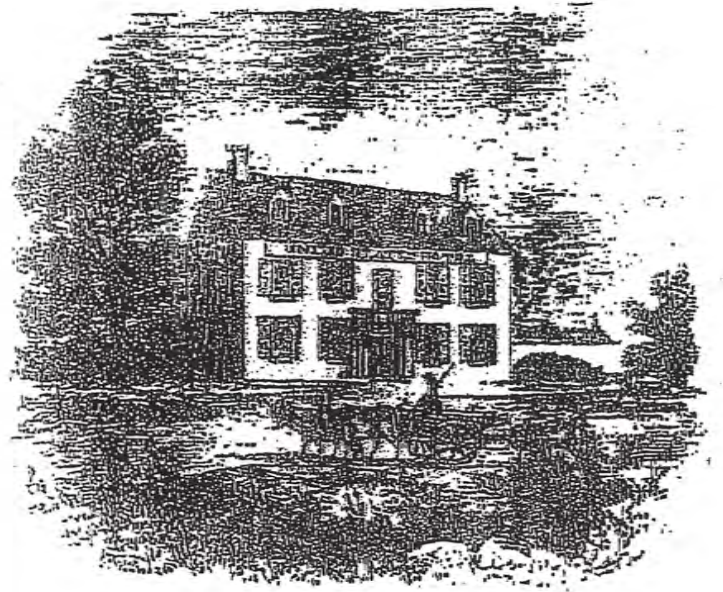


Israel Green Tavern



Cookbook

2006-2007

Israel Green Tavern Recipes



BATTLE OF PLATTSBURG. (From an old print.)

Cover photo:

This is a view of the United States Hotel at Plattsburg as it appeared in 1814. The clap-boards on the visible side gable exhibited the perforations of bullets from the British muskets on the left bank of the Saranac River when I saw it in 1860. On the right is seen Plattsburg Bay, and Cumberland Head in the distance.

Benson Lossing

*Compiled by Kate Besaw
Printed and edited by Julie Layne
Illustrated by Donna Coughlin*

2007

A few days after the battle, the citizens of Plattsburg, who had returned to their homes, resolved, in public meeting, to give a public dinner to Commodore Macdonough. A committee, of which Henry De Lord was chairman, waited upon the hero on board his ship with an invitation. It was accepted, and on Tuesday, the 23d instant, at three o'clock P.M., the commodore, with Generals Macomb and Mooers, and other officers of the army and navy, who were invited guests, and a number of citizens, sat down to a bountiful dinner at the United States Hotel, kept by Thomas Green, and yet standing in 1860, between the stone mill and the bridge over the Saranac, in Plattsburg. General Macomb's band furnished the music on the occasion. Peter Sailley, Esq., presided. Seventeen regular toasts were drunk. The distinguished guests, as they retired, were toasted; and one was given in respectful silence to "The memory of Commodore Downie, our brave enemy." The fallen brave of Macdonough's fleet were also remembered in the regular toasts. "Much credit," says a writer who was present, "is due to Mr. Green for the excellent dinner which he provided for the occasion, it being generally conceded to be the best that was ever given in Plattsburg." A full report of the proceedings was published in a hand-bill, a copy of which is before me.

Henry Delord's Letter to Macdonough
Plattsburgh
Sept. 20th 1814

Sir,

The Citizen's of Plattsburgh are deeply impressed with the immense importance of the late brilliant naval victory achieved by you, and the naval force under you command, not only to the nation in general, but more particularly to this whole extent of Country bordering on Lake Champlain.

They also duly appreciate the distinguished skill and bravery which led to so glorious and auspicious a result, and are anxious, in a public manner to manifest their sentiments and their gratitude.

For the purpose of carrying, in part, their wishes into effect, they have determined to celebrate the event and testify their high sense of your services, by a public dinner to be given, on that occasion, at Plattsburgh, on Friday next.

The undersigned Committee have the honor, and feel a high degree of pleasure in making known to you of that determination, and of soliciting your attendance.

The Citizens of Plattsburgh regret exceedingly that they have not been able to carry these wishes into effect at an earlier period. They trust an apology for the delay will be found in their late situation, having been driven from their village and homes and having, as yet only in part returned.

Be Pleased, Sir, to accept the most earnest assurances of our respect, and of our sincere wishes for your welfare.

*Henry Delord
Levi Platt
John Harford
William Swetland*



ISRAEL GREEN'S TAVERN SOUP

Ingredients:

- 1 whole chicken
- 1 large onion, coarsely chopped
- 2 carrots, coarsely chopped
- 2 celery stalks with leaves, coarsely chopped
- 1 tablespoon vegetable oil
- 8 cups water
- ¼ cup finely chopped celery
- ¼ cup finely chopped carrot
- ¼ cup finely chopped onion
- 2 tablespoon butter
- 1 teaspoon salt
- ¼ teaspoon black pepper, or to taste
- ½ cup all-purpose flour
- 3 cups (12 ounces) shredded sharp Cheddar cheese
- ½ can (6 ounces) light beer at room temperature
- 1 tablespoon Worcestershire sauce
- ½ cup half and half
- 1 pound breakfast sausage links, browned and chopped
- Cavender's All Purpose Greek Seasoning, to taste

Directions:

Season chicken with salt and pepper. In a large stockpot, brown chicken and coarsely chopped vegetables in oil. Cover chicken mixture with 8 cups water and bring to a boil. Cover with lid and reduce heat to maintain gentle simmer for 2 – 2½ hours. Cool. Strain stock, discarding vegetables. Remove chicken meat from bones and chop. Reserve stock and chicken meat.

To a clean stockpot, add reserved chicken stock and finely chopped celery, carrot and onion. Season with salt and pepper. Cover with lid and simmer for 30 minutes, until vegetables are cooked through. Meanwhile, in a small saucepan, heat butter until it just begins to foam. Whisk in flour and cook, stirring constantly, for 2-3 minutes. Whisk in half and half and beer, stirring until mixture is smooth and slightly thickened.

To complete soup, stir butter mixture into stock and vegetable mixture, mixing thoroughly. Stir in cheese, allowing it to melt and become incorporated into the soup. Add reserved chicken meat and sausage. Correct seasonings and enjoy!



ROASTED TOMATO AND BEAN SOUP

Ingredients:

- 2 cans fire roasted tomatoes
- 2 tablespoons olive oil
- 2 cups chopped onions
- 3 garlic cloves, minced
- 1 stalk celery
- 1 sweet potato, peeled and diced
- 1 teaspoon salt
- 2 teaspoons paprika
- 1 dash cayenne pepper
- 1 bay leaf
- 1 tablespoon parsley
- 3 cups vegetarian stock (gluten free)
- 1½ cups cooked white beans (use a mixture of navy, cannelloni, and garbanzo)
- Salt and pepper, to taste

Directions:

Heat the olive oil over medium heat in a large Dutch oven. Add the onion, garlic, celery, and sweet potato and sauté for 5 minutes. Add salt and sauté for 5 more minutes. Add tomatoes, seasonings and water. Cover with lid and simmer for 15 minutes.

Add beans to pot, then cover and simmer for 10 more minutes, or until vegetables are tender. Season to taste with salt and pepper, then serve.



SHEPHERDS' PIE

Ingredients:

- 10 ounces pearl onions
- 4 leeks, rinsed and chopped
- 2 pounds boneless lamb
- 3 teaspoon salt, divided
- $\frac{3}{4}$ teaspoon black pepper, divided
- 5 Tablespoon flour
- 7 tablespoon butter, divided
- 2 tablespoon garlic
- $\frac{1}{2}$ cup white wine
- $1\frac{1}{2}$ tablespoon tomato paste
- 1 cup beef broth
- 1 cup water
- 2 teaspoon fresh thyme
- 5 carrots, diced
- 2 turnips, peeled and diced
- 2 pounds potatoes, peeled and diced
- 1 cup cream

Directions:

Season lamb with 2 teaspoons salt and $\frac{1}{2}$ teaspoon black pepper. Roast at 400° for 2 hours. When cool enough to handle, chop lamb into chunks and grind using a meat grinder. Reserve.

Meanwhile, boil carrots and turnips in a large pot for 10 - 20 minutes until tender. Drain and add to reserved lamb.

In a large skillet, melt 4 tablespoons butter. Sauté leeks, garlic, and pearl onions until just softened. Add flour, stirring to coat vegetables, and sauté for 3 minutes, stirring frequently. Season with salt and pepper. Add wine, broth, and water. Bring to a boil, then reduce heat and allow to simmer for 5 minutes. Add onion mixture to reserved lamb mixture, stirring well. Reserve.

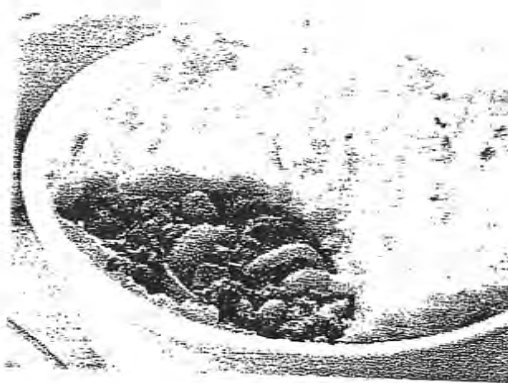
Place diced potatoes into a large pot and cover with cold water. Bring to a boil, then reduce heat and simmer for 20 - 30 minutes, until potatoes are tender. Remove from heat, drain potatoes well. Mash potatoes using a ricer or potato masher. Stir in cream, 3 tablespoons butter, 1 teaspoon salt, and $\frac{1}{4}$ teaspoon black pepper.

Preheat oven to 400°. Spread lamb mixture into a large baking dish. Top evenly with mashed potatoes. Bake in a preheated oven for 30 minutes, or until heated through.

COTTAGE PIE

Ingredients:

- 2 pounds chuck roast, trimmed
- 1 pound onion, chopped
- 3 cloves garlic, minced
- Olive oil for sautéing
- 1 pound frozen corn
- 1 small can tomato paste
- ¼ cup white wine
- ½ cup beef broth
- 3 tablespoons flour
- Salt and pepper
- 3 pounds potatoes, peeled and diced
- 3 ounces butter
- 1 cup half and half
- 3 cups grated Cheddar cheese



Directions:

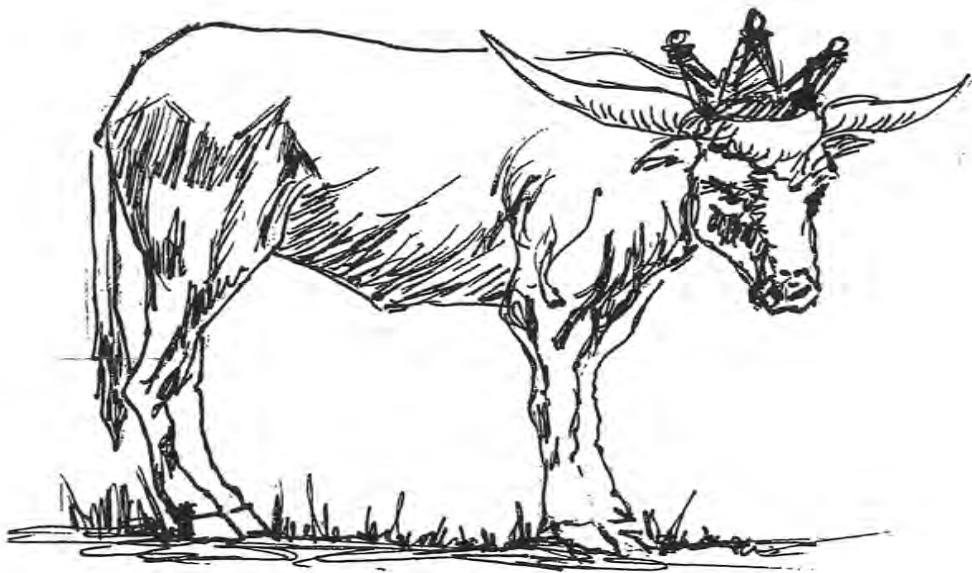
Wash and dry beef. Season with salt and pepper. Slow roast in a preheated 300° oven for 2 hours. When cool enough to handle, chop beef into chunks and grind using a meat grinder. Reserve.

Meanwhile, heat olive oil in a large skillet. Sauté onions and garlic until just softened. Add flour, stirring to coat vegetables, and sauté for 3 minutes, stirring frequently. Season with salt and pepper. Add tomato paste, wine, and broth. Bring to a boil, then reduce heat and allow to simmer for 5 minutes. Add onion mixture to reserved beef mixture, stirring well. Reserve.

Cook corn in salted water until just tender, about 5 minutes. Drain corn and add to reserved beef mixture.

Place diced potatoes into a large pot and cover with cold water. Bring to a boil, then reduce heat and simmer for 20 – 30 minutes, until potatoes are tender. Remove from heat, drain potatoes well. Mash potatoes using a ricer or potato masher. Stir in cream, 3 tablespoons butter, 1 teaspoon salt, and ¼ teaspoon black pepper.

Preheat oven to 400°. Spread reserved beef mixture into a large baking dish. Top evenly with mashed potatoes and sprinkle with grated Cheddar cheese. Bake in a preheated oven for 30 minutes, or until heated through.



KING GEORGE'S STEAK BRAISED WITH PORTER ALE

Ingredients:

- Two 1½ - 2 pound skirt or hanger steaks
- Salt and black pepper
- 1 cup flour
- ¼ cup olive oil
- 2 large onions, sliced
- 3 cups fresh mushrooms, cleaned and sliced
- 4 cups beef broth
- 8 ounces porter (dark beer)
- 2 teaspoons molasses
- 1 teaspoon fresh thyme, chopped
- 3 teaspoons hot sauce
- ¼ cup butter
- 5 ounces crème fraiche or sour cream
- ¼ cup fresh chives, chopped

Directions:

Wash and dry steaks. Season on both sides with salt and pepper. Heat olive oil in a large skillet over high heat. Dredge steaks in flour to coat, shaking off any excess. Brown steaks on both sides, adding more oil as needed, and remove from skillet.

To same skillet, add 2 tablespoons butter and sauté mushrooms and onions for 5 minutes. Add stock, porter, molasses, thyme and hot sauce. Reduce heat to low and return steaks to skillet. Cover and simmer at low heat for 1 hour.

Remove steaks from skillet and keep warm. Raise heat on skillet and simmer to reduce or thicken sauce. Whisk in remaining butter and crème fraiche to finish. Season to taste. Spoon sauce over steaks and garnish with chopped chives.



THOMAS JEFFERSON'S CHICKEN FRICASSEE

Ingredients:

- 3 pounds cut up chicken pieces, with skin and bone
- 1 teaspoon salt
- ½ teaspoon ground nutmeg
- ½ teaspoon black pepper
- ½ teaspoon paprika
- 3 tablespoons all-purpose flour
- 2 cups chicken broth
- 1 cup dry white wine
- 3 tablespoons butter
- 1 onion, chopped
- 2 cups fresh small mushrooms, cleaned
- 1 tablespoon fresh sage, chopped
- 1 tablespoon fresh parsley, chopped
- 1 cup half and half
- Biscuits

Directions:

Wash and dry the chicken pieces. Season with salt, pepper, nutmeg, and paprika.

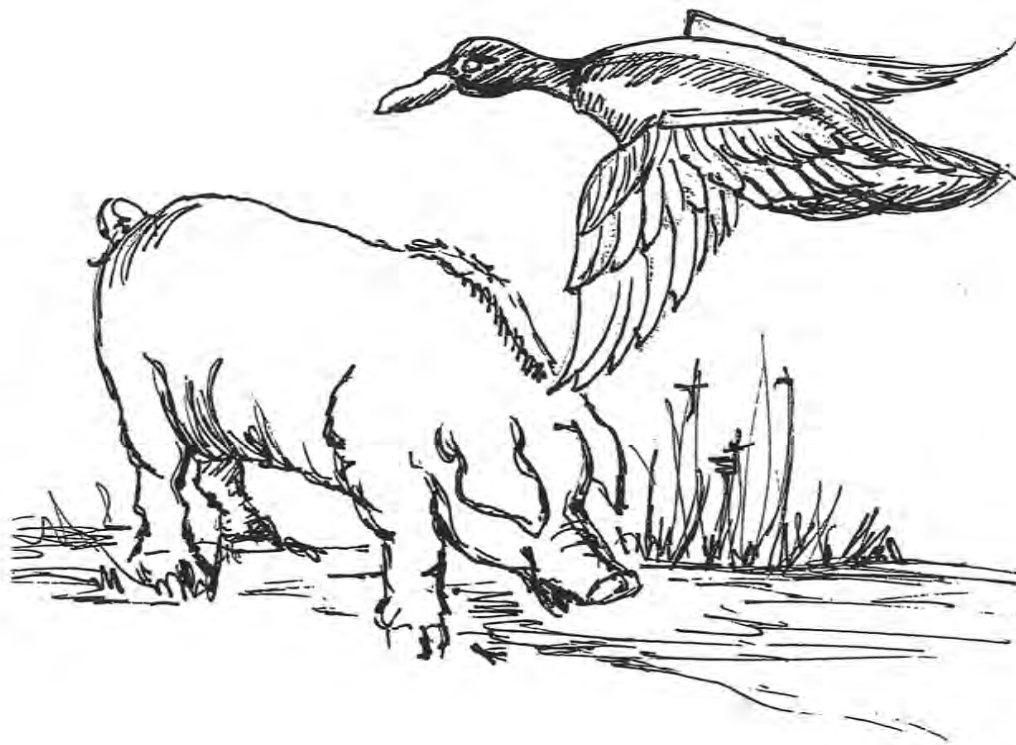
Heat oil in a large Dutch oven over high heat. Add chicken pieces and cook until well browned.

Remove and reserve chicken.

Reduce heat to medium. Add flour and cook, stirring constantly, until flour is light brown. Whisk in chicken broth and wine, stirring until mixture is smooth.

Return reserved chicken to Dutch oven and bring to a boil. Cover pan, reduce heat and simmer chicken for 50 minutes until chicken is tender and cooked through. Remove chicken. When chicken is cool enough to handle, remove skin and bones and chop meat into large pieces. Strain stock. Reserve chicken and stock.

Melt butter in Dutch oven over medium high heat. Add onion and sauté until lightly browned. Add mushrooms, herbs, reserved stock and reserved chicken. Cook, stirring frequently, until thoroughly heated. Stir in cream and season to taste. Serve over biscuits.



HUNTERS' STEW

Ingredients:

- 4 cups dried great northern beans, soaked in water overnight
- 16 cups chicken stock
- 2 medium onions, chopped
- 1 whole duck
- Olive oil
- 8 ounces bacon, chopped
- 2 pounds pork butt
- 10 cloves garlic, chopped
- 4 teaspoons fresh thyme
- 3 tablespoons tomato paste
- 1 large can crushed tomatoes
- Salt and black pepper
- ½ bottle white wine
- 1 cup breadcrumbs

Directions: Rinse soaked beans and place in a large stockpot. Cover with chicken stock and bring to a boil. Reduce heat to a simmer and cook until beans are tender, about 1 hour. Drain, reserving stock and beans separately.

Clean and dry duck. Using a fork, pierce the duck skin in several places. Season with salt and pepper and roast in a preheated 400° oven for 1½ hours, or until thoroughly cooked. When duck is cool enough to handle, remove skin and bones and chop meat into large pieces. Reserve.

Clean and dry pork butt. Season with salt and pepper and roast in a preheated 400° oven for 1½ hours, or until thoroughly cooked. When pork is cool enough to handle, chop into bite size pieces. Reserve.

Meanwhile, cook bacon in a large skillet over medium heat until fat is rendered. Remove bacon from skillet using a slotted spoon. Reserve. Sauté onion and garlic in reserved bacon fat until browned. Stir in tomato paste, crushed tomatoes, and thyme. Remove from heat.

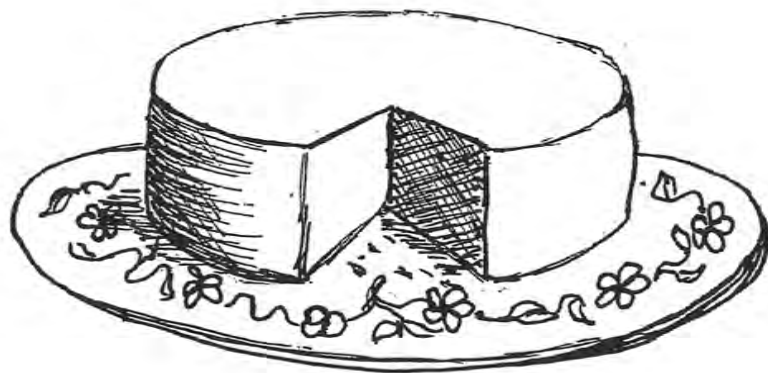
To assemble dish, mix together beans, duck, pork, bacon, and onion mixture. Mix in white wine. Add enough reserved chicken stock to make a soupy consistency. Transfer to a large baking dish, cover with foil, and bake at 350° for one hour. Top with bread crumbs and bake uncovered for an additional 30 minutes.



Bangers and Mash

Bangers are actually a type of British sausage. Characteristically, they are mild to bland. To prepare them, sauté in a small amount of oil. Once browned, add beer or ale and simmer until cooked through.

Bangers are traditionally served with mashed potatoes and brown gravy.



COLONIAL GINGERBREAD

Ingredients:

- 1 cup sugar
- 1 cup molasses
- 3 eggs
- Pinch of salt
- Dash of black pepper
- 8 pinches ground red pepper
- 1 teaspoon ground ginger
- 1 tablespoon cinnamon
- 1 cup sour cream
- 1 teaspoon baking soda
- 1 cup strained bacon fat or shortening
- ½ cup vegetable oil
- 2 cups flour

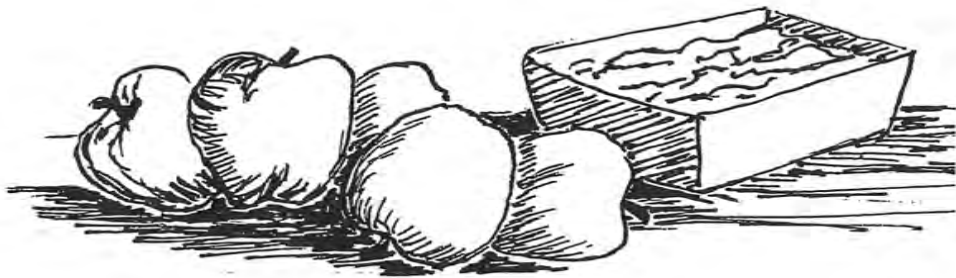
Directions:

Preheat oven to 350°.

In a large bowl, combine sugar, molasses, eggs, salt, pepper, red pepper, and ginger. Add cinnamon and sour cream. Add baking soda and beat until the mixture foams. Stir in bacon fat, oil, and flour.

Pour mixture into a 9 x 9 x 2 inch baking pan and cook at 350° for 1½ hours.

For an optional topping, sprinkle with powdered sugar, top with whipped cream, or pour over cold cream.



APPLE COBBLER

Ingredients:

- 7 to 8 large tart cooking apples (9 cups) peeled, cored, and sliced $\frac{1}{4}$ inch
 - $\frac{3}{4}$ cup sugar
 - $\frac{3}{4}$ teaspoon ground cinnamon
 - 2 cups all purpose flour
 - 2 cups sugar
 - 2 eggs
 - 2 teaspoons baking powder
 - $\frac{3}{4}$ teaspoon salt
 - $\frac{1}{2}$ cup butter, melted
- Ice cream, if desired

Directions:

Heat oven to 350 degrees. Place sliced apples in ungreased 13 x 9 baking pan.

Stir together $\frac{3}{4}$ cup sugar and $\frac{1}{2}$ teaspoon cinnamon in small bowl, sprinkle over apples.

Combine remaining cinnamon, flour, sugar, eggs, baking powder and salt in large bowl. Beat at medium speed until mixture resembles coarse crumbs.

Sprinkle over apples. Pour melted butter over topping. Bake for 40-50

minutes or until lightly browned and apples are tender. Serve warm with ice cream, if desired.

Plattsburgh Sept 20th 1814

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They stand in to accept the most sincere acknowledgments in respect to your sincere wishes for your welfare.

Commodore Macdonough

Henry Delord
Levi Pickett
John W. Smith
William Swetland
Committee

Five Reasons For Drinking

Good wine - a friend -- or being dry --
Or least we should be by and by --
Or ---- any other reason why.

N. B.

The Drunkard's Character:--A drunkard is the annoyance of modesty; the trouble of civility; the spoil of wealth; the distraction of reason; he is only the brewer's agent; the tavern and ale-house benefactor; the beggar's companion; the constable's trouble; he is his wife's woe; his children's sorrow; his neighbour's scoff; his own shame; in summer, he is a tub of swill; a spirit of sleep; a picture of a beast, and a monster of a man. (From Beer's Calendar for 1825).

The Farmers' Museum, Cooperstown, N. Y.

The dinner for Commodore Macdonough planned by Henry Delord and his Committee, following the Battle of Plattsburgh, was held at Israel Green's Tavern very near the site of the American defense along the bank of the Saranac River. The dinner was attended by Macdonough, General Macomb, General Mooers, and other officers of the Army and Navy; also by 53 local citizens, who underwrote the cost of all 85 dinners, plus cigars and a variety of beverages. Seventeen toasts were drunk. Two gallons of brandy, twenty gallons of wine, and a good deal of cider and porter were consumed. Music was provided by General Macomb's band.

TIME TABLE

ARBOR SALOON

A.M.		P.M.	
<i>Eye Opener</i>	6.	<i>Cooler</i>	3.
<i>Refresher</i>	7.	<i>Social Drink</i>	4.
<i>Digester</i>	8.	<i>Invigourator</i>	5.
<i>Inspirator</i>	9.	<i>Solid Straight</i>	6.
<i>Ante-Lunch</i>	10.	<i>Chit Chat</i>	7.
<i>Stimulant</i>	11.	<i>Fancy Smile</i>	8.
<i>Appetizer</i>	12.	<i>Entree Grande</i>	9.
P.M.			
<i>Settler</i>	1.	<i>Sparkler</i>	10.
<i>A-La-Smyth</i>	2.	<i>Rouser</i>	11.
		<i>Night Cap</i>	12.

COOPERSTOWN, NEW YORK

—FROM THE FARMERS' MUSEUM

The word 'tavern' meant something completely different to people living in colonial times than it does today. In those days, the tavern was a place for both local townfolk and travelers alike to apply for lodging, meals, recreation and dancing.

Contrary to popular opinions, the importance of the tavern to its local neighbors was far greater than to travelers. The tavern was a place to dine and to exchange ideas, news, opinions and for incidental sociability.

Manners were expected by all visitors at the colonial taverns, although that did not always happen. There was also no putting on of airs, no exclusiveness. All travelers sat at the same table and many of the rooms had two beds in them. Consequently, complete strangers slept in each other's company.

The landlord of the colonial tavern may not have been the greatest man in the village, but he was definitely the most well-known. Travelers did not fail to note him and his virtues in their accounts of their journey.

Tavern food was noted for being 'filling' and 'most delightful to the taste.' That is what inspired this book. Careful research unearthed treasured 'receipts', chosen and adapted for the modern kitchen from original manuscripts and journals, cookbooks and 'rule' books.

Most cooking was done on open fires in those days. Today, we can enjoy these recipes with more sophisticated cooking equipment and utensils. Here, then, is a collection of recipes for soup, main courses, breakfasts, bread, desserts and beverages...offered in the spirit of living in colonial America.

Fun Facts

What was new in 1814?

- Ice cream
- Soufflé
- Ketchup- 3 varieties
- Coleman's mustard
- Plum pudding
- Lemon meringue pie
- Gingerbread and ginger cookies
- Santa Rita wine in Chile, South America

Name that Steak:

This steak was named after porter houses or stage coach stops, where in the early 1800's, travelers stopped to dine on steak and ale. This steak became popular in the United States around 1814, when a New York City porter house keeper began serving it.