

Holiday Seasonings

A Historic Holiday Cookbook



Candy Cane Cake

Where and when did candy canes originate?

Candy canes most likely originated in 17th century Europe. The hook shape was added in Germany. One theory states that a German choirmaster gave sugar sticks to his misbehaving choirboys to keep them quiet during church services. However, the leaders of the church complained it was inappropriate for kids to eat candy during church. In response to their criticism, the choirmaster shaped the sugar sticks to resemble a staff, a religious symbol, by adding the curved shape.

For 200 years, candy canes were completely white and did not have their iconic red and white stripes. The all-white candy cane first appeared in the United States in Wooster, Ohio in 1847. The red stripes and peppermint flavor did not become popular until the beginning of the 20th century.

Enjoying candy canes in holiday treats!

This candy cane recipe is from the cookbook *Holiday Recipes: "Festive Fixins"* distributed by the Hartford Gas Company Home Service Division. It makes 10-12 servings. Please turn the page for a step-by-step version of this historic recipe.

CANDY CANE CAKE

1 10" angel food cake	12 marshmallows, cut in small pieces
20 small peppermint candy canes	Butter frosting
1 qt. vanilla ice cream	

With 2 forks or serrated knife, hollow out inside of cake, leaving 1 inch thick walls on sides and bottom. Fill in hole in bottom with a piece of the "pulled out" cake. Crush 8 candy canes. Fold crushed candy and marshmallow pieces into softened ice cream. Spoon ice cream into hollowed-out cake. Press extra cake pieces over the top. Frost with butter frosting. Arrange remaining candy canes spoke-fashion on top of cake. Freeze in frozen food compartment of gas refrigerator. Cut in slices and serve. Makes 10 to 12 servings.

Candy Cane Cake

Ingredients:

- 1 10" angel food cake
- 20 small peppermint candy canes
- 1 qt. vanilla ice cream
- 12 marshmallows, cut in small pieces
- Butter frosting

Steps:

1. With an adult's help, use a knife to hollow out the inside of the cake, leaving 1" thick walls on sides and bottom.
2. Fill in hole in bottom with a piece of the "pulled out" cake.
3. Crush 8 candy canes.
4. Fold crushed candy and marshmallow pieces into softened ice cream.
5. Spoon ice cream into hollowed-out cake.
6. Press extra pieces of cake over the top.
7. Frost with butter frosting.
8. Arrange remaining candy canes in spoke-fashion on top of cake.
9. Place the cake in the freezer until frozen.
10. Cut into slices and enjoy!

Holiday Fudge

When did chocolate come to America?

Chocolate can be traced all the way back to the ancient Olmecs of southern Mexico. However, this chocolate was much more bitter than the chocolate we enjoy today. Chocolate first arrived in Spain in the early 1500s, and by the end of the century it was growing in popularity throughout all of Europe. Chocolate first came to the American colonies in 1641 onboard a Spanish ship. 40 years later, in 1682, one of the first American chocolate houses was established in Boston. Nearly 100 years later, chocolate was a very popular treat among the colonists. In fact, it was so popular, it was sometimes used as payments and given as rations during wars! During the Revolutionary War, chocolate was given to soldiers as part of their meal rations or as payment, in place of actual money. Chocolate, specifically M&Ms, were also given to soldiers during World War II.

Using chocolate in delicious holiday treats!

This recipe is from the cookbook *Holiday Recipes* distributed by the Connecticut Light and Power Company. It makes 4 pounds of fudge—plenty for family and gifts! Please turn the page for a step-by-step version of this historic recipe.

Holiday Fudge

1 6-oz. pkg. chocolate chips	8 sq. unsweetened chocolate
1 pt. marshmallow fluff	1 tsp. vanilla
$\frac{1}{2}$ c. butter or margarine	1 large can evaporated milk
	$4\frac{1}{2}$ c. sugar

Cut chocolate into pieces in a large bowl. Add chips, marshmallow, vanilla, butter and blend. In a saucepan, mix evaporated milk and sugar. While stirring constantly, bring to a boil and then simmer for 12 to 15 minutes. Pour hot mixture into bowl of other ingredients and blend until smooth and thick. Add nut meats to half if desired. Spread into buttered pans and when cool, cut into squares. This is ideal for the holidays because it makes 4 lbs. - plenty for family and gifts.

Holiday Fudge

Ingredients:

- 1 6-oz. package of chocolate chips
- 1pt. of marshmallow fluff
- 1/2 cup of butter or margarine
- 8 squares of unsweetened chocolate
- 1 tsp. of vanilla
- 1 large can of evaporated milk
- 4 ½ cups of sugar

Steps:

1. Cut the chocolate squares into pieces in a large bowl.
2. Add the chocolate chips, marshmallow, vanilla and butter. Blend them all together.
3. In a saucepan, mix evaporated milk and sugar,
4. While stirring constantly, bring to a boil and then simmer for 12 to 15 minutes.
5. Pour the hot mixture into the bowl with the other ingredients and blend until smooth and thick.
6. Add nut meats to half if desired.
7. Spread into buttered pans and, when cool, cut into squares.

Wassail Punch

What is a “Wassail”?

A Wassail is a celebration that dates back to Ancient Rome. It occurs in the apple orchards as a way to celebrate the end of the holiday and bless the trees to ensure a bountiful harvest of fruit for cider. During the ceremony, two people are nominated to serve as the Wassail King and Queen. They lead everyone in a special dance, and the queen is then lifted towards the trees so she can attach pieces of toast that have been soaked in the Wassail punch. The Wassail Punch, which would have pieces of toast floating on the surface, was poured into a large wooden bowl. Everyone would take a drink from the bowl, raise it above their heads, and shout “Wassail!” This is why we now say “raise a toast” when having drinks.

Raising a toast to the holidays!

This recipe is from the cookbook *Holiday Recipes* distributed by the Connecticut Light and Power Company. It makes about 16 servings. Please turn the page for a step-by-step version of this historic recipe.

Wassail Punch

2 qts. sweet cider	1 c. granulated sugar
4 lemons	$\frac{1}{2}$ tsp. ground nutmeg
4 oranges	$1\frac{1}{2}$ tsp. cloves
4 sticks cinnamon	

Heat spices and cider together. Add juice from lemons and oranges. Place four quartered and baked apples in bottom of wassail bowl. Pour hot mixture over apples. About 16 servings.



Wassail Punch

Ingredients:

- 2 qts. of sweet cider
- 4 lemons
- 4 oranges
- 4 apples
- 1 cup of granulated sugar
- 1/2 tsp. of ground nutmeg
- 1 1/2 tsp. of cloves
- 4 sticks of cinnamon

Steps:

1. Heat spices and cider together.
2. Add juice from lemons and oranges.
3. Place four quartered and baked apples in bottom of wassail bowl.
4. Pour hot mixture over apples.

Fruit Punch

Where and when did fruit punch originate?

Fruit punch first found popularity as an alcoholic beverage among sailors in the 17th Century. The men working on ships for the British East India Company used various fruits, spices, and other ingredients they found on the shore of various locations in the Indian Ocean to create a delicious drink. The men brought this new drink back to Great Britain and it became very popular, especially in the summer. In fact, the founding fathers drank some to celebrate the signing of the Declaration of Independence!

Around this same time, one of the first non-alcoholic punches was created, specifically for women and children. During the Victorian Age, alcoholic punch became less popular, because Queen Victoria of Great Britain did not approve of the strong alcoholic beverage. By the 1950s, sherbet punch became more popular.

Celebrating the holidays with homemade fruit punch for the family!

This recipe is from the cookbook *Holiday Recipes* distributed by the Connecticut Light and Power Company. It makes about 7 quarts. Please turn the page for a step-by-step version of this historic recipe.

Fruit Punch

2 qts. orange juice (10 to 15 oranges)	2½ c. sugar
1 qt. lemon juice (15 to 18 lemons)	2/3 c. water
1 pt. pineapple juice	2 qts. ginger ale
1 pkg. (16 oz.) frozen raspberries	Cracked ice
	3/4 qt. tea infusion (3 tbsp. tea and 3 c. boiling water)

Combine the sugar and the water and boil for 5 minutes. Add to juices and tea. Add the ginger ale and ice just before serving. Makes about 7 qts. Lime sherbet may be added to the punch just before serving.

Fruit Punch

Ingredients:

- 2 qts. of orange juice (10-15 oranges)
- 1 qt. of lemon juice (15-18 lemons)
- 1 pt. of pineapple juice
- 1 16oz. package of frozen raspberries
- 2 ½ cups of sugar
- 2/3 cup of water
- 2 qts. of ginger ale
- 3/4 quart of tea infusion (3 tbsp. of tea and 3 cups of boiling water)
- Cracked ice
- Lime sherbet (optional)

Steps:

1. Combine the sugar and the water and boil for 5 minutes.
2. Add this mixture to the juices and tea.
3. Add the ginger ale and ice just before serving.
4. Lime sherbet may be added to the punch just before serving.