

Name _____ Date _____ Class _____

Critty's Colonial Kitchen

Critty was the enslaved cook at Patrick Henry's Red Hill plantation. Her job was one of the most difficult, because it was a 24-hour per day job. She would have to tend the fire through the day and night to ensure it would never go out.

Critty would cook over the *hearth* by burning wood logs until they broke down to glowing, red-hot *embers*. She would then pull the embers out of the fire to put the *cast iron spider pots* on to cook.

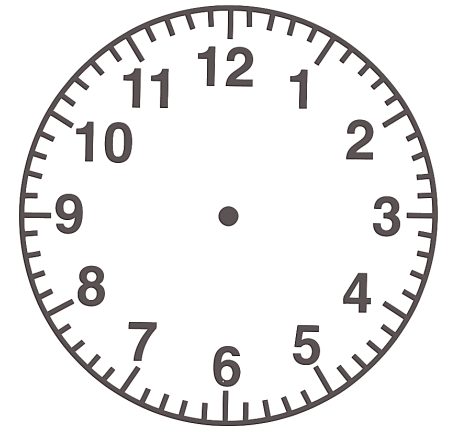


What does the word hearth mean? _____

What does the word embers mean? _____

Search online for images of cast iron spider pots. Draw what these look like below.

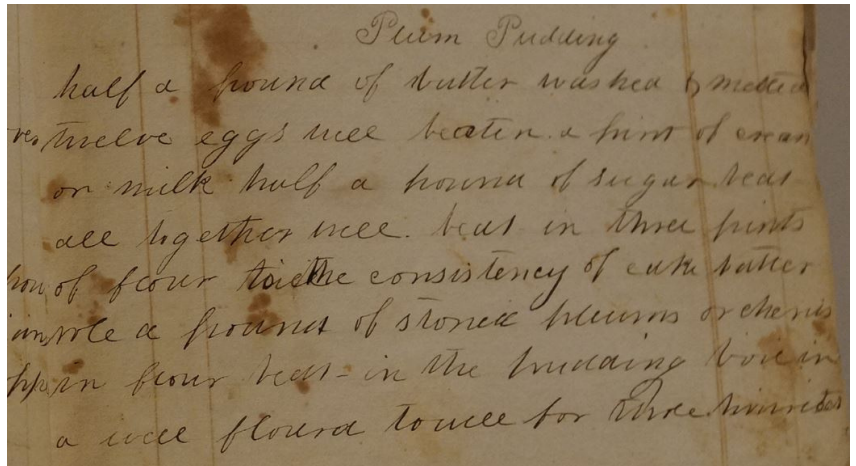
Critty would rise early in the morning to stoke the fire. It would take about two hours for firewood to burn down to embers. If Critty had to have breakfast for the Henry family ready by 7:00am, what time would she have to put new logs on the fire if it took one-and-a-half hours to cook breakfast? Draw the hands on the clock to show what time she would need to wake up in the morning to begin.



In Colonial days, recipes were called "receipts" and would be passed down from mothers to daughters. Critty most-likely was *literate*, so that she could read the "receipts" for the Henry family's meals.

What does the word *literate* mean? _____

Elvira Henry had a "Cooking Book" with over 100 "receipts." Here is her Plum Pudding receipt.



The *mistress*, or wife on the plantation would meet each morning with the cook to go over what meals should be prepared.

Read the receipt below and convert the measurements to answer the questions.

Plum Pudding

Half a pound of butter washed and melted. Twelve eggs well beaten, a pint of cream or milk. Half a pound of sugar. Beat all together well. Beat in three pints of flour to the consistency of cake batter. Add a pound of stoned plums or cherries in flour. Beat in the remaining in a well floured bowl for three minutes.

How many ounces of butter is needed for this recipe? _____

How many ounces of plums? _____

If Critty doubled this recipe, how many dozen eggs would she need? _____

If Critty doubled this recipe, how many quarts of flour would she need? _____

Critty would cook three meals per day for the Henry family. There were as many as fourteen family members living on the plantation at one time. How many servings of food did Critty cook for the Henry family each day? Show your work.

