



KINGS LANDING

Recipes

for Parents & Kids



Macaroni & Cheese

INGREDIENTS

2 cups of macaroni

¼ cup of butter

2 tablespoons of flour

¼ teaspoon of dry mustard

2 cups of hot milk

2 cups of cheese

½ cup of bread crumbs

DIRECTIONS

Cook the macaroni according to package directions. Using medium heat, melt the butter in a saucepan and slowly whisk in the flour to form a roux. Whisk in the hot milk. Add cheese and continue to stir until ingredients are well incorporated and the sauce begins to thicken. Add the macaroni to an oven proof skillet and pour the sauce over it. Sprinkle with bread crumbs. Bake at 400°F until golden brown. Let cool slightly and serve.

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Unseavened Pancakes

INGREDIENTS

2 cups of flour

½ teaspoon of ground nutmeg

1 teaspoon of ground ginger

1 egg

2¼ cups of milk

¾ teaspoon of cream of tartar

¼ teaspoon of baking soda

1 tablespoon of butter

Toppings like cinnamon sugar, jam, whipped cream or maple syrup.

DIRECTIONS

Mix together flour, nutmeg, and ginger. In a separate bowl, whisk together the egg and milk. Whisk the wet ingredients into the dry.

The batter should be smooth and a little thicker than cream. If too thick, add a little milk. Melt butter in a large pan over medium heat. Pour spoonfuls of batter to form pancakes on the pan. Once the pancakes start to bubble, flip to cook the other side.

Remove from heat and serve with your favourite toppings.

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<https://www.youtube.com/watch?v=xCGt5qxh5-c>, Maria Rundalls 1807 Cookbook A New System of Domestic Cookery



Gingerbread

SERVES 12

INGREDIENTS

1 egg

½ cup of white sugar

½ cup of shortening

1 cup of molasses

2½ cups of flour

¼ teaspoon of salt

1 teaspoon of baking soda

1 teaspoon of ginger

1 cup of hot water

DIRECTIONS

Mix together all ingredients except flour and water. When thoroughly blended, add water, mix, and then add flour. Spread in 9 x 13 pan. Bake at 350°F for 45 minutes or until toothpick comes out clean from center.

Serve with whipped cream.

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Caramel Squares

INGREDIENTS

2 cups of oatmeal

1 cup of sugar

½ cup of butter

A splash of vanilla

$\frac{3}{4}$ teaspoon of cream of tartar

$\frac{1}{4}$ teaspoon of baking soda

DIRECTIONS

Combine ingredients in a mixing bowl and press into a square baking pan (8x8 or 9x9 will both work). Bake at 325°F until you start to smell the squares and a toothpick comes out clean, about 30-40 minutes.

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Maple Popcorn

INGREDIENTS

¼ cup of maple syrup

1 cup of brown sugar

½ cup of butter (or margarine)

½ teaspoon of salt

½ teaspoon of vanilla

¼ teaspoon of baking soda

½ cup of unpopped popcorn

DIRECTIONS

Pop popcorn in oil. Set aside.

In a sauce pan, melt margarine, maple syrup, brown sugar and salt. Mix. Boil 5 minutes over medium heat. DO NOT STIR. Remove from heat. Add vanilla and baking soda. Spread popcorn on baking sheet and drizzle maple syrup/brown sugar mix over top. Toss lightly.

Bake at 250°F for 1 hour, tossing every 12 minutes. Enjoy!

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Breakfast Cocoa

SERVES 4

INGREDIENTS

1½ tablespoons of cocoa

2 tablespoons of sugar

2 cups of boiling water

2 cups of milk

Few grains of salt

DIRECTIONS

Scald milk. Mix cocoa, sugar, and salt, dilute with one half cup boiling water to make smooth paste, add remaining water, and boil one minute; turn into scalded milk and beat two minutes, using an egg-beater, when froth will form, preventing scum, which is so unsightly; this is known as *milling*.

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Adapted from Boston Cooking-School Cook Book, 1906



Lemonade

INGREDIENTS

2 cups of sugar

7 cups of hot water

2 cups of lemon juice

1 tablespoon of fresh ginger

DIRECTIONS

Mix all ingredients together and stir. Let cool and serve over ice. You can add fresh herbs or lemon slices to garnish.

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Lavender Lemonade Syrup

INGREDIENTS

4 cups of lemons, sliced

3 cups of sugar

3 cups of water

½ cup lavender flowers

Note: Must use food-grade or freshly picked and rinsed lavender flowers.

DIRECTIONS

Mix lemons, sugar, and water together in a pot and boil until all sugar is dissolved. Add lavender flowers. Let sit 10 minutes to cool. Strain into a jar. To make lavender lemonade, mix one cup of syrup with two cups of water.

You can garnish with lemon slices and lavender sprigs, if desired.

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