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Applewater.

Cut two large apples in slices, and pour a quart of boiling water on them; or on roasted apples. Tamarinds, currants fresh or in jelly, or scalded currants, or cranberries, make excellent drinks; with a little sugar or not, as may be agreeable.

Rundell, Maria Eliza Ketelby. *A New System of Domestic Cookery: Formed Upon Principles of Economy, and Adapted to the Use of Private Families*. 1808.

Adaptation

2 large apples (Granny Smith work well)

1 quart boiling water.

1. Preheat your oven to 350°F. Wash and core your apples, and put them into an oven safe dish. Bake for 20 minutes, or until the apples soften and the skin begins to brown.
2. Add the cooked apples to a large heat-proof container then pour the boiling water over top. Allow to sit for 15-20 minutes. Strain the liquid, and discard the apple remains. Press as much juice as you like out of the fruit before discarding.
3. Serve warm or cool.



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Lemonwater; a delightful drink.

Put two slices of lemon thinly pared into a teapot, and a little bit of the peel and a bit of sugar, or a large spoonful of capillaire; pour in a pint of boiling water, and stop close.

Rundell, Maria Eliza Ketelby. *A New System of Domestic Cookery: Formed Upon Principles of Economy, and Adapted to the Use of Private Families*. 1808.

Adaptation

2 slices lemon

1- 2 inch strip lemon peel

2 tbsp - ¼ cup white sugar (or to taste)

1 tbsp Capillaire

2 cups boiling water

1. Add the lemon slices, lemon peel, sugar, and Capillaire to a non-reactive container like a ceramic teapot, mason jar, or glass bottle.
2. Top with the boiling water and stir until the sugar is dissolved.
3. Allow the mixture to steep for 15-30 minutes, and strain out the lemon slices and peel to prevent excess bitterness.
4. Cool completely and serve.



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To make Capillaire.

Take twelve pints of clarified sugar; to which add one pint of good orange flower water, and the juice of eight good lemons; set it on a slow fire, and put in a pint of water with the whites for four eggs whisked: let it boil, and skim all the scum that rises, then strain it through a lawn sieve, or flannel bag, and put it into bottles.

Abbot, Robert. *The Housekeepers Valuable Present*. C. 1790-1799.

Adaptation

2 cups sugar

¼ cup orange flower water

¼ cup lemon juice

½ cup water

1. Combine all of the ingredients in a non-reactive pan over low heat.
2. Cook at a low simmer for 10 minutes, stirring often to dissolve the sugar.
3. Remove from heat and allow to cool completely. Store in an airtight container in the fridge or freezer.