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KENT CIVIL WAR SOCIETY * P.O. Box 3671 KENT, OH 44240
<https://www.kentcivilwar.org/>

WHAT: ANNUAL SOCIETY PICNIC

WHERE: SHELTER HOUSE, FRED FULLER PARK, KENT

WHEN: TUESDAY, JUNE 11, 2019 AT 6:30 P.M.

COST: FREE TO MEMBERS AND A GUEST

You and a guest are invited to share good food, fine fellowship and some interesting Civil War conversation. The Society will provide beverages and a delicious variety of sliced sandwich meats and cheeses. These will usually include roast beef, turkey, ham and salami with Swiss, American and provolone cheeses. Buns and condiments are included.

In return, we ask that you bring your own table service...AND we ask each individual to bring a LARGE SIZE serving to share with fellow members. For this particular menu, if your last name begins with:

A through G, bring a salad or hors d'oeuvres

H through O, bring a dessert

P through Z, bring a main dish

A main dish could include a casserole, potatoes, beans or vegetables. Please mark your container with your name and provide a large spoon or fork for serving (also marked, if possible – Mark is still carrying around several utensils from previous potlucks). We ask you to ARRIVE A FEW MINUTES BEFORE 6:30, so that we can begin serving on time. No reservations are needed.



Unidentified Union soldiers at mealtime

Some Traditional Recipes from the Civil War Era

Beef or Mutton Stew

For the fighting men, meat was a coveted commodity. While they were soldiers, many were also hunters, and one can be sure that along the way they either bought or stole beef or mutton. Combined with whatever vegetables they had on hand, they would cook a stew over an open fire using various pots and pans. Once again, the point of these Civil War recipes was not to be fancy, but to feed the men and keep them going from one battle to the next. This recipe was very flexible and depended on what was on hand.

Boil four quarts of water gently over a low fire with three pounds of beef or mutton. Cut into small pieces, potatoes, carrots, onions, turnips, season with salt and pepper and let simmer for four hours.

Captain Sanderson's Boiled Pork and Bean Soup

During the Civil War, one of the rations that a soldier was often given was a portion of fresh or salted pork. If it was salted, they'd be more inclined to put into a soup like this to make it easier to eat. The main ingredient in this recipe - dried beans - was very easy to store and transport and would have easily been on hand. Throw in a few fresh vegetables and put it on the fire, and soon there would be a solid meal for all who had gathered.

1 pound dried navy beans
1 pound pork shoulder or butt
1 onion, diced
1 leek, diced
1 garlic clove, diced
1 sprig of thyme
1 tablespoon apple cider vinegar
2 tablespoons bacon fat

Soak beans overnight in cold water. Dice the pork into small chunks and boil in water 1 hour or until tender. Save the stock. In a soup pot, combine the bacon fat and vegetables. Once the liquid is clear, add thyme and vinegar. Add the soaked navy beans and the pork stock. Simmer for 30 minutes, and then add the pork. Cook for 20 minutes until the beans are tender. Season with salt and pepper and serve.

Green Tomato Pie

Due to strict rationing, cooks often had to get creative. That's probably what led to this Civil War recipe that has been handed down through the generations. This dish is both sweet and savory. While satisfying a sweet tooth, it also provided necessary nutrition for those trying to get through the lean days of the war.

1 quart sliced green tomatoes
½ cup water
½ cup seedless raisins
¾ teaspoon cinnamon
½ teaspoon ginger
Grated rind of lemon
1 cup sugar
2 tablespoons flour
¼ teaspoon nutmeg
2 tablespoons butter
1 wineglass brandy or whiskey
1 ½ teaspoons lemon juice

Pour water over the tomatoes in a pan and let simmer for five minutes or until tender. Add raisins and cook a few minutes more. Drain and save the juice. Dump tomatoes and raisins into a 9 inch pie pan lined with an unbaked pie crust. Mix the flour, sugar, and spices and sprinkle over the tomatoes and raisins. Cut up the butter and spread out in

chunks over the pie. Add the rind and lemon juice. Add the brandy or whiskey. If there is still room, add some of the juice from the tomatoes and raisins to moisten the pie. Top with a slashed pie crust and bake for 15 minutes at 425 degrees. Reduce heat to 375 degrees for half an hour. During the war, this pie might simply have been baked on or in the campfire.

Confederate Johnny Cake

Johnny cakes worked on the same principle as hardtack: simple, easy to make food that could be easily stored and transported. They were also called "journey cakes" as they could be taken on a long journey. The recipe for Johnny cakes consisted mainly of cornmeal, hot water, milk, salt, and, if you were lucky, a little bit of sugar. These were also easy to cook over a campfire as they were fried in a pan over an open fire with the bacon drippings from an earlier meal. Here's how to try some for yourself:

1 cup cornmeal
¾ teaspoon salt
½ teaspoon sugar
1 cup water
½ cup milk
Bacon drippings

Combine the cornmeal, salt, and sugar in a bowl. Boil the water and then add slowly as you stir the dry ingredients. Add the milk a little at a time to make sure the batter is not too runny. Heat the bacon grease in a cast iron skillet and drop in the batter by the spoonful. Brown on both sides and serve while hot.

Mrs. Cornelius's Molasses Apple Pie

As one can imagine, there were few treats to be found in Civil War recipes. Sugar was scarce, but molasses was a very common staple that existed in many kitchens - and it was easy to store and even transport. Even with the war going on, the seasons still changed, and crops were still harvested, and one consistent crop was apples. A recipe like this would have been easy for anyone short on ingredients but wanting to satisfy a sweet tooth.

5 green apples, peeled and sliced
1 teaspoon nutmeg
1 teaspoon cinnamon
1 cup molasses

Line a pie pan with an uncooked pie crust. Fill with sliced apples, nutmeg, cinnamon, and molasses. Cover with a lattice crust and bake at 350 degrees for 1 hour and 15 minutes. Again, this would most probably have been baked on the campfire.