



**RECIPES
OF
NEWFOUNDLAND
DISHES**

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The Pitcher Plant – Queen Victoria paved the way for official recognition of the Pitcher Plant when she selected it to be engraved on a Newfoundland penny. In 1954, the Provincial Legislature raised the status of the unusual marshland plant to be the “Official Flower of Newfoundland”. The Pitcher Plant thrives on small insects which are lured into the pitcher-like leaves by a very sweet nectar.

Insects attempt to obtain nectar from the marginal glands, lose their foothold, and fall into the trap or pitfall in the bottom of the plant. The glands are stimulated to secrete a weak acid and a digestive enzyme when insects are present. The nitrogenous part of the insect bodies are digested, leaving the skeletons to accumulate. The products of digestion are then absorbed by the walls of this region of the pitcher. The flower, which grows to a height of six to twelve inches, droops over as seen in the illustration.



FISH AND BREWIS

Soak 4 serving pieces salt fish in cold water 24 hours. Drain. Break 2 cakes hard bread into small pieces and soak in cold water overnight.

Cook fish 20 min. or until tender in a large saucepan covered with water. Before serving, remove bones. Meanwhile, add salt to hard bread and bring to a boil in same water in which it has soaked. Remove from heat and drain immediately. Keep hot.

Serve Fish and Brewis with vegetable of choice and with either SCRUNCHIONS or DRAWN BUTTER.

SCRUNCHIONS are small cubes of salt fat pork fried to a crisp golden brown and poured over Fish and Brewis like a gravy.

DRAWN BUTTER is a cream sauce made with onion-water instead of milk. Cut 2 medium onions into small pieces and boil in 2 cups of water. Meanwhile melt $\frac{1}{4}$ cup butter, stir in 1 tbsp. corn starch or flour, add onion and water in which onions were cooked, boil until mixture thickens. Serve over Fish and Brewis.

FISH AND BREWIS is a Newfoundland dish and families in all walks of life serve it with varying frequency. Brewis is also served with bacon, ham or steak. STEAK AND BREWIS was once a very popular menu item in the Dining Car of the Newfoundland Railway.

FISH CHOWDER

3 lbs. cod fillets or whole fish
6 medium potatoes, cubed
2 medium onions, thinly sliced
2 cups milk
3 thin slices fat pork, fried to golden
2 cakes hard bread, soaked overnight
Salt and pepper
Fish stock

If whole fish is used, clean, remove skin and debone. Place bones in pot, cover with cold water, boil, strain and save stock.

Fry pork, add cubed fish, onions and potatoes. Season with salt and pepper. Add stock and boil gently for one hour. Add bread and milk, and bring to a boil. Serve.

This same recipe may be used for any fish chowder such as Lobster, Salmon, Clam, Oysters or Trout.

BAKED CODFISH

Remove head, tail and fins from a fresh medium size codfish. Wash and dry well.

Stuff with favourite bread, savory and onion dressing. Bake in open pan with salt pork that has been fried beforehand to a golden crispness.

Bake at 400 degrees for 10 minutes then reduce heat to 375 degrees and bake for another hour. Baste occasionally.

Serve with scalloped potatoes and corn.

There are numerous ways to serve fresh cod — boiled, dipped in egg and flour batter and fried, as a chowder and as fish cakes. A once very popular dish was FISHERMAN'S BREWIS. The name implies its origin. A fisherman hooked a cod from over the side of his boat and cooked himself an instant meal. His recipe was the same as the foregoing FISH AND BREWIS, but he substituted fresh fish for salt.

BAKED SALMON LOAF

1½ cups milk
1 slice bread
4 tbsp. butter
2 cups canned salmon
2 eggs
½ tsp. salt

Heat milk, bread and butter in top of double boiler until creamy. Beat eggs and mix with salmon, salt, milk, bread and butter. Stir well. Bake in greased bread pan in moderate oven (350 degrees) for 1 hour.

SEAL FLIPPER PIE

Clean flippers, remove all fat, wash thoroughly in hot water, dry and sprinkle with lemon juice. Lay strips of salt pork in bottom of roasting pan, add flippers, season with salt and pepper and lay couple of strips of pork and slices of two onions on top. Add 1 cup water. Cover and bake in moderate oven 2 hours. Then top with basic pastry recipe, bake, uncovered until pastry is a golden brown.

Transfer pie to platter, make gravy and serve with potatoes, turnip and cabbage.

Seal is a rich, dark meat, high in Vitamin D. It is sold in tins at most grocery stores and can be cooked in various ways such as stews, pot roasts, etc. but Flipper Pie seems to be the most popular choice.

BAKED PARTRIDGE

Clean and dry partridge and cut in half lengthwise. Place each half in a square of tinfoil. Fill each cavity of birds with the following dressing. Lay a strip of bacon over each, sprinkle with salt and pepper and wrap each half with the tinfoil. Place pieces in a shallow pan and pour in 2 cups of water. Bake two hours at 350 degrees.

Unwrap top and cook until dressing is crisp on the surface. May be served in tinfoil if preferred or removed onto platter.

Serve with Partridgeberry Jam or Jelly and choice of vegetables.

STUFFING

2 cups soft bread crumbs
½ cup finely-cut onion
2 tbsps. savory
1 tbsp. fried or fresh celery leaves
Salt and pepper

ROAST WILD DUCK

Wash, dry, dress and truss wild duck and place on rack in roasting pan. Season with salt and pepper, cover and cook at 350 degrees for two hours.

Remove cover, raise rack and cook another hour or until skin is crisp and fat has rendered out. Turn frequently.

Serve with currant jelly and choice of vegetables.

STUFFING (PEANUT)

¾ cup graham cracker crumbs
¾ cup salted peanuts, minced
2 tbsps. melted butter

STUFFING (POTATO)

1 cup hot mashed potatoes
1 cup soft bread crumbs
½ cup finely-cut onion
2 tsps. savory
2 slices bacon, cut into small pieces

NEWFOUNDLAND BOILED DINNER

2 pounds salt meat	6 parsnips
6 potatoes	1 medium-sized turnip
6 carrots	1 heat cabbage (3 lbs.)
2 cups yellow dried split peas	

In separate dishes, cover salt meat and peas with cold water and soak overnight. Next morning drain meat, cover with cold water and boil two hours.

Simmer peas in separate saucepan until tender, reduce heat, remove cover and continue simmering and stirring until moisture evaporates and peas are consistency of paste. Set aside.

Prepare vegetables. Cut carrots and parsnips lengthwise, slice turnips and wedge cabbage. Add all vegetables to meat about 30 minutes before serving. Meanwhile skim off few tablespoons of liquid from meat pot and add to peas pudding. Season pudding with salt and pepper to taste and spoon onto plates when serving up vegetables.

“Newfoundland Dinner” is not complete without a ‘Figgidy Duff’ a cut of which is often served as part of the main course, otherwise eaten as dessert and topped with one of various sauces the most popular of which is known as ‘Molasses Coady’.

FIGGIDY DUFF

2 cups bread crumbs	1 tsp. baking soda
1 cup raisins	1 tbsp. hot water
½ cup molasses	½ cup flour
¼ cup melted butter	¼ tsp. salt
1 tsp. each ginger, allspice, cinnamon	

Soak stale bread and crusts in water for a few minutes. Squeeze out water. Measure. Combine crumbs, raisins, molasses, salt and spices. Mix with a fork. Add melted butter and soda which has been dissolved in the hot water. Add flour and mix well.

Pour mixture into pudding bag or greased mold and steam approximately 2 hours. Serve with Molasses Coady.

MOLASSES COADY

Boil for 10 minutes — 1 cup molasses, ¼ cup water. 3 tbsp. butter and 1 tbsp. vinegar. Spoon over pudding.

This pudding recipe was a favourite of men in sailing ships and sought after by crews of the French Fishing Fleet when they frequented our shores.

The Sauce was known by seamen up and down the Atlantic Seaboard as 'Yanky Sling'.

PARTRIDGEBERRY SALAD

1 pkg. red jello
1 cup hot water
2 apples
1½ cups partridgeberries
¾ cup sugar

Dissolve jello in hot water — partly jell. Chop or grate apples. Combine berries and apple. Sprinkle with sugar and stir gently. Fold in jello and set.

BOILED FRUIT CAKE

1 lb. raisins	½ cup dates
½ lb. butter	½ tsp. salt
½ lb. mixed peel	1 tsp. allspice
1 lb. cherries	1 tsp. cloves
2¼ cups brown sugar	2 tsps. cinnamon
2¼ cups cold water	
¾ cups flour	2 tsps. baking powder
2 tsps. baking soda	1 cup walnuts

Cut fruit into small pieces, place in saucepan, add salt, spices and water. Boil very slowly 20 minutes. Cool.

Sift flour, soda and baking powder together, add a little at a time to the fruit mixture. Mix well, then add nuts.

Bake for 2½ hours at 250 degrees in a 9-inch tube pan or large square fruit cake pan.

A boiled fruit cake was always a favourite in our grandmother's day as it kept indefinitely and improved with age.

PORK BUNS

2 cups flour
4 tsps. baking powder
1 tsp. allspice
¼ tsp. baking soda
1 cup salt pork, cut into fine cubes
¼ cup margarine
½ cup molasses
¾ cup cold water

Mix first 4 ingredients, rub in butter and add salt pork. Combine molasses and water and add to flour mixture. Stir lightly just to combine ingredients. Spoon into greased muffin pans or shape into biscuits half-inch thick and place on cookie sheet.

Bake at 400 degrees for 15 minutes

Trappers and Hunters, in years gone by, always carried pork buns for emergency rations. These they called "PORK TOUTENS". Toutens included enough pork and molasses to keep them from freezing and, according to the trappers, were suitable and adequate for quick 'boil-ups' on long trips.

GREAT GRANDMOTHER'S GINGERBREAD

½ cup butter or lard	½ tsp. salt
½ cup sugar	1½ tsps. baking powder
1 beaten egg	1 tsp. cinnamon
1 cup molasses	1 tsp. ginger
2½ cups flour	½ tsp. cloves
1 cup hot water	

Cream butter and sugar, add beaten egg and molasses, beat well.

Blend in sifted dry ingredients.

Add hot water last and test until smooth.

Bake in a greased 9-inch square pan at 350 degrees for 45 minutes.

PARTRIDGEBERRY MUFFINS

¾ cup partridgeberries
3 tbsp. sugar (icing)
1½ cups sifted flour
3 tbsp. melted shortening
2½ tsps. baking powder
1 egg
½ cup sugar
¾ cup milk

Mix berries and confectioner's sugar together, let stand. Sift flour, baking powder, sugar and salt into bowl. Stir in berries and make a well in center. Beat

egg, milk and shortening together slightly. Add to dry ingredients. Stir gently.

Spoon into greased muffin tins. Bake 35 minutes at 350 degrees.

Partridgeberries are an excellent source of Vitamin C and are used in many ways such as pies, tarts, puddings, jams and jellies, and are easily preserved in cold water or by freezing for year round use. They grow in abundance on the barrens throughout Newfoundland and when harvested, harvested, in September taste not unlike a Cranberry.

BAKE-APPLE PIE

2 cups bake-apples

1 cup sugar

2 tbsp. tapioca

Any favourite pastry recipe

Mix 2 cups bake-apples with 1 cup sugar, let stand whilst making pastry.

Line bottom of pie plate with pastry, sprinkle with 2 tbsp. tapioca to absorb juice. Fill shell with bake-apple and sugar mixture, cover with pastry and proceed as with any berry pie. Serve with 'clotted cream' and you have a dish 'fit for a queen'.

CLOTTED CREAM is cream skimmed from milk that has been scalded and chilled.

BAKE-APPLES are yellow, deliciously-flavoured berries, shaped somewhat like a raspberry, which grow in boggy areas throughout Newfoundland and Labrador. An average serving is equivalent in Vitamin C to an orange or half a grapefruit. It is said that when the French first came to our shores and found this unknown berry they said, "What is this berry called?" or "Baie qu'appelle?" Hence the name Bake-apple which is often confused by the stranger with 'baked apple'.

BLUEBERRY WINE

6 cups blueberries
3 cups sugar
3 cups water
2 tablespoons yeast
4-6 prunes

Store in cool dark place in loosely covered jar. Stir once a week crushing the berries as much as possible. When fermentation is complete (after 6 weeks or so), strain, bottle and cap securely.

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