is still through the preliminary work of the Adams' and the research of Ms. Wan that we can

enjoy the delicious dishes listed here such as the Leg of Lamb with Mint Sauce, Roasted Duck, Plum Pudding. There is a breakup of the recipes into Breakfast, Side, Vegetable and apparently a favorite of John is Desserts. Included are excerpts of their personal writings and beautiful photographs which include table settings of the period. So much to read and enjoy.These recipes are clear and easy to follow and come out delicious. They bring the past to life today and let you enjoy a taste of history literally. My rating is 5 out of 5 stars. This is one cookbook/history rendition that I would go over and give a 6 star rating to. Thank you Ms. Wan for giving me a book that I will not only use to cook with, but read again and again for its historical value as well.

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