



# The U.S. History Cookbook: Delicious Recipes and Exciting Events from the Past

*Joan D'Amico, Karen E. Drummond*

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Serve up a heaping lesson of history with delicious recipes from our nation's past-- from the pilgrims' first feast to today's high-tech, low-fat fare

Who knew history could be so delicious? In *The U.S. History Cookbook*, you'll discover how Americans have lived and dined over the centuries. This scrumptious survey of periods and events in U.S. history mixes together a delectable batter of food timelines, kid-friendly recipes, and fun food facts throughout each chapter, including such fascinating tidbits as: Sunday was baked bean day in many colonial family homes; pioneers took advantage of the rough trails to churn milk into butter; the Girl Scouts first started selling cookies in the 1930s to save money for summer camp; and so much more!

Kids will have a great time learning about the past while they cook up easy and yummy recipes, including:

- \* Cornmeal Blueberry Mush, a favorite dish of the Native Americans of the Northeast
- \* King Cake, the traditional cake served at the Mardi Gras Festival in New Orleans, Louisiana
- \* Amazing Country Scrambled Eggs, an essential part of any hearty pioneer breakfast
- \* Cocoanut Pudding, a favorite dessert of travelers riding the transcontinental railroad in the 1870s
- \* Baked Macaroni 'N' Cheese, a popular and inexpensive dish enjoyed during the Depression

The *U.S. History Cookbook* also includes information on cooking tools and skills, with important rules for kitchen safety and clean up.

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