

*Recipe for History in the Kitchen, October 31, 2020**Pumpkin Fritters:*

- 1 c. canned pumpkin, or fresh, processed pumpkin (see instructions below)
- 1 egg
- ½ cup of milk or cream
- 1 Tbsp. brown sugar
- ½ cup all purpose flour, added as needed to thicken
- Vegetable oil

The pumpkin must be well boiled, left from Dinner. Take four Spoonfuls Pumpkin, two Eggs, one half Pint to more of Milk (or Cream if you wish) one or more Tablespoons of brown Sugar. Thicken with Wheat Flour about the Thickness of Batter for Waffles well beaten and light. Fry in boiling Lard two or three Spoonfuls for each Fritter. Tried and found good.

From *The Williamsburg Art of Cookery*: Manuscript Cook Book, c. 1801, Of Mrs. Frances Bland Tucker Coalter, Owned by Dr. St. George Tucker Grinnan, Richmond.

***Adaptation:***

Please prepare your fresh pumpkin before the session begins:

If using a fresh pumpkin, you will need to cook it and save the flesh. You may either boil it or roast it.

To boil the pumpkin, peel it, remove the seeds, and cut into eighths. Put the pieces into boiling water and cook for 20-30 minutes.

To roast the pumpkin, preheat your oven to 400F. Cut the stem of the pumpkin, and cut in half. Remove and discard the seeds (or save them to roast later!). Pierce the skin in several places with a fork, and place on a microwave safe dish, cook in the microwave for 10 minutes. Place the halves on a lightly oiled baking sheet or on parchment paper. Bake for 30-40 minutes, or until the pumpkin is soft. When cool enough to handle, scoop the pumpkin out of its shell.

For either method, cool until you can handle the pulp comfortably. Mash, and store in the fridge or freezer until ready to use.

In a large bowl, mix a cup of pumpkin puree, the eggs, milk, and brown sugar. Add the flour a little at a time until it is the consistency of light waffle batter.



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Heat your skillet or griddle over medium-high heat. Add enough vegetable oil to cover the bottom of the pan. Fry 2 or 3 tablespoons of pumpkin batter at a time until it is cooked through.