

The Prestonpans Tapestry

Eighteenth Century Spoon Bread Recipes

In Bonnie Prince Charlie's time, bread was very different to the big loaves we have today. Luckily, the 18th Century recipe for making bread can be found in old cookery books.

Ask an adult to help you to create your own historical bread!

Ingredients:

- 3/4 cup cornmeal, stone- or water-ground, if possible
- 1 teaspoon salt
- 1 cup boiling water
- 3 tablespoons of melted butter
- 2 large eggs
- 1 cup of milk
- 2 teaspoons of baking powder

What to do:

1. Combine cornmeal and salt in a mixing bowl.
2. Stirring constantly, gradually add boiling water, keeping smooth
3. Stir in the melted butter.
4. In a separate bowl, beat eggs until thicken and pale in colour.
5. Add milk and beat to combine.
6. Add milk and egg mixture to the cornmeal mixture with baking powder.
7. Beat with a whisk to blend.
8. Turn into a generously greased 8-inch square glass baking dish. Bake at 350° for about 30 minutes, until firm. Serve with plenty of butter.