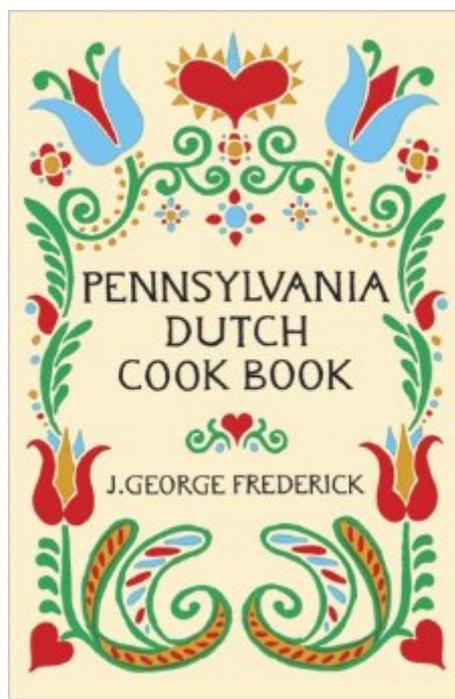


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# Pennsylvania Dutch Cook Book



## Synopsis

Visitors to the Pennsylvania Dutch country in Pennsylvania are usually delighted with the unique food tradition that survives there among the hills and small, well-tended farms. Ultimately based on the rich cookery of the peasants and small townspeople of the Rhineland and Switzerland, "Dutch" cookery has expanded into the new foodstuffs and materials that America has to offer, and it is one of the gastronomic treats of the country. Dishes such as apple soup, baked bananas, Dutch liver dumplings, spaetzle and braten, walnut shad, and oyster peppers are enjoyed by almost everyone. One of the difficulties about Dutch cookery, however, is that it has always been a home cooking style within a closely knit community, and it does not go by cookbooks. Until this book appeared, the best that one could do was to try to cadge an occasional recipe from a Dutch acquaintance or a local inn. Mr. George Frederick, one-time president of the Gourmet Society of New York, was in an unmatched position to record the delights of Dutch cookery. Himself a native Pennsylvania Dutchman, with access to countless kitchens and family cooking secrets, he was also a gourmet of international stature. He has gathered together 358 recipes that show the Dutch tradition at its strongest, all dishes with the unique savor that distinguishes them from their occasional counterparts in other cooking systems. His book is so good that it in turn has been taken over by many Pennsylvania resorts as the official cookbook. To list only a few of the mouthwatering recipes that Mr. Frederick gives in clear, accurate recipes that you can prepare: Dutch spiced cucumbers, raspberry sago soup, pretzel soup, squab with dumplings Nazareth, shrimp wiggle, Dutch beer eel, sherry sauerkraut, cheese custard, currant cakes, and many fine dumplings, pancakes, and soups. All types of food are covered.

## Book Information

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## Customer Reviews

This 'Pennsylvania Dutch Cook Book' by J. George Frederick is the next step on my search to find the best 'Pennsylvania Dutch' cookbook. For many reasons, it is not the best 'Dutch' cookbook for the average modern American amateur cook who happens to want to make some traditional Lancaster County dishes, but it is near the top of the titles I have found for documenting this great Southeastern Pennsylvania cuisine for the author(s) of more popular books. The first thing to note is that this is a standard Dover reprint of a book published in 1935. This means that since the book has a distinctly early 20th century point of view, before James Beard and before Julia Child and before Craig Claiborne, and certainly before the 'back to the farmer's market' movement of Alice Waters and Deborah Madison. This being so, the introductory material is not only a narrative of the Pennsylvania Dutch cuisine, it is a testament to the mid-Depression view of the Pennsylvania Dutch cuisine. The first thing which tickles me about this point of view is that the author has no interest in the more politically correct 'Pennsylvania German' term, since the ethnic origins of the Pennsylvania Dutch is actually the German, French, and Swiss lands bordering on the Rhine. (I can personally attest to this, as my mother's family that settled between Bethlehem and Philadelphia were originally German Swiss Huguenot clockmakers from Western Switzerland.) The second thing that appealed to me personally was the fact that the author includes my hometown of Bethlehem, PA among the five great cities of Pennsylvania Dutch homeland, including Allentown, Lancaster, Reading, and Philadelphia. There is even a recipe for 'Bethlehem Scrapple Cabbage'. Talk about a 'signature' dish! One of the most distinctive aspects of the 1935 point of view is the author's belief that all regional American cuisines are dying out, diluted into the great American soup pot (my term). The great thing about this perception is that it was either wrong, or the emphasis on regional culinary identities of the last 30 years has overcome and reversed this fading of local differences. On the other side of the coin, the author's claim that of the three great regional cuisines he mentions, referring to 'Southern' cooking and 'New England' cuisine, the Pennsylvania Dutch cuisine, based in a few counties in Southeastern Pennsylvania, has by far the smallest geographical base, yet it has some of the greatest culinary diversity. The only real competitor the author sees is the Cajun / Creole cuisine based in New Orleans. At first, I was inclined to take this statement as simply an expression of regional pride, until the author started to remind me of the genius of the Pennsylvania Dutch culture for preserving food and using preserved foods in a wide range of recipes. Is this not

the cornerstone of the great Italian cuisine, with their wealth of preserved meats, cheeses, pastas, wines, and liqueurs? As a minor participant in that great tradition in making and buying our church's 'chow-chow', the classic vegetable relish. This, however, is just the tip of the iceberg, as there are dozens of varieties of pickled and dried vegetables and meats in the Dutch repertoire. On the recipes in this book, they truly reflect a cuisine of frugal self-sufficiency. They make me laugh at all those boosters of Italian 'cuisine of poverty' as they load up their dishes with \$16 pound cheeses and dried ham. The most common 'rich' ingredient in these recipes is butter, but then, all these recipes arose on dairy farms, where the butter was made at home. Like the Northern Italians, corn is one of the most common ingredients in Dutch dishes, but we don't make a heavy use of corn meal. Instead, the 'signature' Pennsylvania Dutch corn ingredient is dried corn, famous in Southeastern Pennsylvania in the green 'Cope's Corn' cans and boxes. Since these recipes are so authentic, and since they genuinely reflect a thrifty culture, many actually appear rather unappetizing on the surface, due to the heavy use of flour, suet, lard, and items from the 'fifth quarter' of animals. The most common examples of this 'use everything' culture are scrapple and souse. The first is a pate of pork scraps and corn meal. The second is a Gelee of pork and vegetable scraps. Both dishes are symptoms of the Rhineland on the border between France and Germany. What is odd is that while the book gives a recipe for making souse and ten (10) recipes for cooking scrapple, it has no recipe for making scrapple. For this, you will need to go to 'Country Scrapple' by the foremost author on 'Dutch' cuisine, William Woys Weaver, the author of the best historical perspective on 'Dutch' cooking, 'Sauerkraut Yankees'. Frederick's book is more useful to the general audience than either of these two books from Weaver, but it is still something of a challenge to the amateur. There are several ingredients such as souse, scrapple, and dried corn that may simply not be available. There are other ingredients that I confess are a mystery to me, such as 'sago'. On the other hand, 'Reading Pretzels', a surprising ingredient in some soups, is plentiful throughout the country now. On searching the book for my favorite 'Dutch' dishes, I find everything but stuffed pig's stomach. And, all the other recipes I found are close to or exactly like my grandmother and mother made; however, even their versions were a bit fancier and richer than the recipes given in this book. The hot endive salad, for example, wilt's the dickens out of the greens, while my mother's take on the same dish is to simply heat the greens with the hot dressing, without the endive ever touching the hot pan in which the dressing was cooked. For the amateur culinary archeologist and the native 'Dutchman', this is a great, inexpensive find, containing a heap of nostalgia for the tummy.

As one of the other reviewers mentioned, this is quite an old book. The original edition was

published in the mid 1930s. The author knows the cuisine well, and being of PA Dutch (German) descent, he avoids the "Lancaster County/Amish/Dutch Country" stereotyping, and presents the cuisine for what it really is, a regional ethnic cuisine that grew out of the South German and Swiss immigration to the Mid-Atlantic states during the 17th and early 18th century. This is sometimes referred to as the Palatine German immigration, as many of the immigrants originated in German speaking lands adjacent to the Rhine river and were named, in archaic English, the "high Dutch". For a cookbook oriented toward regional cookery, Frederick does a nice job presenting the historical background and also provides some nostalgia with his season by season account of the rural life of his grandparents, who lived on the banks of the Tulpehocken Creek outside of Reading PA. This area is part of the "fancy Dutch" area mostly settled by Lutherans, Moravians and German Reformed, or as they were known collectively, the "church people". He waxes a bit overly nostalgic at times, but presents good information and also discusses technical aspects of the cuisine. In addition to being a "Dutchman" himself, Frederick was the president of the Gourmet Society of New York, having had a successful business career that allowed him to indulge in his love of good cooking and feasting. Although the majority of PA Germans, like most Americans of the early days of the USA, were farm people, the regions around the larger towns and cities also had famous inns and restaurants, whose passing Frederick laments. Thankfully, he provides recipes from these famous eateries, such as Kuechler's Roost, Frank Lauer's and Carl Schaich's, to mention a few. Some recipes are quite interesting, and promise hearty and tasty eating. I can't wait to try the baked lobster, seasoned with paprika and served with pretzels and beer. As Frederick mentions, the PA Dutch living in areas where fish and seafood were available were fond of ingredients not normally associated with this cuisine, such as oysters, eels, shad and shrimp. You will find recipes using these in abundance in the book. In addition to these types of recipes, the book covers the whole range of cooking, including hearty and interesting soups, dumplings/noodles, meat dishes galore....sausages, goose, duck, chicken, pork and one of my favorites, Berks County Hasenpfeffer. He also gives many recipes for baked goods, both traditional "Kuchen" and American style pies, but with a PA Dutch twist. You will also find the "stereotypical" one pot dishes, such as Schnitz un Gnepp, and of course there are the expected German elements, such as sauerkraut based cooking. One could spend years going through the recipes. Most of the recipes have English names that give a pretty good idea of the recipe, but some are named with the PA Dutch (German dialect) names, or names in standard German. The latter names are no surprise as the PA Dutch of the 18th and 19th century had access to German language cookbooks, both from Europe and America. This is not a tourist version of the cuisine, but authentic regional-American-German-influenced cooking. If you

are new to authentic PA Dutch cuisine, do pay close attention to the ingredients and suggested complementary dishes, as they make or break the recipe. PA Dutch cooking at its best relies on contrasting flavors and combinations, so you will want to pay attention to those. If you are a lover of German foods, regional cooking of both Europe and America, or interested in historical cuisine, this book should be a welcome addition to your cookbook library.

This is a book that contains many old recipes that offer a lesson in the culture of the PA Dutch community, containing culinary favorites of a specific region of our country. PA Dutch cooking is very delicious, and the recipes in this book are not difficult to replicate in spite of being so wonderful.

What an amazing book! I glimpse into the not-so-distant past when we couldn't just "log-on" and get whatever we desire. This cookbook goes back to the time of self-sustaining farms and communities. You can see this in the number of recipe variations that include the town where it is common. Anyone familiar with PA Dutch cuisine should own this cookbook!

The paper is so thin I can, if it were possible, read both sides of any page at the same time! Complete waste of money. Thank you for refunding my money. This is the first product from that I have ever had a problem with and appreciate 's prompt resolution of the issue.

If you've had Pa Dutch cooking (and love it) this would be a great addition to your kitchen. Go easy on this stuff - it's great food, but the Amish were using lavish amounts of butter long before Paula Deen.

The book was not exactly what I thought it was going to be in terms of recipes. It had many recipes that I myself would not cook regularly, such as several for rabbit and even the desserts were just a little too different for my taste. I was looking for more maybe German type recipes such as bratwurst & Pepper slaw, etc. Not what I was expecting and therefore, I am less than excited about the book.

I am from PA and I purchased this more for the memory aspect than the need to learn to cook PA Dutch food :) This is my heritage & I will be able to share this with my Grand daughter who was born in CA.

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