

ALL AMERICAN RECIPES

A SELECTION OF EDUARDO DA
GRAÇA RECIPES

RHODE ISLAND COLLEGE-SPECIAL COLLECTIONS

ALL AMERICAN RECIPES - A SELECTION OF EDUARDO DA GRAÇA RECIPES

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Translated and Edited by Monica Taboada
Foreword by Marlene Lopes
Rhode Island College
Special Collections

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FOREWORD

BY MARLENE LOPES

Eduardo da Graça, aged 22, sets sail from the Cape Verde Islands on August 20, 1925. He settles in Rhode Island and becomes a chef at the Minden Hotel on Providence's East Side. In a small notebook he records, in Portuguese, recipes for all American favorites such as muffins, apple pie, and lamb fricassee. On June 1, 1945, in a quest for permanent residence status, he makes an affidavit before Attorney Antonio Cardoso. It will be used in lieu of the Portuguese passport denied to him since he had not fulfilled his obligation to serve in the Portuguese army. Five years later, Eduardo da Graça, now known as Edward Grace, becomes an U.S. citizen.

THE TELLING OF THIS STORY IS MADE POSSIBLE THROUGH
THE GENEROSITY OF THE DA GRAÇA AND CARDOSO
FAMILIES:

DA GRAÇA MATERIALS- GIFT OF SYLVIA ANN SOARES

CARDOSO MATERIALS- GIFT OF VIRGINIA, MARIA AND
CAROL CARDOSO



CAPITANIA DOS PORTOS DE CABO VERDE

Cédula marítima n.º 2285

Certifico que a folhas 36 do livro 2 de matrícula geral dos marítimos desta Capitania está inscrito o marítimo abaixo mencionado.

1923-1—Imp. Nac. de Cabo Verde

Nome <u>Estuário da Graça</u>	SINAIS	Altura <u>1,65</u>
Naturalidade <u>Brasil</u>		Côr <u>castanho</u>
Filiação <u>Maria da Graça</u>		Cabelos <u>curtos</u>
Idade <u>22</u> anos. Estado <u>solteiro</u>		Olhos <u>castanhos</u>
Ocupação especial <u>Trabalhador / Artes</u>		Nariz <u>regular</u>
Domicílio <u>Belem / Brasil</u>		Barba <u>—</u>
Data da matrícula <u>20/8/1925</u>		Particulares <u>—</u>
Ocupações antes da matrícula <u>Trabalhador</u>		
Capitania dos Portos em S. Vicente, <u>20</u> de <u>agosto</u> de 192 <u>5</u> .		OBSERVAÇÕES
REPARTIÇÃO MARÍTIMA BRAGA CABO VERDE		<u>1.ª cédula</u>
O Capitão dos Portos, <u>Estuário da Graça</u>		

A F F I D A V I T

United States of America
Commonwealth of Massachusetts
Suffolk, SS.

Before me Antonio Cardozo, Attorney at Law and Notary Public for the Commonwealth of Massachusetts, duly commissioned and qualified, personally appeared Eduardo da Graca, who after being duly placed under oath deposes and says as follows:

1) My name is Eduardo da Graca and my present home and address is 23 East Street, Providence, Rhode Island, United States of America.

2) I am a citizen of the Republic of Portugal and was born on May 19, 1903 at Brava, Cape Verde Islands.

3) I came to the United States on October 1, 1925, and I arrived at Providence, Rhode Island where I have been living since that time.

4) I am unable to obtain from the Portuguese Consulate in Boston, Massachusetts a passport valid for travel to the United States because of military regulations of the Portuguese Government which forbids the consul to give passports valid for travel to any other country but Portugal to any one who has not served in the military service of Portugal. I have obtained a statement from the Portuguese Consul stating that I am not eligible for such passport.

Not being able to obtain a passport valid for travel to the United States I submit this affidavit to be used in lieu of a passport in order to proceed to the United States for permanent residence.

Eduardo da Graca

Subscribed and sworn to before me this first day of June, 1945.

Antonio Cardozo

Antonio Cardozo, Notary Public

Picture of Immigrant



Eduardo da Graca

Description

Height-----5 Ft. 5 In.
Complexion ----- Light Brown
Hair----- Black (graying)
Eyes -----Brown
Marks-----None visible



see reverse side for record of change of name

THE UNITED STATES OF AMERICA

ORIGINAL TO BE GIVEN TO THE PERSON NATURALIZED

No. 7149818

CERTIFICATE OF



NATURALIZATION

Petition No. 52455

Personal description of holder as of date of naturalization: Date of birth May 19, 1903 sex male complexion dark color of eyes brown color of hair gray height 5 feet 5 inches weight 125 pounds visible distinctive marks none marital status not married former nationality Portugal

I certify that the description above given is true, and that the photograph affixed hereto is a likeness of me.

Sign here



Edward Grace

Seal

Edward Grace

(Complete and true signature of holder)

UNITED STATES OF AMERICA DISTRICT OF RHODE ISLAND ss:

Be it known that at a term of the District Court of the United States for the District of Rhode Island held pursuant to law at Providence, Rhode Island on June 22, 1953 EDWARD GRACE the Court having found that

then residing at 235 Willard Ave., Providence, R.I. intends to reside permanently in the United States (when so required by the Naturalization Laws of the United States), had in all other respects complied with the applicable provisions of such naturalization laws, and was entitled to be admitted to citizenship, thereupon ordered that such person be and she was admitted as a citizen of the United States of America.

In testimony whereof the seal of the court is hereunto affixed this 22nd day of June in the year of our Lord nineteen hundred and fifty-three and of our Independence the one hundred and seventy-seventh

Charles Humphrey Clerk of the US District Court

By

Respectfully

It is a violation of the U.S. Code (and punishable as such) to copy, print, photograph, or otherwise illegally use this certificate.

DEPARTMENT OF JUSTICE

SYLVIA ANN SOARES

BY MARLENE LOPES

As an actress Sylvia Ann Soares has toured nationally, performed locally, and appeared on television. She is a member of the Screen Actors Guild - American Federation of Television, and Radio Artists and Actors' Equity Association. Part of the New York Black Theater Movement of the 1960's, she was the first Cape Verdean actor on the New York scene.

In 1981 she returned to Providence, earned degrees from CCRI (1993) and Brown University (1995), and began researching her Cape Verdean roots and creatively sharing her findings. Her oral history project, "By the Sweat of Our Brow," enabled Cape Verdean longshoremen, Local #1329, to tell their own story. In "Manuel Ricardo Martin's 'Kerosene Lamp Church'" she examined the early history of the Sheldon Street Church, the first Cape Verdean Protestant Church in the U.S. Through "Eddie Soares Tribute: RI Ambassador of Jazz," she introduced the music of her uncle, a prominent Rhode Island jazz pianist, in the context of the early Cape Verdean community in Foxpoint.

A longtime friend to Special Collections, Sylvia Ann first contacted me in 1995 to ask whether Rhode Island College would be interested in having material documenting the career of Eddie Soares. Later, along with some wonderful early 20th century family photographs, she donated a collection of items which had belonged to Eduardo da Graca, the cousin of her grandmother Izora da Graca Soares, that included his citizenship papers and study guide, a Portuguese book of grammar, and the handwritten recipes reproduced and translated here.



THE RECIPES

II

DRESSINGS AND SAUCES

RAISIN SAUCE FOR ROAST HAM

SERVING FOR A ROAST HAM

- 1 cup of water
- 1/4 cup brown sugar
- 1/4 tsp. cinnamon (or a few drops)
- 1/4 tsp. nutmeg (or a few drops)
 - Raisins

Put raisins to soak overnight. Mix ingredients and then place them in a pan and set it to boil. Do not let it become too much like syrup. Make into a sauce and serve on roast



MEXICAN SAUCE

Cook some diced onions, green pepper, and canned tomato in some water. Set the sauce to boil. Add salt and pepper to taste. Thicken the sauce with flour.

PLUM PUDDING SAUCE

Mix one cup of sugar, one egg, a piece of butter (the size of a walnut), one tablespoon of flour, and 2 tablespoons of cold water. Blend ingredients together and pour into half pint of water or milk. Flavor to suit taste.

CHICKEN DRESSING

Mince some onions and celery. Add them to a pot to cook with some bread soaked in milk. Start cooking the dressing with a little bit of lard until it is done. Place it in a pan to cool. Then add flour or bell's dressing. Salt and pepper to taste. Mix together thoroughly.

CREOLE SAUCE

Prepare by dicing onions, celery, and tomatoes. Add them to the skillet to cook along with mushrooms and mushroom juice. Keep stirring as it cooks. When done add cooked peas.

TARTAR SAUCE

Use the preserved cucumber or pickles. Finely dice it for the sauce. Add diced onion, mayonnaise, parsley, salt, and a little bit of chili sauce. Mix well, then add a little bit of vinegar.

CRANBERRY SAUCE

Put 4 glasses of cranberries and 2 glasses of water on the stove. Cook until the cranberries start to break down and then grind them up. Add 2 glasses of sugar to the sauce. Boil sauce for about 10 minutes. Place into a pan to cool and then into the refrigerator.

CHOW MEIN SAUCE

Dice celery into squares. Then dice bamboo sprouts and chicken. Cook the celery in a pot to cook with some water and a touch of butter. Stir occasionally as it cooks. Should cook for about 10 minutes.

Then add the chicken and bamboo sprouts. Keep stirring continually for 10 to 15 minutes. Add onions and a bit of soy sauce and let it come to a boil. When the sauce is boiling, add cornstarch, and remove from flame.

Let it cool. Add salt and pepper to taste.

TOMATO BULLION

Use some tomato juice, a splash of chicken stock, 2 onions, and a bit of sugar.

Place on the stovetop to cook. Once cooked, run in through the blender.

FRENCH DRESSING

4 cups oil

2 cups vinegar

½ tsp. salt

½ tsp. pepper

1 cup chili sauce

1 cup ketchup

2 tsp. dry mustard

4 tsp. sugar

A few drops of Worcestershire sauce

1 slice of onion





Tartar sauce

Modified. Photo courtesy of Marianne Casamance
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Cranberry Sauce

Modified. Photo courtesy of FoodCraftLab
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III

BREAKFAST & APPETIZERS

BISCUITS

- 1 big scoop of flour
- 4 tbsp. sugar
- 2 tsp. salt
- 2 tbsp. baking powder
- ½ cup or ¼ lb. of butter
- Some milk mixed with water

Mix ingredients together well. Roll balls of dough in greased pan and place it in the oven.

GRIDDLE CAKES

Flour, scrambled eggs, milk, salt, and sugar

WAFFLES

2 ½ lb. flour
8 ounces butter
5 eggs
A pinch of salt
1 cup of sugar
A bit of vanilla extract
Blend all the ingredients together

JOHNNY CAKES

Put cornmeal in a bowl with a pinch of salt, sugar, and a tsp. of baking powder.
Add boiling water slowly until the batter has a hard consistency.
While you stir, add a little bit of flour and cold milk until it gets softer.
Make sure the batter is mixed well. Fry the batter in the skillet.

HASH

Mix cooked ground beef with plenty of potatoes.
Place meat and potatoes into a sauce pan.
Add a mouthful of mashed potatoes to the pan.
Add salt, pepper, and some gravy.
Mix everything well and let it cook with the lid on top
Add milk to the top and let it run.
With the lid on, place it in the oven to finish cooking.
Cook until it sauce reduces to the bottom.

CHICKEN CROQUETTES

Peel the skin off the chicken and then grind the chicken meat.
Soak some bread with milk and add salt, pepper, nutmeg, and celery salt.
When everything is mixed well roll them into patties to make the croquettes.
If the croquettes start to get tender put a bit of crushed biscuits or bread crumbs to them.
Also add a bit some diced onions.

MUFFINS

6 cups of flour
½ cup sugar
4 tbsp. baking powder
1 tbsp. salt
3 eggs
3 cups milk
3 tbsp. melted butter

Mix flour, sugar, baking powder, and salt inside a bowl.
Beat eggs and milk into a separate bowl, then add them to the other ingredients.
Mix everything well and then put into a well-greased muffin pan to bake in the oven.

BRAN MUFFINS

1 cup flour
2 cups bran
1 tsp. baking soda
1 ¼ cups milk
1 tsp. salt
½ cup molasses
1 egg
½ cups sugar

Mix and sift- flour, baking soda, and salt. Then add bran, milk, molasses, and eggs. Beat mixture well. Bake in buttered individual tins.



Hash

Photo credit: Richard Gaywood

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Chicken Croquettes

Photo credit: Hungry Dudes

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STUFFED GREEN PEPPERS

Use ham and chicken meat and finely dice or grind the meat.
Dice onions, tomatoes, and bread into squares.
Add ground ham and chicken leg meat into a skillet to cook while you stir continuously.
Mix the meat with a bit of cooked rice.
Then add the tomatoes and onions to the skillet.
Add the bread in last and then cook until done.
Start stuffing mixture into the green peppers.
When that is done, add them to a pan, add gravy, butter and bread crumbs on top.
Put the pan in the oven to cook.

EGGS A LA GOLDENROD

First make cream sauce:

[Cream sauce is made by melting 4 tbsp. of butter and mixing it with 4 tbsp. flour. Then you have to slowly add milk into mixture. 2 cups of milk should be added while you stir. Remove from flame once it thickens] (cream sauce recipe courtesy of <http://www.geniuskitchen.com/recipe/eggs-a-la-goldenrod-216201>)

Hardboil some eggs, peel them and cut them in half. Remove the cooked egg yolks and place to the side.
Chop the hardboiled egg whites and mix it inside the cream sauce
Can be served on toast with the chopped egg yolks on top.

WELSH RAREBIT

First place grated cheese to melt in a pan on low heat. Separately place some butter in a pot to melt.
When hot, stir in wheat flour little.
The wheat flour should be added until the mixture starts to look a bit hard. Then add hot milk little by little while continuing to stir.
Add a pinch of salt, some red pepper, and a bit of dry mustard.
Stir continuously and add the melted cheese to it slowly while stirring until it looks tender.
Mix tomato juice with baking soda and add it to the pot.
Beat 5 or 6 eggs and add them to the Rarebit. Keep stirring.
Serve promptly with toast.

STUFFED EGG SALAD

Cut hardboiled eggs in half and remove the egg yolks out to make the stuffing:

The cooked egg yolks are to be mixed with mayonnaise, pepper, and diced olives.
Place egg yolk mixture inside the cooked egg whites.
When you are ready to make the salad, put lettuce into a plate with 4 egg halves.
Place asparagus all around the plate.
Add sliced tomatoes and put a slice of green pepper on top and then mayonnaise.



Eggs a la Golden Rod

Photo credit: Chotda

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Welsh Rarebit

Photo credit: Bret Jordan

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IV

SOUPS & STEWS

BEEF STEW

Cut up raw beef into small cubes about an inch wide and then cook it with some cold water. Cook until the meat looks tender then lower the heat. Place it to slow cook until the next day.

Make the stew this way:

Use the water the meat was cooked in strain it. Place it on the stove to boil.

Once it boils, lower the heat and add finely cubed carrots to cook for 30 minutes.

Add minced onions and cook another 10 to 15 minutes. Add some cubed potatoes and some tomato soup or canned tomato paste.

Trim the fat from the beef and add it once potatoes are cooked.

Add salt and pepper to taste.

Serve with tomatoes.

VERMICELLI BEEF BROTH

Stew some beef bone broth for a long time.

Dice onions, carrots, tomatoes, and celery. Put them all into a broth along with raw vermicelli spaghetti. Cook in the stovetop, add salt and pepper to taste.

OXTAIL SOUP

Use oxtail that was cut the day before and slow cooked overnight in plenty of water.

The next day, place pot into the stovetop to cook some more.

When it is almost cooked, put a bit of tomato juice to give it color.

Add salt and pepper to taste.

CREAM OF CELERY SOUP

Cook butter in a pot with some flour. Mix together and then add milk.

Separately, add diced celery in some water to cook.

When the celery is cooked, strain the water and add it to the butter and flour.

Puree the celery and add it to the soup.

Add salt and pepper to taste.

This is a good soup with plenty of milk.

Another way of making it:

Put some chicken broth in a pot and set it to the stovetop.

When it boils, add cooked pureed celery.

Thicken the soup with flour and water.

Add salt and pepper to taste.



Photo credit: Vegan Feast Catering

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Photo credit: City Fodsters

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CONSOMMÉ



SERVES
VARIES



METHOD
BOIL



HOURS
8



DIFFICULTY
6/10

INGREDIENTS

Chicken or beef broth
Carrots
Tomatoes
Onions
Celery
Egg whites
Molasses
Salt & pepper to taste

Method of Making Consommé

Use beef or chicken broth and place it in a pot to cook.

Dice carrots, tomatoes, onions, and celery leaf.

Add vegetables to the broth.

Beat some egg whites and place in the broth. Stir thoroughly.

When broth boils, add a bit of molasses to make the broth darker.

Then place it to slow cook overnight.

The next day, strain the soup through a fine mesh cloth.

This might have to be done more than once.

Salt and pepper to taste.

The consommé should be clear. Serve with rice or by itself.

ABOUT THIS RECIPE

Consommé is defined as “clear soup made from well-seasoned stock.”

It is a classic French soup that is very savory.

(Retrieved from <https://www.merriam-webster.com/dictionary/consomm%C3%A9>)

V

SEAFOOD

CREAMED COD FISH

Put a package of cod fish into cold water to soften it overnight. The next day it can be cut into smaller pieces. Make sure to remove fish scales and bones from fresh fish.

Mix everything together and add in cream sauce.

Cream is usually made from flour and butter.

FISH CAKES

Mash potatoes, with no salt or milk, and add into a pan.

Mix 2 or 3 packages of cod fish, a bit of butter, pepper, and 4 or 5 egg yolks.

Then make the fishcakes and cover them in flour and bread crumbs.

Fry it in the skillet with plenty of fat.

Served with tomato sauce.

SALMON CROQUETTES

Use salmon from a can and strip out the bone. Then grind up the meat.

Mix with some dry bread soak, a pinch of salt, some onion juice, and a bit of hard cream sauce.

Mix the ingredients well to make the croquettes.

Serve with cream sauce

SCALLOPED OYSTERS

In a greased pan, add some crushed crackers with a bit of hot milk and let it soak.

Wait 30 minutes then beat 6 eggs with cold milk and add them to pan.

Place the oysters to the pan well-spaced and add bread crumbs and butter to the top.

Put it in the oven to cook.

CLAM CHOWDER

Cut some potatoes and cook them in some water.

The water should rise two fingers above the potatoes.

Let it cook slowly.

In a skillet, add some raw ground bacon to cook.

When the meat reduces in the skillet, add some diced onion and stir.

Add a little bit of water as you cook the meat and onions.

When cooked, add it to the potatoes with the juice from the clam.

When the potatoes are almost done, add ground clam into the pot.

Add a can of tomato and a little bit of tomato soup to the pan.

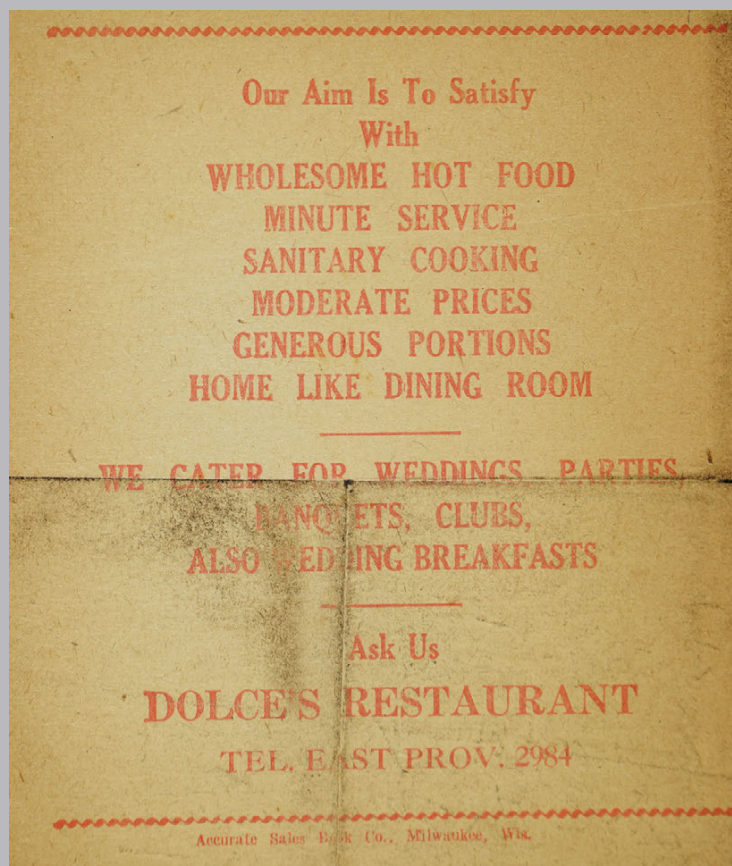
Stir food, add salt and pepper to taste.



WHAT'S ON THE MENU?

Contained within Eduardo da Graça's recipes are pieces of menus which provide a snapshot on cuisine in the 1930s as well as prices for the food.

It provides an insight into old Rhode Island history.



Thursday, Jan. 6, 1938

Appetizers and Soups

Tomato Juice	10c	Fruit Cocktail	10c
Grapefruit Juice	10c	Beef Consommé	10c
Pineapple Juice	10c	Split Per Soup	10c
Grape Juice ..	10c		

HOT SANDWICHES

Roast Beef with Gravy, Fr. Fr. Potatoes and Cole Slaw .	25c
Roast Turkey with Cranberry Jelly, Fr. Fr. Potatoes and New Green Peas	35c

Menu sections with items listed

Virginia Ham and Lettuce
 Peanut Butter and Bacon in Whole
 Grilled American Cheese
 Tunafish Salad and Lettuce on Rye Bread
 Cream Cheese and Jelly in Whole Wheat Bread
 Liverwurst and Relish on Rye Bread
 Ham Salad and Lettuce on White Bread
 (A generous portion of Cole Slaw with the
 above orders)

(Bread changed upon request)

(Choice)

Brown Betty Pudding	Chocolate Layer Cake	
Apple Pie	Hot Fudge Sponge Cake	
Pound Cake	Orange Ice	
Frozen Strawberries and Cream		
Strawberry, Vanilla, Chocolate or Coffee		
Pepsi Cola	Cup of Coffee or Tea	Iced Tea

VI

MAIN COURSE

LAMB FRICASSEE

Boil the broth that will be used to make the white sauce.

Make the white sauce this way:

Place the lamb's broth into a pot and let it come to a boil.

Add some whitewash (flour and water) to the pot to make sauce thicker

Add salt and pepper to taste.

Mix the sauce with the cooked lamb meat.

Keep warm and serve with green peas and potatoes.

CHOP SUEY

1 cup onion

1 cup meat

1 cup celery

2 cups bean sprouts

2 cups broth

A bit of sugar

Cook diced onions and chicken broth in a pot.

Dice up celery and fry it in the skillet. Add some cubed meat into the skillet.

Then add a bouquet to add some color. Add 2 drops of Worcestershire sauce.

Add some bamboo shoots or bean sprouts. Add salt and pepper to taste.

BREADED LAMB BREASTS

Lamb should be slowcooked overnight then set to cool.

Finely grind the meat once it is cold and place it in a large bowl.

Add some eggs, bread soaked with milk, salt, and pepper. Begin to knead the mixture

Put mixture into a pan greased with butter. Press the mixture down firmly.

Put a paper on top then press down on the meat with a heavy board.

This will be used to press down on the lamb. Refrigerate

When ready, it can be cut and fried.

CREAMED CHIPPED BEEF

Add hand shredded chip beef into pot with some water. Set to boil then remove from flame.

Strain the beef then mix with a cream sauce.

HOW TO TIPS- CREAM SAUCE

Recipes calling for cream can easily incorporate this easy recipe. Traditionally a cream sauce is made with melted butter, flour, and mixed in milk. Do not forget to season with salt and pepper.



Photo credit: Goddard's Pies Limited

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BEEF PIE



SERVES
VARIES



METHOD
BAKE



HOURS
4.5



DIFFICULTY
7/10

INGREDIENTS

Beef broth
Beef
Carrots
Pie crust
Pie topping
Potatoes
Flour
Eggs
Milk
Salt & pepper to taste

Beef pies in individual tins

Separate beef from fat and cook thoroughly.

Place the beef juices and a bit of water into a pan and let it come to a boil.

Once it boils, add some potato cut into squares.

Make some white wash with cold water and flour. Add it to the potatoes once they are almost cooked.

Add salt and pepper to taste.

When cooked, remove from heat and set it aside for the pie

To serve do the following:

With the pie crust on every dish, add potatoes, a bit of the stew to every plate, some beef, some pie, and then some cooked carrots.

Then add more potatoes and stew and the pie crust on top.

The crusts should have ventilation holes and be smeared with an egg wash.

Egg wash is made from eggs mixed with some milk.

Put the dishes inside another pan with some water and place in the oven to cook.

HOW TO TIPS- PIE CRUST

Eduardo da Graça's recipe for a Pie Crust:

6 cups of pastry flour

3 cups of lard

1 ½ tsp. salt

1 cup of water

Gently mix ingredients with ice cold water.

VIRGINIA HAM

Place ham to simmer slowly until it appears tender. Then slow cook it overnight. The next day, place ham in a pan and add it to the stove to sear the meat. Remove from the oven and keep warm. Use water to steam the cabbage.

CREOLE BAKED RICE

Dice some onions and cook them in fat. Add a can of tomato, diced celery, and diced green pepper. Make sure to stir ingredients as they cook. Add cooked rice with salt and pepper to taste. Keep stirring until done. When served add gravy to the plate and then 2 cups of the Creole rice.

BEEF CASSEROLE

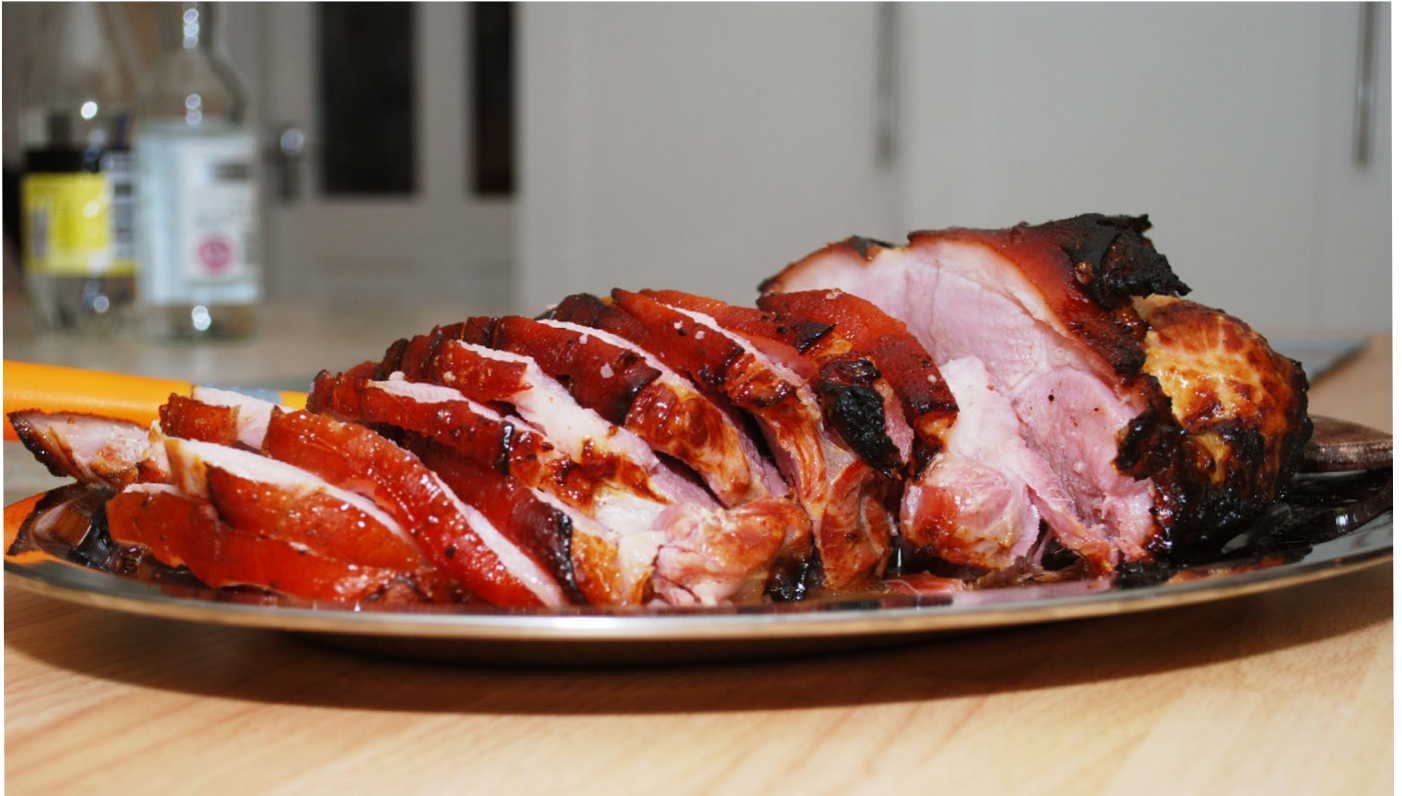
Cut up some raw meat into pieces about 1 ½ inch wide and 1 inch long on the side. Trim the fat from the meat. Chop carrots thickly and slice up some onions. Into a roast pan add onion and carrot layer then place a meat layer then another layer of the vegetables. Do this until you have used up all the ingredients. Add cold water to pan until you cover up the food. Place the lid to refrigerate until the next day. The following day, place the roast pan into the oven to cook. Once it boils, lower the heat and continue to slow cook. Occasionally push down the meat. When it is almost ready, add some white wash in order to make the gravy thick. Add salt and pepper to taste.

ROASTED TURKEY

Clean the turkey. In a pan, add bread soak, some minced onions, minced green pepper, grease, some Bell's dressing, celery salt, and a little bit of sausage. Salt and pepper to taste. Mix well and place this dressing inside the turkey. Stitch up the turkey with a thick thread and place it in a roast pan. Smear some butter on top and add a little bit of water to the pan. Cook until it looks "brown" and then turn it to the other side carefully. Cook until well done.

RAGOUT OF BEEF PRINTANIER

Cut some raw beef into squares and place it in a roast pan. Cover with water again that goes above the beef. Add a can of tomatoes, minced onions, and diced green pepper. Place lid on and set to cook.



Virginia Ham



Roasted Turkey

VII

DESSERTS

PINEAPPLE PUDDING

- 1 gallon of milk
- 3 cups of sugar
 - 6-8 eggs
- Cornstarch (1 box)
- Diced pineapple squares
 - Pineapple juice

DIRECTIONS

Place 1 gallon of milk and 3 cups of sugar into the double boiler, let it come to a boil.

In a bowl, add a box of cornstarch, 6 or 8 egg yolks, and a bit of milk.

Save the egg whites.

Mix the egg batter well and add it to the milk once it is boiling.

Keep stirring constantly until it looks creamy and then add a bit of butter.

Let the pudding cool and keep stirring occasionally.

Once the pudding is cool, add the pineapples and the pineapple juice. Keep mixing the pudding.

Then place the egg whites into a machine with ½ cup sugar and beat until it looks like cream.

Fold mixture into pudding and mix until ready.

Serve in pudding dish with whipped cream on top.

INFORMATION ABOUT RECIPE

"A double boiler is two pots: a large one that looks a lot like a regular saucepan and a smaller, more shallow pan that nestles inside. It's used for cooking delicate ingredients that have a tendency to seize or separate over direct heat."

Taken from: <https://www.thekitchn.com/double-boilers-what-are-they-a-132018>



Coffee Jello

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Orange cake

APPLE PIE

Prepare the crust in the plate with a bit of butter. Sprinkle some flour and powdered sugar on crust before adding the filling.

For the apple filling, add a pinch of cinnamon, a cup of sugar, some butter, and sliced apples. Mix everything well and add into crust. Put the top crust on top and wet it with some water to help soften the crust and crimp the sides. On top of the crust brush on some egg wash so that it browns in the oven. Bake

COFFEE JELLO

Mix 1 quart of hot coffee, 1 cup of sugar, and 2 tbsp. gelatin.

Mix everything well and let it cool. Refrigerate

SQUASH PIE

2 cups of squash

2 cups of milk

½ tsp. ginger

½ tsp. nutmeg

½ cups sugar

Less than ½ tsp. salt

PEACH FRITTERS WITH SAUCE

1 can of diced peaches

2 eggs

Flour

Milk

Sugar

1 tbsp. of baking powder

Mix diced peached, eggs, some flour, milk, sugar, and baking powder.

Then add them to the skillet, spoonful by spoonful.

ORANGE CAKE

4 eggs

2 cups of sugar

1 cup of butter

1 cup orange juice

3 ½ cups flour

1 tbsp. baking powder



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LEMON PIE



SERVES
6-10



METHOD
BAKE



MINUTES
45 PREP



DIFFICULTY
4/10

INGREDIENTS

1 gallon of water
8 lbs. sugar
1/2 lb. butter
1/4 gallon lemon juice
lemon peel zest
2 1/2 packages of cornstarch
3 dozen eggs
Pie crusts

Lemon pies

Put the cold water in a double boiler to heat.

Add and mix the sugar, butter, and a little bit of lemon peel zest. Let it come to a boil.

Separately, blend lemon juice, cornstarch, egg yolks and a little bit of cold water. Add it to the double boiler.

Make sure to keep stirring the mixture until it looks tender and then add a little bit of cornstarch.

Mix well for some time.

When it is done, remove from flame and refrigerate.

Make the lemon pie:

The next day, remove the mixture from refrigerator.

Warm it up a little so it can be mixed again.

Make the pie crust with some flour, a little bit of lard, butter, and milk. Mix this to make the crust.

Put pie crust in a pie plate and put in the oven to brown it.

Then remove from oven and place in the pie filling.

HOW TO TIPS- MERINGUE

The egg whites in this recipe do not have to go to waste. You can use them to make a meringue topping this way: Beat egg whites until foamy. Add some sugar slowly while it is blended. The more sugar added the stiffer the foam will get. Add sugar to suit preference. Spread it on top of cake to make the pie a lemon meringue cake instead.

RICE CUSTARD PUDDING

1 cup of cooked rice (or more)

1 cup sugar

Butter

4 or 5 eggs

6 cups of hot milk

Cook rice and then drain it and place it on the pudding pan. Heat up the milk.

Add sugar, butter, and scrambled eggs into the milk.

Mix everything with the rice in the pudding pan.

Put the pudding pan inside another pan with water and place it in the oven.

CHOCOLATE PUDDING

Put milk in the double boiler to cook. When it boils, mix in the chocolate.

Add a little bit of butter and thicken it with flour and cornstarch.

Stir in milk. Put the pudding in a pan to cool.

Put nuts on top and some chocolate syrup.

TAPIOCA PUDDING

1 ½ gal. milk

4 ½ cups of sugar

1 tsp. salt

16 eggs

The tapioca has to be soaked until the evening. Heat milk in the double boiler.

Once it boils, add sugar, butter, and a pinch of salt.

Add the tapioca and let it cook while you stir occasionally.

Then add scrambled egg yolks and keep stirring.

When it thickens add beaten egg whites and stir well.

GINGERBREAD

1 ½ cup sugar

1 cup shortening or Crisco

3 eggs

¾ cup molasses

3 cup flour

1 ½ tsp. baking soda

1 ½ cup milk

2 tsp. ginger

1 tsp. salt

Mix ginger with flour. Shortening should be added in at the end.

Grease pan with butter and add a bit of flour on top.

Add the mixture into pan.



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CABINET PUDDING

2 qt. milk
Crushed or broken cake
4 eggs
1 qt. of cold milk
2 tbsp. sugar
A pinch of salt
2 drops of vanilla

Prepare about 1 quart of hot milk to make the bread or cake soak.

In a bowl, beat eggs with 1 quart of milk.

Add sugar, a pinch of salt, and 2 drops of vanilla.

Place inside the cake soak and put everything into a greased pudding pan and cook it in the oven. Put it in the oven in high heat, when almost done lower the heat.

Optional add in some raisins or cherries

BAKED CUSTARD PUDDING

1 ½ qt. milk
15 eggs
1 ½ cup sugar
1 tsp. of salt
1 tsp. nutmeg

In a bowl, mix milk, nutmeg, salt, and sugar.

Beat the eggs and add them to the dry ingredients with the milk.

Grease a pan with butter. Add in mixture.

The oven should be preheated before placing the pudding inside.

When it starts cooking, lower oven heat.



VIII

FAMILY PHOTOS



Eduardo da Graça



Eduardo with his son



Izora da Graça-Soares and her
husband



Izora da Graça-Soares

