



100 Year Old Recipes: Drinks, Soups, Salads, Cakes, Breads, Desserts & Food History

Kirsten Anderberg

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This book is full of over 500 recipes which are over 100 years old, or older, and can still be made today. Included are recipes for 100 year old drinks, soups, salads, breads, homemade candies, cakes, pies, puddings and more. These recipes use whole food ingredients and natural procedures and are as much health food recipes as an historical collection of olden recipes from times gone by. Food and drink history, anecdotes, recipes from Hollywood stars and WA D.C. politicians, amusing dish names, photos of CA adobes, traditional cooking and more, round out this interesting cookbook full of as much history as good eating. Learn about the advent of soft drinks and old ways of testing temperatures on wood stoves. Make your own taffy or bread yeast. Learn how to cook like your grandma did! Author Kirsten Anderberg earned her Master's Degree in History and Archiving from the CA State University at Northridge, and applied her archiving skills to this collection of delightful recipes ranging from the 1800's to the early 1900's. This collection includes a wide variety of recipes including Shoo Fly Pie, Ginger Ale, Root Beer, Imperials, Baked Soup, Terrapin Soup, Nasturtium Salad, Fudge, Caramels, Candied Flowers, Vienna Bread, Johnny Cakes, Champagne Biscuits, Poor Man's Cake, New Year's Cake, Lady Fingers, Hasty Pudding and more!

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