

KINGS LANDING

Savoury, Sweet, Boiled & Baked!

THE COMPLICATED HISTORY OF PUDDING LESSON



FOR ELEMENTARY-AGED CHILDREN

OBJECTIVES

- Develop food preparation and food safety skills
- Practice fine motor skills
- Learn to count, measure and follow recipe directions
- Learn about the history of cooking and food in North America

GRADE LEVEL(S)

- We created this lesson for Elementary aged-children, but students of all ages may enjoy the activity.
- This is dependent on your student as some children have very fine motor skills at a young age and others have a natural interest in food and history. Please fully read this lesson and adapt it to the child's level.
- If adapting to K-2, focus on practising fine motor skills.
- If adapting to 3-5, add more emphasis to the history lesson.

MATERIALS NEEDED

- Large pot
- Water for boiling
- Stove
- Fine bread crumbs
- Currants or raisins
- Lemon zest
- Lard or vegetable shortening
- Flour
- 4 eggs
- Powdered ginger
- Slotted spoon
- Plate
- Maple syrup

HISTORY LESSON

Today, most people you know describe pudding as a dessert with a creamy consistency. A typical modern recipe includes sugar, cornstarch, milk and egg yolks and makes a custard-style pudding.



Modern chocolate pudding

This is very different from how a pudding would have been described 200 or even 700 years ago. Back then, traditional puddings were boiled and often had ingredients that we would consider odd, such as spiced meat.



Spiced meat puddings

Puddings have a long and complicated history. The first puddings were similar to sausages and were boiled in animal intestines called casings. About 700 hundred years ago, cloth pudding bags replaced casings. This change made puddings more popular

because the cloth used to make the bag was easy to find and could be reused.

Have you heard the words "savoury" and "sweet" describe food before? Savoury food is flavourful food cooked with salt and spices. Sweet food contains sugars. We use savoury to describe food like meat, pasta, and roasted vegetables. We use sweet to describe food like ice cream, pastries, fruit, and candy. Usually your meal is *savoury* and your dessert is *sweet*.

Early savoury puddings, were made with meat and spices. Savoury puddings were eventually replaced with sweet puddings made using flour, nuts and sugar. A popular sweet pudding still enjoyed today is Christmas pudding; also know as a plum or figgy pudding. The ingredients include sugar, raisins, candied orange peel, eggs, breadcrumbs, nutmeg, cloves, allspice and alcohol. There is even a popular Christmas song all about demanding sweet pudding! Do you know how it goes? You can find it on the last page of this lesson.



A lady serves Christmas pudding to her family

There are hundreds of types of puddings found in old recipe books that included boiling and baking. Most of the first recipe books in North America came from England and used ingredients found in England. Cooks adapted the recipes to use local ingredients including corn, squash and beans.

Indigenous people taught European settlers about local foods and how to grow them when they arrived. They helped the settlers survive during their first years in North America. By 1800, North Americans were writing and publishing their own recipe books that included local ingredients such as corn pudding and sweet potato pudding.

The modern steamed puddings, like Christmas pudding, evolved from boiled puddings. In the mid-1800s, boiled puddings became less popular in North America. This was partly because of improvements in cooking technology. As stoves replaced open-hearth fireplaces, puddings were steamed or baked instead of boiled in a bag. A typical pudding could take four hours and more to boil and during this time, the cook continuously topped up the water as it evaporated. Baking or steaming a pudding was much easier. Slowly, boiled and steamed puddings became less common and the creamy, custard-style pudding became the pudding of choice in North America.



The New Brunswick stove at the Joslin Farm



An open-hearth fireplace at the Morehouse Farm

We still enjoy other types of puddings. Yorkshire pudding is a baked savoury pudding made with roast drippings. For many, it would be difficult to imagine a roast beef dinner without it. Rice, bread and corn puddings are sweet and baked in the oven. And every year, grocery stores sell steamed Christmas puddings. They are still a tradition for many North American families!



Roast beef dinner with yorkshire pudding at the King's Head Inn

ACTIVITY

For this activity, we're making hasty puddings! These are small dumpling style puddings that cook quickly; ideal for camp cooking. This recipe might have been used by a soldier at an encampment, a hunting party, or a family who recently moved to the wilderness and did not have a home built yet. At a campsite, it's better to have a recipe that does not need several hours of constant tending. A soldier may not have a lot of time to prepare a meal before having to pack up and move out.

Do you remember in the lesson when we talked about casings and pudding bags? A hasty pudding did not need these! Instead, each pudding is coated in flour and dropped into the boiling water for about 10 to 15 minutes.

Older recipes did not list measurements. Most cooks knew by feel and experience how much breadcrumbs or suet to use. Food historians spend a lot of time studying the recipes and experimenting with ingredients, measurements and cooking methods. We are grateful for their research and thank them for making it available for us to use.

This recipe is based on Maria Eliza Rundell's 1807 cookbook, *A New System of Domestic Cookery* and adapted from a version shared on savoringthepast.net. Instead of using suet (cow kidney fat), we substituted lard. Suet can be difficult to find. Lard is softer, so we added more breadcrumbs to help keep things together. If you do not have lard, you could try using vegetable shortening. If you do, let us know how it turned out. We have not tried vegetable shortening yet.

"Puddings in Haste" is unsweetened. These puddings were not intended to be eaten on their own. Puddings were generally served with a sauce. A popular sauce combined equal parts butter, sugar and sac (sherry wine) but a family who had a spring sugar camp would drizzle maple syrup on their pudding. In the early 1800s, imported sugar could be difficult to find. A family living in the backwoods of New Brunswick used maple sugar more often than store-bought sugar. Some families kept bees,

but maple syrup was a favourite until the inland transportation systems, such as the railway, were developed.

FOOD SAFETY

- Before starting, everyone should wash their hands with soap and water.
- Those with long hair should tie it back to keep it away from the food.
- Hot stoves, knives and other appliances may cause injury, so it is important to practice safe handling of all utensils and appliances.

PUDDINGS IN HASTE

SERVES 12

INGREDIENTS

- 1 1/2 cup fine bread crumbs
- 1/2 cup Zante currants or raisins
- 1/2 lemon zest
- 1 cup lard, room temperature
- Flour for dredging
- 2 eggs
- 2 egg yolks
- 1/2 teaspoon powdered ginger

PREPARATION

1. Bring water to a boil in a large pot.
2. In a bowl combine bread crumbs, raisins, lemon zest and lard. Set aside.
3. In a large bowl, whisk together the eggs, egg yolks and ginger.
4. Fold in bread crumb mixture and mix until dough is even.
5. Roll the mixture into egg-sized balls. Coat the balls with flour.
6. Carefully drop balls into boiling water. Cover tightly with a lid and cook for about 15 to 20 minutes.
7. Using a slotted spoon, remove puddings from the water and set on a plate.
8. Let the pudding balls rest for about 3 minutes.
9. Serve warm or cold with maple syrup.



Kings Landing's Hasty Puddings

Sources

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We Wish You a Merry Christmas

English Carol

First system of musical notation for 'We Wish You a Merry Christmas'. It features a treble and bass clef with a 3/4 time signature. The melody is in the treble clef, and the bass line is in the bass clef. The lyrics 'We wish you a Mer-ry Christ-mas, we wish you a Mer-ry Christ-mas, we' are written below the notes.

Second system of musical notation. The melody continues in the treble clef, and the bass line continues in the bass clef. The lyrics 'wish you a Mer-ry Christ - mas and a Hap - py New Year. Good' are written below the notes.

Third system of musical notation. The melody continues in the treble clef, and the bass line continues in the bass clef. The lyrics 'ti - dings we bring to you and your kin; Good' are written below the notes.

Fourth system of musical notation, ending with a double bar line. The melody continues in the treble clef, and the bass line continues in the bass clef. The lyrics 'ti - dings for Christ - mas and a Hap - py New Year.' are written below the notes.

Oh, bring us a figgy pudding, Oh, bring us a figgy pudding,
Oh, bring us a figgy pudding, and a cup of good cheer!
Good tidings we bring to you and your kin;
Good tidings for Christmas and a Happy New Year.
We won't go until we get some, We won't go until we get some,
We won't go until we get some, so bring some out here!
Good tidings we bring to you and your kin;
Good tidings for Christmas and a Happy New Year.
We wish you a Merry Christmas, We wish you a Merry Christmas,
We wish you a Merry Christmas and a Happy New Year.

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