



FRAMINGHAM
STATE COLLEGE

WHITTEMORE
LIBRARY

Dear Ken & Ruth:

A happy Easter
to you

Peter.

**PETER
HUNT'S
CAPE COD
COOKBOOK**

\$5.00
PHCCC

by

Peter Hunt

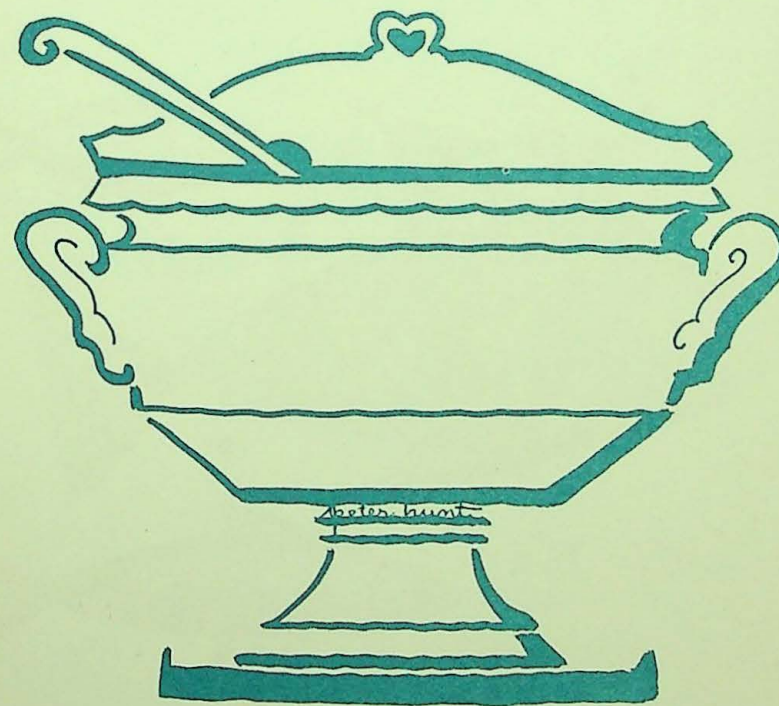
Illustrated by the author

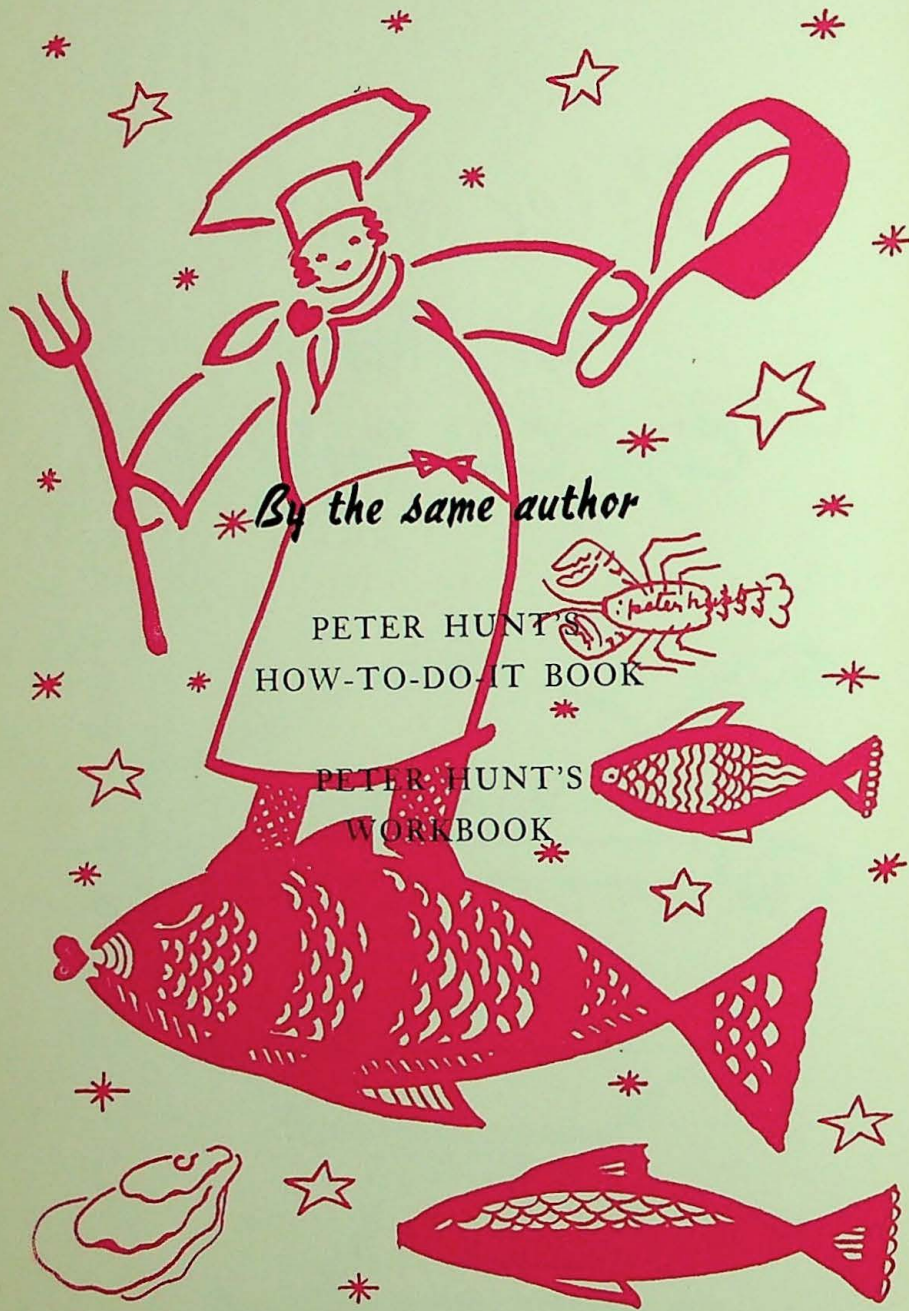
From Boston baked beans to *grão de bico*, from clam chowder to bouillabaisse, from beach plum jelly to red pepper jam—Peter Hunt's collection of Cape Cod recipes presents a wide variety of delectable dishes in his own inimitable style.

Cape Cod cooking, as enjoyed by the millions who visit Cape Cod annually, reflects the varied life of the Cape itself. There you will find good, old-fashioned New England cooking . . . sea food prepared with the special touch of those for whom the fruits of the sea are close at hand . . . Portuguese dishes made from recipes handed down by the fishermen who brought them from the Old World . . . exotic delicacies from all over the world carried home by the early whaling captains . . . and all-American contributions made by summer visitors from all the forty-eight states.

You will find recipes for all these Cape specialties — and many more — within the pages of this book, linked

Peter Hunt's
Cape Cod Cookbook





By the same author

PETER HUNT'S
HOW-TO-DO-IT BOOK

PETER HUNT'S
WORKBOOK

Hunt, Peter. of Provincetown, Mass.

Peter Hunt's Cape Cod Cookbook

ILLUSTRATED BY THE AUTHOR

NEW YORK

Hawthorn Books, Inc., Publishers

STATE COLLEGE
LIBRARY

FRAMINGHAM, MASS.

Wakefield
TX
715
H887

Copyright 1954 by Hawthorn Books, Inc., 70 Fifth Avenue, New York City 11. All rights reserved, including the right to reproduce this book, its illustrations, or portions thereof, in any form, except for the inclusion of brief quotations in a review. Manufactured in the United States of America. Library of Congress Catalogue Card No. 54-6458.

FIRST EDITION

Contents

<i>Introduction</i>	11
The Portuguese Are Wonderful Cooks	15
These Recipes Are Tradition on Cape Cod	35
"Off-Capers" Food	81
<i>Index to Recipes</i>	175
<i>Index to Names and Places</i>	180
<i>Our Own Recipes</i>	182

62-16081
5170

Index

RECIPES

- Apple pie, 80
- Bacãlbau á portuguesa*, 27
- Baked fish, 50-51
- Baked oysters, 46
- Baked oysters in shells, 44
- Basic pie crust pastry, 76
- Beans:
 - Boston baked, 53-55
 - kidney, 34
- Beef:
 - New England Boiled Dinner, 56
 - kidney and mushroom in sour cream, 142-143
 - Stroganoff, 90-91
- Berries:
 - blueberry:
 - cornflake pudding, 69
 - delight, 68
 - hot spice sauce, 68
 - jam, 68
 - muffins, 67
 - preserved, 67
 - wine, 69
 - cranberry:
 - muffins, 62
 - sauce, 60
 - sherry jelly, 61
 - relish, 116
 - strawberry:
 - jam, 71
 - rum parfait, 144
- Birthday cake, 106
 - icing, 106
- Bisque tortoni* pie, 146
- Boiled lobsters, 46
- Boston baked beans, 54
- Boston brown bread, 55
- Bouillabaisse Everbreeze, 136
- Bread:
 - Boston brown, 55
 - corn, 65
 - French, 84, 85-86
 - garlic, 85-86
 - party, 114
 - Portuguese, 30-31
 - sopaipillas*, 114
- Bread and butter pickles, 124
- Broiled lobster, 47
- Cabbage soup, 20
- Cake:
 - birthday, 106
 - chocolate, 107
 - doughnuts, 75
 - fruitcake:
 - with brazil nuts, 164
 - dark, 163
 - de luxe, 166
 - steamed fruit pudding, 168
 - with walnuts, 165
 - gingerbread, 73-74
 - muffins:
 - blueberry, 67
 - cranberry, 62
 - pumpkin, 79
- Candy:
 - candied grapefruit peel, 157
 - candied lemon peel, 157
 - candied orange peel, 158
 - date balls, 147
 - maple brittle, 158
 - molasses taffy, 158
 - nougat, French, 159
 - nuts, glazed, 157
- Catherine Hazeltine's recipes:
 - ginger ice, 160
 - pineapple macedoine, 159
- Cheese soup, 88
- Chestnut stuffing, 58
- Chicken and wine, 128-130
- Chicken gravy, 59
- Chicken Noel, 90
- Chocolate cake, 107
 - icing, 108
- Chop house lamb, 110
- Choriço*, 119
- Chowder, Portuguese fish, 20-22
- Christmas tree gingerbread, 73-74
- Cioppino* fish and shellfish, 92
- Cioppino* sauce, 91-92
- Clam:
 - boil, 23-24
 - chowder, 39
 - fritters, 39
 - omelet, 41
 - pie, 42
- Codfish in sour cream, 102

Colonial Inn recipes:
 beef kidney, mushrooms, in sour cream, 142-143
 fig pudding, 143
 fillet of sole, lobster sauce, 141-142
 grapes in sour cream, 144
 potato pancakes, 143
 sardine puffs, 141
 strawberry rum parfait, 144
 Yorkshire pudding, 142

Corn bread, 65

Couves, 18

Cranberry:
 muffins, 62
 sauce, 60
 sherry jelly, 61

Cream of Quahaug soup, 41

Curry, Indian, 93-94

Date balls, 147

Desserts:
 blueberry delight, 68
 date balls, 147
 grapes in sour cream, 144
 pineapple macedoine, 144
 strawberry rum parfait, 144

Dill pickles, 122

Doughnuts, 75

Drinks:
 eggnog, 173
 fish house punch, 172
 mulled wine, 172

Eggnog, 173

Eggplant, escaloped, 147

Eggs:
 clam omelet, 41
 eggnog, 174
 midnight boogey, 112
 prairie oyster, 111
 rice omelet, 153

Escaloped eggplant, 147

Escaloped oysters, 44
 with scallops, 45

Escaloped scallops, 45

Fig pudding, 143

Fillet of sole, 53, 141-142

Fish:
 baked, 50-51
 bass, 50-51
 bluefish, 50-51
 bouillabaisse, 136
Cioppino fish and shellfish, 92

cod:
 baked, 50-51
 fried, salted scrapple, 26
 salted à la Portuguese, 27
 in sour cream, 102
 fried with *molho cru*, 22

haddock:
 baked, 50-51
 steamed, with sweet sour sauce, 25

hake, 27-28
 marinated, 23

Portuguese chowder, 20-22

salmon timbales, 153

sardine puffs, 141

sole, 53, 141-142

squid stew, 24-25

Frances Euler's recipes:
 marinated mushrooms, 115
 raw cranberry relish, 116
 red pepper jam, 114

Frankfurter stew, 29

Frank Lee's recipes:
 chop house lamb, 110
 fried mushrooms, 109
 midnight boogey, 112
pissaladiera, 113
 prairie oyster, 111
 radishes, onions and sour cream, 112
 stuffed mussels, 110

French bread, 84, 85-86

French fried onion rings, 93

French nougat, 159

Fricassee, rabbit, 28

Fried clams, 38

Fried fish with *molho cru*, 22

Fried salted codfish scrapple, 26

Fruit:
 apple, pie, 80
 avocado, 49
 fig, pudding, 143
 grapes:
 with sour cream, 144
 jelly, 64
 pineapple, macedoine, 159

Fruitcake, 162

with Brazil nuts, 164

Christmas pudding, 167

confection, 169

dark, 163

de luxe, 166

fruit pie, 170

fruit rolls, 170

steamed fruit pudding, 168

with walnuts, 165

"Galvanizing," 23

Garlic bread, 85-86

Gingerbread:
 Christmas tree, 73-74
 hot frosted, 74

Ginger ice, 160

Goulash:
 Hungarian, 137
 Mexican, 139

Grão de Bico, 29

Grape jelly, 64

Gravy chicken, 59

Green tomato pickles, 123

Gull House recipes:
 beef Stroganoff, 90-91
 cheese soup, 88
 chicken Noël, 90
cioppino fish and shellfish, 92
cioppino sauce, 91-92
 lobster bisque, 89

Hake, stewed, 27-28

Hangover cure, 110-111

Helen Morton's recipes:
 candied grapefruit peel, 157
 candied lemon peel, 157
 candied orange peel, 158
 French nougat, 159
 glazed nuts, 157
 maple nut brittle, 158
 molasses taffy, 158

Hors d'oeuvre:
pissaladiera, 113
 sardine puffs, 141

Hungarian goulash, 137

Icing, 106, 108

Indian curry, 93-94

Indian pudding, 65

Italian spaghetti, 85

Jams and Jellies:
 beach plum jelly, 71-72
 blueberry, 67, 68
 cranberry sherry jelly, 61
 currant jelly, 63
 strawberry jam, 70-71
 wild grape jelly, 64, 153

Kale soup, 18

Kay Clarke's recipes:
bisque tortoni pie, 146
 date balls, 147
 escaloped eggplant, 147
 onion ormoloo, 146

Lamb:
 chop house, 110
 marinated, 150

Leftovers, 149

Lentil soup, 95-97

Lobster:
 bisque, 89
 Cantonese, 48
 newburg, 50
 salad, 48-49

Marinating, 23 (*see also* pickling)
 fish, 23
 lamb, 150
 meats, 23
 mushrooms, 115
vinha d'alhoes, 23

Marjorie Mills' recipes:
 meat balls, 155
 rice omelet, 153
 salmon timbales, 153
 watercress soup, 151

Mayonnaise, 49

Meat:
 beef, 56, 72, 90-91
 frankfurter stew, 29
 lamb, 72, 110, 150
 marinating, 23
 meat balls, 155
 mutton, 110
 rabbit, 28
 venison, 63

Mexican goulash, 139

Midnight boogey, 112

Mincemeat, 77
 pie, 77

Mixed pickles, 123

Molasses taffy, 158

Molho cosido, 26

Molho cru, 22

Mother's mush, 148-149

Mushrooms:
 beef kidney and, in sour cream, 142-143
 cooked in sour cream, 119
 marinated, 115
 pickled, 115-116
 stuffed, 117

Mussels, 40
 stuffed, 110

Mustard pickles, 122

Mutton, 110

New England boiled dinner, 56

New England stuffing, 52

Nuts:

- almonds, 87, 159
- Brazil, in fruitcake, 164
- chestnut, stuffing, 58
- glazed, 157
- maple, brittle, 158
- peanuts, 93
- pecans, 159
- walnuts, in fruit cake, 165

Onion ormoloo, 146

Onion soup, 101

Our Own Recipes, 182

Oysters:

- baked, 44, 46
- escaloped, 44, 45
- pickled, 43
- stew, 42
- stuffing, 52

Pancakes, 130, 143

Pea soup, 98

Pickling: (see also marinating)

- beets, 126
- bread and butter pickles, 124
- cucumber, 121
- dill, 122
- green tomato, 123
- mixed pickles, 123
- mushrooms, 115-116
- mustard pickles, 122
- oysters, 43
- watermelon, 125

Pies and pastries:

- apple, 80
- bisque tortoni*, 146
- fruit, 170
- mince, 77
- pie crust, 76
- pumpkin, 78, 104
- squash, 79
- squash chiffon, 80
- suspiros*, 32
- trutas*, 33

Pineapple macedoine, 159

Pissaladiera, 113

Portuguese recipes:

- bacalbau*, 27
- cabbage soup, 20
- chick peas, 29
- clam boil, 23
- codfish scrapple, 26
- couvres*, 18
- Easter bread, 30-31
- fish chowder, 20-22
- frankfurter stew, 29

fried fish, 22

grão de bico, 29

kale soup, 19

molho cosido, 26

molho cru, 22

pot roast, 34

rabbit fricassee, 28

red kidney bean soup, 34

salt cod, 27

squid stew, 24-25

steamed haddock, 24

stewed hake, 27

suspiros, 32

sweet sour sauce, 25

trutas, 33

vinha d'alboes, 23

Potato pancakes, 130, 143

Pot roast, 34

Poultry:

chicken, 58, 59, 72, 90, 128-30

gravy, 59

and wine, 128-130

turkey, 57, 58, 61

Prairie oyster, 111

Preserves:

blueberry, 67, 68

strawberry, 71

Puddings:

blueberry cornflake, 69

fig, 143

Indian, 65

Yorkshire, 142

Pumpkin cake, 79

Pumpkin pie, 78

with sherry, 104

Punch, 172

Quiche, 126-128

Rabbit fricassee, 28

Radishes, onions and sour cream, 112

Red kidney bean soup, 34

Red pepper jam, 114

Relishes:

raw cranberry, 116

red pepper jam, 114

Rice:

omelet, 153

perfectly cooked, 94

Spanish, 132

Rum sauce, 76

Salads:

chicken, 49

lobster, 48-49

watercress and beet, 103

Salmon timbales, 153

Sardine puffs, 141

Sauces, 143

blueberry, 68

cioppino, 91-92

cranberry, 60

hot rum, 76

hot spiced blueberry, 68

lobster, 142

maraschino, 168

molho cosido, 26

molho cru, 22

sweet sour, 25

tartare, 52

Scallops:

escaloped, 45

stew, 43

Shellfish:

cioppino fish and shellfish, 92

clam:

boil, 23-24

broth, 38

chowder, 39

cream of quahaug soup, 41

fried, 38

fritters, 39

omelet, 41

pie, 42

steamed, 38

lobster, 89

bisque, 89

boiled, 46

broiled, 47

Cantonese, 48

newburg, 50

salad, 48-49

mussels, 40

stuffed, 110

oysters:

baked, 44, 46

escaloped, 44, 45

pickled, 43

stew, 42

stuffing, 52

scallops:

escaloped, 45

stew, 43

Spanish rice, 132

Shish Kebab, 149

Sopapillas, 114

Soup:

cabbage, 20

cheese, 88

clam chowder, 39

couvres, 18, 19

kale, 19

kidney bean, 34

lentil, 95-97

lobster bisque, 89

onion, 101

pea, 98

quahaug, cream of, 41

spinach, 133

watercress, 151

Sour cream:

beef kidney, mushrooms in, 142-143

codfish in, 102

with grapes, 144

mushrooms in, 119

Southward Inn recipes:

codfish in sour cream, 102

onion soup, 101

pumpkin pie with sherry, 104

Spaghetti, Italian, 85

Spanish rice, 132

Spinach soup, 133

Squash chiffon pie, 80

Squash pie, 79

Squid stew, 24-25

Stew:

frankfurter, 29

hake, 27-28

oyster, 42

scallops, 43

squid, 24-25

Stuffed mushrooms, 117

Stuffing:

chestnut, 58

New England, 52

oyster, 52

toast, 58

Suspiros, 32

Sweets, 156-170

ginger ice, 160

pineapple macedoine, 159

Sweet sour sauce, 25

Tartare sauce, 52

Toast stuffing, 58

Trutas, 33

Turkey, 57

Vegetables:

beans, 54-55

beets, 103, 126

Brussels sprouts, 87

cabbage, 20

chick peas, 29

cucumber, 121-124

eggplant, 147

garlic, 85-86

kidney beans, 34
lentils, 95-97
mushrooms, 109
onions, 93, 101, 112, 146
peas, 29, 98
peppers, 114
potatoes, 130, 143
pumpkin, 78, 79
radishes, 112
rice, 132, 153
spinach, 133
squash, 62, 79, 80
sweet potato, 33
tomato, 123
watercress, 103, 151

Vinba d'alboes, 23

Watercress:
and beet salad, 103
soup, 151

Watermelon, pickled, 125

Wine:
blueberry, 69
mulled, 172

Yorkshire pudding, 142

NAMES AND PLACES

Azores, 12, 22

Bangs, Bert, 83
Bicknell, Mary, 97-98
Bicknell, W. H. W., 97
Biddle, Helene, 42
Blacksmith Shop, The, 150
Lawrence Wright, 150
Murial Wright, 150
Blakeman, Marion, 95
Blakeman, Tom, 95
Boston, 61, 151
Brito, Antone, 84
Buehler, Lytton, 115
Cacaces family, the, 133
Cannebierre, 134
Cary, Eliot, 62
Chateau d'lf, 134
Chatham, 84
Chicago, 38
Clarke, Bradford, 145
antique shop, 147
"country store," 147
Clarke, Kay, 145
recipes, 146-147
Clements, Colin Campbell, 37

Coast Guard, 87
Coconut Grove, 93
Gretchen Greene, 93
Colonial Inn, The, 139-141
Mart Oliver, 140
recipes, 141-144
Commercial Street, 84
Cordiero, Mary, 18, 105-107
Costa, Malina, 17-18
"The Moors," 17
Costa, Vivian, 18
Cranberry Room, 61
Crossman, Mildred, 72

Dennis Players, 84
Donahue, Lucille, 134
Everbreeze, 134
Dornbusch, Carl, 12
Wellfleet, 12

England, 160
Euler, Frances, 114
recipes, 114-116
Euler, Reeves, 114
Everbreeze, 134

Farrell, Glenda, 139
Flagship, The, 170
France, 134
Frank, Elspeth, 117
Frank, Louise, 117

Greene, Gretchen, 92-93
Coconut Grove, 93
Rabindranath Tagore, 93
The Whole World and Company, 93
Gull House, 87
Blecker Martin, 87
Jeanne Martin, 87
recipes, 88-92

Hamilton, Nancy, 171
Hazeltime, Catherine, 159, 160
recipes, 159-160
High Brewster, 145
The Packet, 145
Hoffman, Gertrude, 93
Holland, Henrietta, 171
Holme, Faith, 84
Holme, John Cecil, 84
Three Men on a Horse, 84
Horton, Inez, 42
Hyères, 40

Irving, Washington, 119
Jacoby, Herbert, 140

Kostelanetz, André, 171
Leaton, Mabel, 49
Lee, Frank, 108-109
recipes, 109-114
Lee House, 109
Leghorn, 12

McCann, Lee, 92-93
McCormick, Mrs. Cyrus, 68
McKain, Amy, 95
McKain, Bruce, 95
Magee, Col. Richard, 48
Majorca, 131
"Ma Perkins" (see Virginia Payne)
Marseilles, 134, 135
Martin, Bleecker, 87
Gull House, 87
Martin, Jeanne, 87
Mexico, 114, 132, 139
Mills, Marjorie, 137, 151
recipes, 151-155
Monk, Julius, 140
Monomoy theatre, 84
Moors, The, 17
Malina Costa, 17
Vivian Costa, 18
Morton, Helen, 156
recipes, 157-159

Nantucket, 62
Naples, 84
Nauset Coast Guard station, 87
New England, 12, 52, 56
New York, 84
North Truro, 40, 95, 109
Lee House, 109
Tom Blakeman, 95

Oliver, Mart, 140
The Colonial Inn, 140
Orleans, 100

Packet, The, 145
Bradford Clarke, 145
Kay Clarke, 145
"Paraphernalia" fashions, 140
Payne, Virginia, 161
Perry, Jessica, 49
Perry, Manfred, 49
Plymouth, 60
Pons, Lily, 171
Providence, 61
Provincetown, 12, 37, 84, 95, 97, 134, 139
Bruce McKain, 95
Colonial Inn, 139-141

Commercial Street, 84
Everbreeze, 134
Mary Bicknell, 97-98
Wharf Players, 97
W. H. W. Bicknell, 97

Radio station WBZ, 151
Rich, Mrs. Eve, 101
Roosevelt, Eleanor, 171
Rubinstein, Helena, 171

Silson, Mila, 139
Smith, F. Hopkinson, 97
Southward Inn, The, 99-100
Mrs. Eve Rich, 100
recipes, 101-104
Souza, Mary, 23
Sterne, Maurice, 137
Sterne, Vera, 137
Steton, Laura, 62
Stevens, John, 126
Stevens, Mary, 126

Tagore, Rabindranath, 93
Theatre:
Dennis Players, 84
Monomoy Players, 84
Three Men on a Horse, 84
Wharf Players, 97
Titus, Horace, 134
Toll House, 61
Cranberry Room, 61
Tourov, Midge, 161
Tourov, Orin, 161
"Ma Perkins," 161
Trilby, 97
Truro, 48, 134, 149-150
The Blacksmith Shop, 150

Vie de Boheme, La, 97

Walker, Hudson, 140
Walker, Ione, 140
WBZ, radio station, 151
Weld, Mrs. Richard, 57
Wellfleet, 12
Wharf Players, 97
Whitman, 61
Toll House, 61
Whole World and Company, The, 93
Wilson, Dora, 130
Wilson, Sol, 130
Worthington, Tiny, 40
family, 148
Wright, Lawrence, 150
Wright, Murial, 150

Peter Hunt's Cape Cod Cookbook • Hawthorn