



# "BREAKFAST AT EIGHT O'CLOCK, DINE AT ONE:"

## *RATIONS AND FIELD COOKING DURING THE REVOLUTIONARY WAR*

by Joseph Seymour



Despite the great focus that historians place on politics, diplomacy, battles, and leaders, most of a soldier's time was spent trying to keep warm, rested, and fed. Indeed, many, if not most, accounts written by private soldiers and non-commissioned officers have far more to say about food, or more often the lack of food, than they do about fighting.

Both armies provided their soldiers a basic ration. The British Army ration at about the time of the Revolutionary War consisted, in theory if not in general practice, of the following:<sup>1</sup>

- 1½ pound flour or bread (five biscuits per pound, or two 4 ½ pound loaves per week)<sup>2</sup>
- 1 pound beef or pork ½ pound (1½ pound beef or 10 ounces of pork if smaller items not issued)
- ½ pound dried peas
- ¼ pint butter or cheese
- 1 ounce rice (2 tablespoons)
- 3 pints spruce beer (North America) or 5 pints small beer or cider (garrison)<sup>3</sup>
- Rum as the commanding general dictates (1 gill - 4 ounces - of rum daily in the West Indies)
- Candles
- Salt
- Vinegar

1 John Williamson. *A Treatise on Military Finance, Containing the Pay, Subsistence, Deductions and Arrears of the Forces on the British and Irish Establishments, And All the Allowances in Camp, Garrison and Quarters, With An Enquiry into the Method of Clothing and Recruiting the Army, And An Extract from the Report of the Commissioners of Public Accounts Relating to the Office of the Pay Master General* (London: T. Egerton, 1796), 153.

2 Ibid. 80-1. The government later reduced the bread ration to one pound of biscuit or bread per day. Paymasters were to take the value of the half pound of bread to buy vegetables for the men.

3 Ibid., 66, 71.

Women were issued a half ration, and children were issued a quarter ration.

Rations can be divided into two types: those eaten in garrison, and those eaten on the march. The rations issued to British soldiers in garrison generally consisted of freshly baked brown bread, known as ammunition bread, fresh meat, and fruits and vegetables. Captain George Smith, in his *Military Dictionary* (1776), defined ammunition bread as a six pound loaf issued out every four days. A late 18th century essayist described the product, as issued to Bavarian soldiers, as a coarse rye loaf with part of the bran removed.<sup>4</sup> In the 1815 edition of *Robinson Crusoe*, Daniel Defoe described ammunition bread as bread baked with the whole, unsifted grain.

When in garrison, soldiers cultivated gardens in order to grow cabbage, lettuce (also known as “salad”), potatoes, carrots, onions, turnips and other fruits and vegetables.

Rations issued in the field consisted of dried bread, known as ship’s biscuit, salted meat, either salt beef (also known as corned beef), or salt pork, and dried peas. Salt beef and pork were prepared by civilian provisioners and stored in casks, preferably in brine. Biscuit was likewise shipped in casks. Rations were issued in linen bags, and carried in haversacks when on the march. Some rations, such as cheese and chocolate, were wrapped in paper.

Commissaries issued beer or cider to the soldiers, or provided an allowance two pence per day for its purchase, known as “beer money.”<sup>5</sup> In North America:

*The troops were supplied with spruce beer. This liquid was deemed an essential preservative of health, especially when feeding on salt provisions, being an excellent anti-scorbutic. The decoction is of the most simple kind, composed of tender shoots of spruce-f r boiled for three hours in water, then strained off into casks with a certain proportion of molasses, and as soon as cold ready for consumption. Molasses were then issued gratis. Of this beverage the soldiers were obliged to draw five pints per diem, for which they were mulcted in pay 9 ½ d. per week currency. According to the accounts of the paymaster of the 43rd, the spruce deductions amounted to £80 currency in seven weeks.*<sup>6</sup>

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4 Benjamin Rumford, *Essays Political, Economical, and Philosophical* (London: T. Cadell, 1796), 237.

5 Williamson, *Treatise*, 66, 71.

6 Richard George Augustus Levinge, *Historical Records of the Forty-Third Regiment, Monmouthshire Light Infantry, A Roll of the Officers and Their Services from the Period of Embodiment to the Close of 1867* (London: W. Clowes and Sons, 1868), 13-14.

While awaiting to attack Quebec 11 September 1759, some of the soldiers of the 43d Regiment of Foot ordered to man the fat-bottom boats used in the assault were issued a special allowance of a gill of rum.<sup>7</sup> When on detached duty, hard liquor, or access to public houses, helped maintain the soldiers' morale.

During the wintertime, fresh bread, milk, eggs, and produce became scarce, and supplies of fresh fruit and vegetables almost non-existent. While stationed in hostile country at Annapolis Royal, Nova Scotia, in November 1757, the 43d Regiment of Foot looked to a steady supply of beef, mutton, pork, and veal. Milk and eggs came at a high price, if at all. "Neither bread nor butter were obtainable. Sea biscuits soaked in water, redivided and rebaked, formed the substitute." In order to prevent the dreaded scurvy,

*Men off duty were detached to the carefully planted French orchards, to lay in apples. Two captains, two ensigns, and the chaplain also volunteered, under an armed party of fifty. An advanced guard felt the way. The armed men were ranged so as to prevent surprise, whilst the others filled hampers, sacks, and baskets. The fine fruit proved no small luxury to the poor fellows so long rationed on salt provisions minus vegetables.*<sup>8</sup>

On its second sojourn in North America, cut off from the Massachusetts countryside by the besieging Army of Observation, the 43d again encountered food shortages and faced malnutrition, especially Vitamin C deficiency. Following the Battle of Bunker Hill in 1775, American agents distributed leaflets comparing their conditions to those of the redcoats. Where the Americans at Prospect Hill boasted of "seven dollars a month, fresh provisions in plenty," and "Health," the men of the 43d on nearby Breeds' Hill could look to "threepence a day, rotten salt-pork, and the scurvy."<sup>9</sup>



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7 Ibid., 28.

8 Ibid., 16.

9 Ibid., 64.

While there may have been some truth to the conditions described by American propagandists, American soldiers rarely enjoyed “fresh provisions in plenty.” The Continental Congress promised its soldiers the following, as of 4 November 1775:<sup>10</sup>

- 1 pound bread or flour daily <sup>11</sup>
- 1 pound beef, 1 pound fish, or  $\frac{3}{4}$  pound pork daily
- 3 pints peas or beans per week, or vegetable equivalent
- 1 pint milk per day
- $\frac{1}{2}$  pint rice or Indian meal per day
- 1 quart spruce beer or cider per day, or nine gallons of molasses per company per week
- 3 pounds candles per company per week
- 24 pounds soft or 8 pounds hard soap per company per week



The ration, as amended 24 December 1775 authorized “corned beef or pork four days in a week, salt fish one day, and fresh beef two days.”<sup>12</sup> In lieu of milk during the winter months, General Headquarters increased the meat ration to 1  $\frac{1}{2}$  pounds beef, and eighteen ounces of pork. The rice and corn meal ration became a weekly rather than a daily ration. A ration of six ounces of butter or nine ounces of lard per week was added.

In light of the shortages that immediately occurred, General Phillip Schuyler issued a general order authorizing substitutions for various foodstuffs. For example, when only bread and pork were available, two pounds of the former and one pound pork constituted a full ration. Schuyler’s order broke the ration into several acceptable combinations. Sixteen ounces of butter, for example, constituted a single ration, as did one gallon, eight ounces of peas. Soldiers often received considerably less than the full ration, and sometimes nothing at all for long stretches.



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<sup>10</sup> Samuel C. Prescott, “Troop Feeding Programs: A Survey of Rationing and Subsistence in the United States Army, 1775-1940,” Unpublished manuscript prepared at the Massachusetts Institute of Technology for the National Defense Research Committee of the Office of Scientific Research and Development, March 1944.

<sup>11</sup> Ibid., I: 5.

<sup>12</sup> Ibid., I: 6.

On 1 November 1776, the Pennsylvania Committee of Safety published Garrison Orders for battalions stationed at the barracks in Philadelphia. Article VII specified that:

*the Barrack Master must furnish to each room occupied by officers or soldiers, and also for the guards, the usual allowance of wood and candles, which must be distributed once a week, except the guards, which must have their allowance daily. Whenever any wood is piled in the barrack yard, a centry must be placed near it, to prevent its being embezzled.*<sup>13</sup>

Despite almost constant food shortages, shortages that have become the stuff of legend, Congress took an interest in providing soldiers certain amenities, in 1779 authorizing the issuance of West India rum, Muscovado sugar, coffee, tea, chocolate, hard soap, and tobacco and fixing the prices thereof.<sup>14</sup>

Military leaders recognized the physical and psychological benefits of stimulants such as coffee, tea, sugar, and tobacco, and took pains to provide them to their men. Coffee and chocolate were widely available for private purchase, as was tea. Popular varieties included hyson, green, and Bohea, a strong black tea. Muscovado sugar (brown sugar) and loaf sugar could be had in most cities and large towns, and were frequently provided by the government, or by conscientious officers. Allspice, pepper, cloves, cinnamon, nutmeg, and mace were common seasonings, but almost never mentioned by soldiers, who instead relied on salt, onions, garlic, local herbs, and occasionally pepper. They were nevertheless available, either by purchase, plunder, or charity.

Tobacco came either as a twist, or as loose leaf often carried in a tin, wrapped in paper, or less commonly, in a leather pouch. Philadelphia wholesalers imported brass or tin tobacco boxes from the Netherlands. Local tinsmiths made small tobacco boxes such this one: RUN away on the 5th of June, an indented servant man, named CHARLES JENNINGS ... took with him a fat tin tobacco box, stamped on the lid C I.<sup>15</sup>

Alcohol, tobacco, sugar, and spice took the edge off of what was indisputably an arduous and often brutal duty, and imparted a modicum of humanity upon the soldier. Alcohol dulled the senses and provided calories to young bodies subject to stress and strenuous work. Tobacco, coffee, chocolate, sugar, and spices acted as stimulants, and in some cases, were believed to have medicinal value. All combined to make soldiering a little less unbearable.

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13 *Pennsylvania Gazette*, 20 November 1776.

14 *Pennsylvania Gazette*, 17 March 1779.

15 *Pennsylvania Gazette*, 11 July 1771.

Soldiers serving in the field cooked their rations in tinned iron camp kettles, six soldiers constituting a mess. Commanders considered camp kettles to be an essential piece of equipment, and only supplied frying pans or iron cook kettles when the lighter, more portable camp kettles were not available.<sup>16</sup> On 21 December 1775, Congress authorized 100 haversacks, a camp kettle for every six men, as well as a cord of hickory, “or other wood in proportion,” and forty iron pots for cooking at the Barracks.<sup>17</sup> There is some evidence that soldiers may have roasted spitted meat, using rammers as spits, but it is more likely that most meals were boiled in kettles, and tended toward soups, stews, and porridges. Samuel Pennypacker, a Pennsylvanian who fought under General Anthony Wayne, once observed that “meat shall be boiled and soup made of it . . . a good old soldier will never attempt to roast or fry his meat.”<sup>18</sup> Physician Donald Monro recommended that officers ought to keep their men sober, provide plenty of good bread, vegetables, fresh meat, and potherbs. When only salt meat was available, Monro recommended that soldiers boil a small portion of it in their camp kettles, along with onions, groats (hulled kernels of grain), carrots turnips, greens, or other root vegetables, and local herbs, to create a hearty soup.<sup>19</sup>

John Joseph Henry’s memoir of Arnold’s 1775 march to Quebec can be found in the *Pennsylvania Archives*, Second Series, Volume XV, pages 61-191. Henry enlisted in as a soldier in the Pennsylvania Rifle Regiment (later the 1st Pennsylvania Regiment) and fought in the 1775 Quebec Campaign, where he was captured and later exchanged. Because Henry spent time as a prisoner of the British, his journal is valuable to interpreting some of the ways that soldiers prepared their rations while in garrison or on the march.

*Lobscouse made a part of our diurnal food. This term, though vulgar, conveys to one, who, when hungry, has tasted the dish, some agreeable ideas. Among soldiers and sailors it is esteemed equal to the “olla podrida” of the Spaniards, and nearly so to the “speck and oyer” of the Germans; it is certainly more nourishing than what the latter call “water soup,” and even “meal soup.” We put our vile biscuit into a tin vessel, with a sufficient quantity of water, and permitted it to stew on the stove, until there was a perfect mucilage, some thin slices of bacon fat (the reserve of the last meal,) were then added; or some of the skimmings of the boilers, but most usually, the rancid butter, (which was thus made palatable:) when these substances were well incorporated with the biscuit; a few spoon-fulls of molasses finished the dish. This was the ordinary breakfast, and a good one, when we could spoon it into our mouths.<sup>20</sup>*

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16 *Pennsylvania Archives*, Second Ser., XV: 866.

17 *Colonial Record*, 10: 448-9.

18 Samuel W. Pennypacker, “Anthony Wayne,” *Pennsylvania Magazine of History and Biography* XXXII (1908), 293-4

19 Donald Monro, *Observations on the Means of Preserving the Health of Soldiers and of Conducting Military Hospitals* (London: J. Murray, 1780), 49-50.

20 Lobscouse, or labskaus, is a traditional Northern European sailor’s dish made from meat trimmings, ground bis-cuit, and various vegetable scraps. Olla Podrida is a Spanish dish made from meat, vegetables, and peas or beans. Speck and oyer may refer to a traditional German bacon stew.

A boiling of pork, produced a great quantity of liquid fat, which the men called slush. The skimmings constituted the importance of the cook, who made a profit from it, by selling it to certain tradesmen of the city. A half pint of this slush, was a good succedaneum for better food, to a mess of six stout men. It, with the molasses, formed an excellent lobsouse. Oleaginous [oily or greasy] matter, next to bread, is however, the great support of the animal functions, and even superior to bread, to sustain life, and gratify the palate.

*Arriving at [the advanced party's] fire a little before my company, an incapacity to stand compelled me to sit. [Major Christian] Febiger ... handed me his wooden canteen, (which contained the last spirits in the army,) from me it passed to [Robert] Cunningham, who had just come up ... [Major Febiger] requested us to take seats around the fire, and wait the boiling of his kettle, which was well replenished with pork and dumplings [dumplings] ... this meal to all of us seemed a renewal of life. It was accustomed food.*



Soldiers occasionally augmented their rations with game:

The cooks, according to routine, whether our chief or others, picked the duck, and when picked and gutted, it was brought to the fire. Here it became a question, how to make the most of our stock of provisions. Finally it was concluded to boil the duck in our camp-kettle, together with each man's bit of pork, distinctly marked by running a small skewer of wood through it, with his particular and private designation. That the broth thus formed, should be the supper, and the duck on the ensuing morning should be the breakfast, and which should be distributed by 'whose shall be this.'

We arose after sunrise, and began according to practice, to examine and prepare our guns. Prepared, mine, was placed against a tree; my duty, in course, was of the culinary kind. George Merchant, my coadjutor, had gone to the river for water. He ran back seized his own gun, and intimated that a bull moose was swimming across the river towards the camp. We jumped to our arms—it so happened that my station was rearward. The enormous animal was coming towards us, and not more than fifty paces off, his head and horns only above water. The sight was animating. Wheeler and some others fired at his head, but without effect. The extreme desire they had to possess so noble a prey, probably caused a tremor of the hand, or that part of his body was impenetrable to our small balls, which is most likely [note: Henry belonged to a rifle company. Rifles of the day fired a much smaller ball than muskets] ... My ball struck precisely where it ought to kill ... We had no time to spare. We feasted until noon, and in the intermediate moments, culled the entrails for the fat: we even broke the bones, and extracted the marrow, under the full persuasion that food of an oily nature, is one of the strongest mainstays of human life.

A fire was kindled, the secondary guide cut off the nose and upper lip of the [moose], instantly, and had it on the fire. What a feast! But we were prudent. We sat up all night, selecting the fat and tit-bits frying, boiling, roasting, and broiling.

At other times, soldiers smoked their venison:

*It was immediately concluded to preserve our provisions by jerking. This operation is done by slicing the meat into thin strips. Then driving four forks into the earth, in a square position, at the required distance perpendicularly, and laying poles from fork to fork, and poles athwart from pole to pole. A rack is thus made, about four feet high, on which the sliced meat is laid, and smoke-fires are made underneath.*

Firing weapons in close proximity could alert the enemy and provoke an attack.

Accordingly, soldiers often fished.

*From cautionary motives our guns, though not uncared for, were considered as useless, in the way of obtaining food. Several of our company angled successfully for trout.*

When they couldn't cook, Henry and his comrades ate their rations raw:

*"It was omitted to be mentioned, that before we left our last encampment, it became a resolution of the whole party, that the pork in the possession of each one, should be eaten raw, and to eat but in the morning and evening. As we could not obtain food, In this miserable portion of the globe, even for money, if we had it, and having nothing else than our arms and our courage to depend on: unacquainted with the true distance of our expedition, for we had neither map nor chart, yet, resolved to accomplish our orders at the hazard of our lives-we prudently began to hoard our provision; half a biscuit and half an inch square of raw pork, became this evening's meal.*

*"October 9th. We arose before day. The canoes were urged suddenly into the water, it still rained hard, and at day light we thought of breakfasting. Gracious God! what was our fare? What could we produce for such a feast? Rummaging my breeches pockets, I found a solitary biscuit and an inch of pork. Half of the biscuit was devoted to the breakfast, and so also by each person, and that was consumed in the canoes as we paddled over the lake."*



Revolutionary War soldiers, of course suffered from severe food shortages. Henry remembered that "our kettle, boiling a bleary, which was no other than flour and water, and that without salt." Worse, soldiers on the expedition had nothing at all to eat, and resorted to cooking their moccasins:

*This evening it was, that some of our companions, whose stomachs had not received food, for the last forty-eight hours, adopted the notion, that leather, though it had been manufactured, might be made palatable food, and would gratify the appetite. Observing their discourse, to me the experiment became a matter of curiosity. They washed their mockasins of moose-skin, in the first place, in the river, scraping away the dirt and sand, with great care. These were brought to the kettle and boiled a considerable time, under the vague, but consolatory hope, that a mucilage would take place.*

When, during the long Canadian winter, scurvy struck, the British guards allowed their prisoners to collect native grasses, shallots, wild onions, and garlic. "This voracious appetite, for vegetables," noted Henry, "seems to be an incident always concurring with that terrible disease ... nature seems to instill into the patient, a desire for such food."

Soldiers occasionally bartered or purchased delicacies from locals. While at Fort Halifax on the Kennebec River in what is now Maine, Henry's company exchanged a barrel of pork for a barrel of "smoke-



dried salmon.” Upon his exchange in 1776, while awaiting sea transport home, his former regimental commander, General William Thompson, who had also been a prisoner of the British, gave Henry a Portuguese half Johannes, worth nearly two pounds Sterling. With this money, Henry and his comrade, Thomas Boyd purchased a large Cheshire cheese, coffee, tea, sugar, and tobacco for their company.

Henry and his comrades cooked in kettles, and ate their meals using knives and spoons.

Henry became quite good at carving spoons:

*One day being at the unloading a cord of wood, a birch stick, the only piece of hard wood in the load, was eagerly laid hold of, and borne to the messroom; from this, a wooden spoon was soon formed for my own use.*

*My spoon ... was an article in great demand, and of prime necessity. They were manufactured in abundance, by the means of two knives—a great and a small ... Spoons were made as large as small ladles, some with a deer at full stretch, a hound pursuing—an Indian sitting—a beaver—and twenty other devices were invented.*

The recipes that follow provide some impression of the ways 18th century soldiers cooked staples such as fish, biscuit, salt beef, salt pork, and peas. In addition to the various stews mentioned, soldiers also ate chowder, that basic mariners’ fare, using almost the same ingredients as a soldiers’ ration, and pea soup or pea porridge. While chowder has a New England origin, it was clearly a dish known to Pennsylvania soldiers, William Rogers, Chaplain of Hand’s Brigade on the 1779 expedition against the Six Nations, recorded that “the camp is called Chowder camp, from the commander-in-chief [Major General John Sullivan, a New Hampshire native] dining this day on chowder made of trout.”<sup>21</sup>

Meals, especially those made from salt meat or dried biscuit, often took considerable time to prepare. Henry noted that he and his comrades ate the broth from a stewed duck for dinner, and the duck itself for breakfast, and emphasized the necessity of cooking meat (or leather), until it yielded fat that the mess could eat later. He observed that a Canadian family simmered a kettle of beef or pork, cabbage, potatoes, and turnips overnight before eating it.<sup>22</sup> Samuel Pennypacker noted that good soldiers “breakfast at eight, dine at one.”



<sup>21</sup> *Pennsylvania Archives*, Second Ser., 15: 258.

<sup>22</sup> *Pennsylvania Archives*, Second Ser., 15: 120-121.

Most of the following recipes date from the mid-19th century, but consist of ingredients that were familiar to 18th century soldiers. By the mid-19th century, literacy rates among working people and soldiers had increased to the point that written recipes became practical. Correspondents recorded field cooking, the recipes taken from the Crimea have value insofar as they prescribe recipes for a standard six-man mess.

## SHIP'S BISCUIT

To make a single biscuit ration, pre-heat your oven to 375 degrees. Take two cups of whole wheat flour and one cup, plus two tablespoons, of water and mix into a stiff dough. Let stand for at least ten minutes. Knead well, turning the dough inside out, until it is smooth and even. Form into three to five balls. Roll each out into half inch discs—if the discs crack at the edges, roll back together and knead again until you have a disc that is about 3 ¾ inches in diameter. Once the biscuits are of the right size and consistency, punch them with a small dowel in a grid pattern, with each hole about a ¾ inch apart. Place on a cookie sheet and cook for one hour, opening oven periodically to let the moisture out. Let stand for several days to get all the moisture out. Store in a dry place.

The following is a copy of the first published chowder recipe, which appeared in the *Boston Evening Post* on 23 September 1751.

*First lay some Onions to keep the Pork from burning,  
Because in chowder there can be no turning;  
Then lay some Pork in slices very thin,  
This you in Chowder always must begin.  
Next lay some Fish over crossways very nice  
Then season well with Pepper, Salt and Spice;  
Parsley, Sweet-Marjoram, Savory and Thyme,  
Then Biscuit next which must be soak'd some Time.  
Thus your Foundation laid, you will be able  
To raise a chowder, high as Tower of Babel;  
For by repeating o'er the Same again,  
You may make Chowder for a thousand Men.  
Last Bottle of Claret, with Water eno' to smother 'em,  
You'll have a Mess which some call Omnium gather 'em.*



## CHOWDER

Slice some fat salt pork very thin; strew it over with onions chopped small and some fine pepper; then cut a haddock, fresh cod, or any other firm fish, in thin steaks; take out the bones; lay some of the sliced pork at the bottom of a deep dish, with some of the seasoning; then put a layer of fish, then some biscuits soaked in milk, then another layer of the seasoned pork, after which fish and biscuit, and a few bits of butter, and so on alternately till the dish is nearly filled to the top; then put in some water, and finish with a layer of soaked biscuit. Bake for an hour and a half or two hours, according to the depth of the dish; turn it out on a flat dish, and serve up with pickles. The best plan is, to prepare this in an iron pot with a close-fitting cover, to set it on the hearth where there is a wood fire, and to heap plenty of hot ashes on the cover.<sup>23</sup>

## OYSTER CHOWDER

Butter a rather deepish dish; cover the bottom with broken biscuits well soaked in milk; strew over bits of butter the size of a nutmeg; then put in a double layer of oysters; sprinkle over with pepper and a little salt, and some finely-chopped parsley; then another layer of soaked biscuit, bits of butter, oysters, and seasoning; add the oyster liquor strained, and milk or water, and cover with another layer of soaked biscuit and bits of butter. Bake about forty minutes in a hot oven, and, when done, turn it out on a dish. Perhaps crumbs of bread may answer nearly as well as biscuit.<sup>24</sup>

## NEW ENGLAND CHOWDER

Have a good haddock, cod, or any other solid fish; cut it in pieces three inches square, put a pound of fat salt pork in strips into the pot, set it on hot coals and fry out the oil; take out the pork and put in a layer of fish, over that a layer of onions in slices, then a layer of fish with slips of fat salt pork, then another layer of onions; and soon alternately until your fish is consumed; mix some flour with as much water as will fill the pot, season with black pepper and salt to your taste, and boil it for half an hour. Have ready some crackers (Philadelphia pilot bread if you can get it) soaked in water till they are a little softened, throw them into your chowder five minutes before you take it up. Serve in a tureen.<sup>25</sup>

## TO BOIL BACON

Wash it clean and put it on in cold water; if too salt, change the water; keep plenty of water in the pot until it is tender. Pork, ham, and bacon should be skinned as soon as taken from the pot, and ornamented with ground pepper put on in spots at regular intervals. The bones should be removed from pork and bacon, after it is boiled, but not from ham; horseradish, or catsups and mustard, should be on the table for relishes.<sup>26</sup>

## STEWED SALT BEEF AND PORK

A favorite dish in the camp. Put into a canteen saucepan about 2 pounds of well-soaked beef cut into 8 pieces, a ¼ pound of salt pork divided into two, and also soaked, ½ pound of rice or six tablespoonsful, ¼ pound of onions or four middle-sized ones peeled and sliced, 2 ounces of brown sugar or two table spoonsful, a ½ ounce of pepper, and 5 pints of water. Simmer gently for three hours, remove the fat from the top, and serve. The first time I made the above was in Sir John Campbell's camp.<sup>27</sup>

## PLAIN BOILED SALT BEEF

For six rations put in a canteen saucepan 6 pounds of well soaked beef, cut in two, with 3 quarts of cold water, simmer gently three hours and serve. About a pound of either carrots, turnips, parsnips, greens, or cabbages, or 3 ounces of preserved vegetables or dumplings, may be boiled with it, if handy; when the beef is properly soaked, the vegetable will be found very palatable. For salt pork proceed the same, only boil from one hour-and-a-half to two hours. Split peas may be added in the broth tied in a piece of cloth to form a plain pudding.

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24 Ibid., April 1860.

25 Ibid., September 1867.

26 Ibid., September 1867.

27 "Soyer's Bivouac." One tablespoon equals one ounce.

## FRENCH BEEF SOUP, OR POT AU PEU

(Camp fashion.) Put in the kettle 6 pounds of fresh beef, cut in two or three pieces (bones included). 1 pound of mixed green vegetables, or a quarter of a pound of preserved, in cakes; 3 teaspoonsful of salt, 1 teaspoonful of pepper, 1 teaspoonful of sugar, 3 cloves, if handy; 8 pints of water; let it boil gently three hours; remove some of the fat, and serve. The addition of 1 ½ pound of bread, cut into slices, or 1 pound of broken biscuits, well soaked, will make a very nutritious soup ; skimming is not required.

## PLUM PUDDING

Put into a basin 1 pound of flour or crushed biscuit well-soaked, ¾ pound of raisins (which may be stoned if time is allowed), half a nutmeg, some ginger, ¾ pound of slush, or the fat of salt pork well washed, cut into small dies or chopped, 2 tablespoonsful of sugar. Add half a pint of water. Mix all together, tie it into a cloth, firmly tied; Take care that your cloth be very clean, dip it in hot water, and flour it well. Boil for one to four hours. Dip the bag in cold water, open, and serve.

## MUTTON SOUP

Put the rations of six into a pan: 6 lbs. of mutton cut into four or six pieces, ¾ pound of mixed vegetables or 3 ounces of preserved, which are now daily given to the troops; 3 1/2 teaspoonsful of salt, 1 ditto of sugar and ½ ditto of pepper, if handy; 6 ounces of barley or rice, or 6 tablespoonsful of either; 8 pints of water. Let it simmer gently for 2 ½ hours; remove the fat, and serve.

Pea soup, or pease-porridge, was a common soldier's dish. During the 1759 Siege of Quebec:

Four officers of the 43rd were sitting in a tent discussing pease-porridge, when a shell fell amongst them. They had scarcely time to throw themselves on the ground ere it burst, but with no other damage than the loss of the porridge, which was upset in the *melee*.<sup>28</sup>

## PEA SOUP (1782)

To a quart of split pease, put a gallon of water, with a bunch of sweet herbs, two or three onions, some of whole pepper, a pound of mutton, and a pound of lean beef; boil all together, till the meat is quite tender, and the soup strong; then strain it through a sieve, and pour it into a clean saucepan; put it to three or four heads of celery washed clean and cut small, some spinach and dried mint, and let it boil a little while longer; then pour it in your soup dish, and serve it up with bread cut in dice and fried brown<sup>29</sup>

## PEA SOUP

Put in a pan 2 pounds of pork well soaked, and cut into 8 pieces, and six pints of water, ¾ pound split peas, 1 teaspoonful of sugar, 1 ditto of pepper, 4 ounces of fresh vegetables or 2 ounces of preserved, if handy; let it boil gently for two hours or till the peas are tender. When the pork is rather fat, as is generally the case, wash it only; ½ pound of biscuit broken small maybe used for the soup. Salt Beef, when rather fat and soaked, may be used for pea soup.

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<sup>28</sup> Levinge, *Historical Records*, 42.

<sup>29</sup> Elizabeth Price, *The New Book of Cookery; or Every Woman a Perfect Cook* (London: Alexander Hogg, 1782), 67.

## PEA SOUP

Cut 3 pounds of pork soaked, or only well washed if rather fat; put it in a canteen saucepan, with about  $\frac{1}{2}$  pint of water, two teaspoonsful of sugar,  $\frac{1}{2}$  one of pepper, if handy. Set your pan on the fire, stir it round now and then, with either\* spoon or a bit of wood, for about 20 minutes, then add a tablespoonful of four, 3 quarts of water,  $\frac{1}{2}$  pound of peas. Let it simmer for from 2 to 3 hours, till the peas are tender; take off the fat from the top, and serve; four middle sized onions sliced, or about same quantity of fresh or dry vegetables, if handy; also a little mint is a valuable improvement.

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