

## FOLKLORE VILLAGE PEASE POTAGE

*Serves 5-6*

2 T. butter (or more)  
½ onion, finely chopped  
½ - ¾ head green-leafed lettuce (other greens such as beet tops, mustard greens or wild greens such as nettles or violet leaves may be substituted for half the lettuce)  
¾ tsp. flour  
½ qt. fresh or frozen green peas (some canned peas may be used)  
¼ tsp. ground white pepper  
1 tsp. sugar  
⅔ qt. chicken broth (or to taste)  
¾ - 1 c. cream (or ⅓ c. whey cream if available from a cheese factory) (see p. TT-14)

Cook onions and shredded greens in melted butter until wilted. Stir in flour. Cook 2 or 3 minutes over low heat until thickened. Add peas, pepper and sugar. Next add the chicken broth and simmer until peas are tender.

Reserve ½ cup of the whole peas and puree the remaining soup in a blender. Add cream; salt to taste.

Serve in bowls and add a few whole peas to each bowl.

It is also traditional at Folklore Village to add a fresh violet or two to each bowl.

## RED CABBAGE WITH APPLES (*German*)

### *Rotkohl mit Äpfeln*

*Serves 4 to 6*

- 2–2½ lb. red cabbage
- ⅔ c. red wine vinegar
- 2 T. sugar
- 2 tsp. salt
- 2 T. lard or bacon fat
- 2 med. cooking apples, peeled, cored and cut into ⅛" thick wedges
- ½ c. onions, finely chopped
- 1 small whole onion, peeled and studded with 2 whole cloves
- 1 small bay leaf
- 2–4 c. boiling water
- 3 T. dry red wine
- 3 T. red currant jelly (optional)

Wash the head of cabbage under cold running water, remove the tough outer leaves, and cut the cabbage into quarters. To shred the cabbage, cut out the core and slice the quarters crosswise into ⅛" wide strips.

Drop the cabbage into a large mixing bowl, sprinkle it with the vinegar, sugar and salt, then toss the shreds with a spoon until coated evenly. In a heavy 4- to 5-quart casserole dish, melt the lard or bacon fat over moderate heat. Add the apples and chopped onions and cook, stirring frequently, for 5 minutes, or until the apples are lightly browned. Add the cabbage, the whole onion with cloves, and the bay leaf; stir thoroughly and pour in 2 c. of boiling water. Bring to a boil over high heat, stirring occasionally. Reduce the heat to its lowest possible point. Cover and simmer for 1½ to 2 hours, or until the cabbage is tender. Check from time to time to make sure that the cabbage is moist. If it seems dry, add small amounts of boiling water.

When the cabbage is done, there should be almost no liquid left in the casserole. Just before serving remove the onion and bay leaf and stir in the wine and the currant jelly. Taste for seasoning, then transfer the entire contents of the casserole to a heated bowl and serve.

**PLUM CAKE (*German*)**  
*Pflaum Kuchen*

½ c. butter  
2 c. flour  
¼ tsp. baking powder  
½ tsp. salt  
1 c. sugar (brown or raw)  
1 pt. (2 c.) wild plum preserves, drained  
1 tsp. cinnamon  
2 egg yolks, beaten, or 2 whole eggs  
1 c. heavy cream or sour cream

Preheat oven to 400°.

Cut butter into flour, baking powder, salt, and 2 tablespoons sugar with pastry cutter until it looks like coarse corn meal. Press firmly into baking pan.

Arrange plums on surface to cover. Sprinkle fruit with mixture of cinnamon and remaining sugar. Bake for 15 minutes.

Beat egg yolks with cream and pour over top. Reduce heat to 375° and bake 40 min. longer.

Note: May use other fruits.

## RHUBARB SHRUB

1 qt. water  
1 qt. cleaned and chopped rhubarb  
½ c. sugar  
⅓ c. orange juice  
2 T. lemon juice  
ginger ale

Bring water to a boil in a pan. Add rhubarb, reduce heat to simmer, cover, and cook approximately 20 minutes, stirring occasionally until the rhubarb cooks down (becoming a mass of fibers instead of individual pieces.) Pour the cooked mixture through a sieve, saving the liquid for the beverage.

Add sugar to cooked rhubarb juice, stirring until dissolved. Add orange juice and lemon juice.

Chill and blend three parts mixture with one part ginger ale.

Serve from clear glass pitcher into clear glass or plastic cups.

*The word “shrub” can trace its origins to sharab, a Middle-Eastern drink made from fruit juice. First mentioned in the Oxford English Dictionary in 1747, it is described as “any of various acidulated beverages made from the juice of fruit, sugar, and other ingredients, often including alcohol.” In colonial times, shrub was a sweet-tart punch made with citrus or raspberry juice and fortified with brandy.*

*This recipe is a Folklore Village favorite, traditionally served during English May celebrations. The pectin from the rhubarb gives this drink a deliciously silky texture, and if your rhubarb is red you’ll have a lovely reddish-orange drink.*

*Original recipe from Fran Sprain; refined over the years by Glenn Mitroff*