

Eat Like Jane Austen for a Day

Your Shopping, Preparation and Dining Guide to Eat Like Jane Austen for a Day

~Without a Household Staff~



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by

Summer Hanford



With special thanks to Sophie Turner of Austen Authors for the inspiration.

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Introduction

What follows is an overview of how people in Jane Austen's time, and Jane Austen specifically, would have eaten. For each type of meal, a list of some common food and beverage items is supplied. These lists are not exhaustive. The names of specific recipes used in Jane Austen's household are in italics. Though information is provided on the times of day Jane Austen would have enjoyed these meals, it's unlikely those times fit into the modern schedule. Adjustments will almost certainly need to be made and shouldn't hinder your enjoyment.

Throughout are example recipes. These are modernized for those who don't happen to have a household staff, yet enjoy creating some food items at home. This pamphlet ends with a checklist for ease of noting what foodstuffs and beverages are desired for each meal, and for creating a shopping list.

In no time at all, you will have selected your day of Jane Austen meals, discovered what you need to purchase for it, and decided if you care to create any of the items yourself. After filling your list at your local store and preparing the items you selected, the only thing left will be to enjoy your day of eating like Jane Austen (and doing the dishes, unless you can enlist a staff last minute . . . children and spouses count).



Breakfast: 9:00 AM

In Jane Austen's time and social circumstance, it was most common to sit down to breakfast at 10:00 am and dine for about an hour. Jane Austen herself was known to routinely eat her first meal at nine, which was unfashionably early. This was in spite of rising around seven or eight in the morning. So, to truly eat like Jane Austen, one would need to rise around seven, wait until nine in the morning for the first large meal, and spend an hour eating. Breakfast was generally set out on a sideboard in a parlor. People served themselves as they arrived to eat.

Several beverages were typical for breakfast. These included tea, coffee and chocolate. Of these, Jane Austen is known to have taken 'brown' tea with milk and sugar. Green tea was also available and herbal teas did exist. Coffee was considered a man's beverage and was taken with sugar, but not with dairy. As for chocolate, it was more of a treat for most, though some people drank it regularly.

Food selections might include, and were certainly not limited to:

Eggs: boiled or scrambled

Meats: bacon, sausage, pork chops, ham, cold beef or tongue

Breads¹: hot rolls, cold rolls, dry toast, bread with butter, plum cake, pound cake, honey cake or a French bread similar to brioche

Spreads: butter, honey, marmalade (apricot, peach, raspberry, quince, apple) or fruit butter (redcurrant, blackcurrant, gooseberry, strawberry, apple)

Beverages: Coffee, tea, green tea, herbal tea or hot chocolate

Additives: milk, cream, fine sugar or sugar-candy



¹ There was no processed white flour, which may influence your bread choices

Breakfast Recipe²

Drinking Chocolate

- 1½ cups of water
- ¼ cup sugar (white or brown, your choice)
- ¼ cup of unsweetened cocoa powder
- ½ teaspoon of cinnamon
- A dash of nutmeg
- ½ teaspoon of vanilla
- ¼ cup heavy cream



In a small pot, heat water to a boil. Reduce heat and stir in sugar, cocoa powder, cinnamon and nutmeg. Stir until sugar is dissolved. Remove from heat. Stirring with a whisk, add vanilla and heavy cream. Make sure mixture is no longer boiling before adding cream.

Adaptations include switching the cinnamon, nutmeg and/or vanilla for cloves, orange-flower water, rose water, honey or lemon zest.

² Summer Hanford. *Drinking Chocolate Jane Austen Style*.

Refreshments or Luncheon (Nuncheon): 11:00 AM to 2:00 PM

In Jane Austen's time, the gentry had no official meal in the hours between the end of breakfast and the start of dinner. This is likely because breakfast often went until eleven in the morning and dinner began around three in the afternoon, though it began to creep later in the day during Jane Austen's life. Dinner also required a change of clothing that would take about an hour to accomplish, meaning the average gentrified person was only free between 11:00 am and 2:00 pm, hardly enough time to eat another meal.

What was eaten depended on who was doing the eating, and where. Women would use the hours in the middle of the day for social calls. Whether calling or called on, refreshments were offered and generally accepted. In this case, the hostess would pour and fix tea for each guest, and finger foods would be made available. This custom of offering refreshments is an early precursor to what most think of as English Teatime, with small sandwiches and pastries. These might include cold meat cut into small portions, finger sandwiches, small cakes, fruit and dried fruit.

If out of the house but not making social calls, perhaps going on errands, women could enter a pastry-cook shop. There, tarts, buns and other confectionaries were available, along with glasses of whey. Likewise, men who were out could visit a shop for pastries, but these would likely be of a heartier fare than those eaten by women.

If traveling, either sex might stop for a meal at an inn, where they could expect a more substantial fare. This generally consisted of cold meat and bread and could include a sandwich tray and a salad. In Jane Austen's time, as in ours, there were different types of salads. Here, salad refers to a collection of leafy greens with a vinegar based dressing. Greens may include herbs, endives, cabbage or lettuce. Beverages offered were generally mead, beer or fruit cordial. If a person remained at home, but was not taking callers, their midday snack might consist of any of the above, but was likely to be cold food and cold drink.



Therefore, depending on your schedule and needs, possible lunch options might include:

Beverages: tea, green tea, whey, mead, beer or fruit cordial

Bread and Meat: a spread of cold cuts, bread, a cold sandwich or handheld meat pastries

Sweet: small cakes, small tarts, fruit-filled pastries or various other small confections

Light: salad, fruit or dried fruit

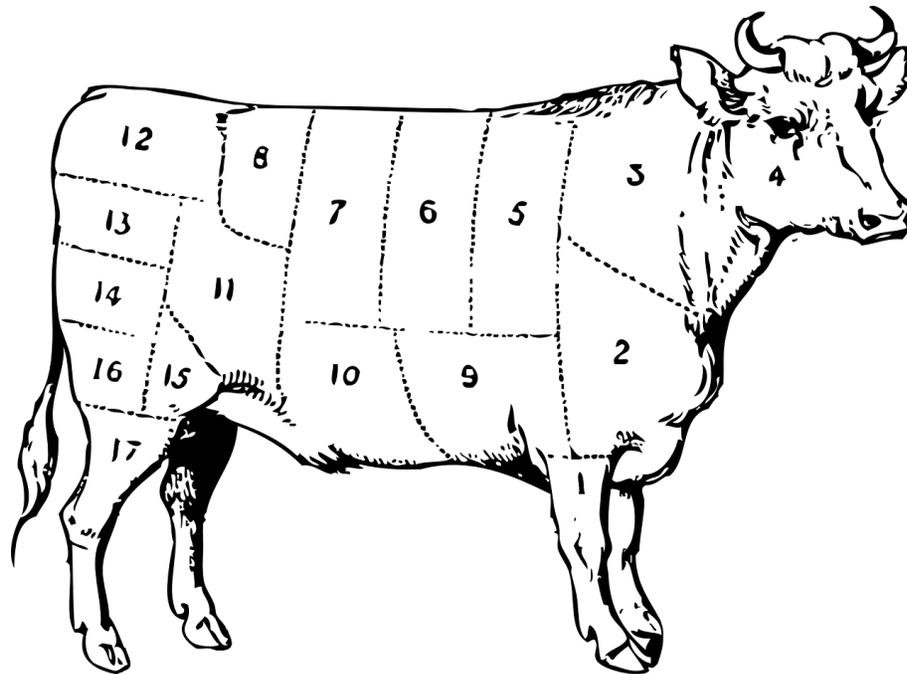


Middy Recipe³

British Meat Pies

1 canister of refrigerated biscuit dough
1/2 pound of sausage
1/4 cup chopped onion
1 stalk of celery, diced
1 carrot, diced
1/2 cup mashed potatoes
Salt and pepper to taste (about 1/2 teaspoon each)

Brown sausage in a skillet with onion and celery and carrot. Add mashed potatoes, and salt and pepper. Roll out biscuit dough and cut into twelve 3-inch rounds. Top each with a spoonful of meat filling and fold in half; pinch to seal and brush with a beaten egg. Make slits in the top and bake at 350° F until golden, about 15 minutes.

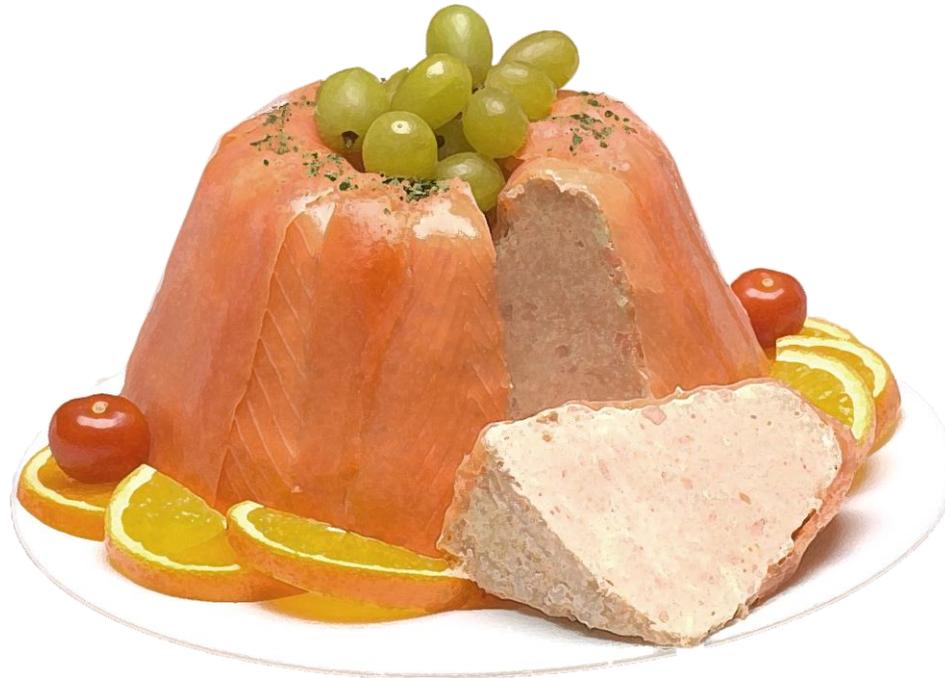


³ Food Network Kitchen. British Meat Pies. *Food Network Magazine*. <http://www.foodnetwork.com/recipes/food-network-kitchen/british-meat-pies-recipe>

Dinner: 3:00 PM to 5:00 PM

For much of Jane Austen's life, dinner began at three in the afternoon and lasted approximately two hours. As noted earlier, a change of clothing generally took place before dinner, daywear being exchanged for eveningwear. Though Jane Austen did not have an overly long life, she did live through a shift in the dinner hours, as they were pushed back later and later as a necessity of fashion. Eventually, the start of dinner reached five in the evening.

Dinner generally consisted of several courses and began with soup. Courses, at that time, did not mean each item was brought individually, one after the other, but rather referred to a spread of items available at the table from which diners could select. Soup was served by the host, from a tureen, which was removed once everyone was served. Across courses, it was normal to offer five to twenty-five dining options, depending on the number of and prestige of attendees. With the exception of soup, each person was not required or expected to sample every dish.





Possible dinner options include, but are not limited to:

Soup: white, onion, curry, mulligatawny, turtle or *Swiss Meagre*

Meat: beef, veal, mutton, venison, pork or rabbit

Poultry: duck, goose, partridge, pheasant, pigeon, chicken or turkey

Fish: salmon, prawn, pike, cod, flounder, sole, anchovies, or mackerel

Cooked Vegetables: peas, broccoli, mushrooms, potatoes, onions, *fricassee of turnips*, beans with bacon, *vegetable pie* or asparagus

Light Fair: salad, olives, pickles, raw celery, raw broccoli, fruit, dried fruit or nuts

Heavier Fair: sauces, gravies, cheddar cheese, stilton, aspic, savory puddings, *macaroni* (with cheese) or savory pies

Sweets: ice-cream, *ratafia cake*, fruit tarts, trifle, *apple pie* or baked apples

Beverages: wine, beer, ale, port, sherry or, with dessert, port or sweet wine

Dinner Recipes

Mulligatawny Soup⁴

½ cup chopped onion
2 stalks of celery, chopped
1 carrot, diced
¼ cup butter
1½ tablespoons all-purpose flour
1½ teaspoons curry powder
4 cups chicken broth
½ apple, cored and chopped
¼ cup white rice
1 cooked chicken breast, cubed
Salt to taste
Ground black pepper to taste
1 pinch dried thyme
½ cup heavy cream, heated

Sauté onion, celery, carrot, and butter in a large soup pot. Add flour and curry, and cook 5 more minutes. Add chicken stock, mix well, and bring to a boil. Simmer about 1/2 hour. Add apple, rice, chicken, salt, pepper, and thyme. Simmer 15-20 minutes, or until rice is done. When serving, add hot cream.



⁴ P. Lise. Mulligatawny Soup I. *Allrecipes.com*. <http://allrecipes.com/recipe/13087/mulligatawny-soup-i/>

Parmesan Mac and Cheese⁵

Place a pot of salted water on to boil for pasta. When water comes to boil add in pasta and cook until just al dente. Drain pasta from water and set aside. To make the roux: melt butter and stir in flour until smooth. Let the roux cook for 1-2 minutes to cook out raw flour taste. Slowly whisk in milk to avoid any lumps. Once you have the mixture to desired thickness, add in cheese. Gently fold pasta into the sauce and place in oven safe dish. Bake at 400° F until golden on top and bubbly, about 25 minutes.

3 tablespoons of butter
3 tablespoons of flour
2 cups of milk (for thinning)
1 cup of sharp cheddar cheese (grated)
½ cup of Parmesan cheese (grated)
1 pound of pasta noodles
Salt and pepper to taste



⁵ Nick. Parmesan Mac and Cheese. *Wannabite.com*. <http://wannabite.com/parmesan-mac-and-cheese/> (Please note: The recipe Jane Austen's family used was a Parmesan Macaroni and Cheese)

Tea: 7:00 PM

After dinner, men were known to retire, briefly, to take coffee or perhaps have another drink. Women repaired to a larger gathering area where they socialized without any male company until the men returned. Socializing kept up throughout the evening as long as there were sufficient candles. Approximately two hours after the end of dinner, tea, cakes, and other light refreshments were brought. These might include a new display of many of the small items offered to guests during the day and at dinner.

Evening tea options may include, but not be limited to:

Sweet: fruit, dried fruit, small or sliced cakes, small tarts or various other small confections

Other: olives, pickles or nuts

Beverages: tea, sweet wine, cordials or port



Tea Recipe⁶

Pound Cake

2 cups white sugar
1 cup softened butter
5 large eggs
2 teaspoons of vanilla
3 cups of all-purpose flour
1 teaspoon baking powder
1 cup of milk



Heat oven to 350° F. Mix sugar, butter, eggs and vanilla in large bowl. Beat on low to mix ingredients well. Beat on high for 5 minutes. Combine flour and baking powder. On low, add the flour and baking powder mixture, alternating with milk. Beat well after each addition. Spoon batter into greased and floured 10 inch tube pan. Bake for 65-75 minutes, until a pick comes out clean. Cool for 15 minutes; invert onto cake plate.

⁶ MizzNizz. Vanilla Pound Cake. *Food.com*. <http://www.food.com/recipe/vanilla-pound-cake-55407>

Supper: 11:00 PM (or later)

Supper was the final meal of the day and was only served if post-dinner socializing carried over to a late hour. As it was fashionable to be awake late and sleep late, this likely happened with moderate frequency. Similar to what passed for a midday meal at home alone, supper consisted of cold food and drink, as the kitchen would now be lit only by candles and fires banked for the night. Supper was comprised of a selection of earlier items recreated into a new meal.

Supper items may include, but wouldn't have been limited to:

Foods: cold sandwiches, cold cuts, bread, olives, pickles, nuts, fruit or dried fruit

Beverages: wine, port or sherry

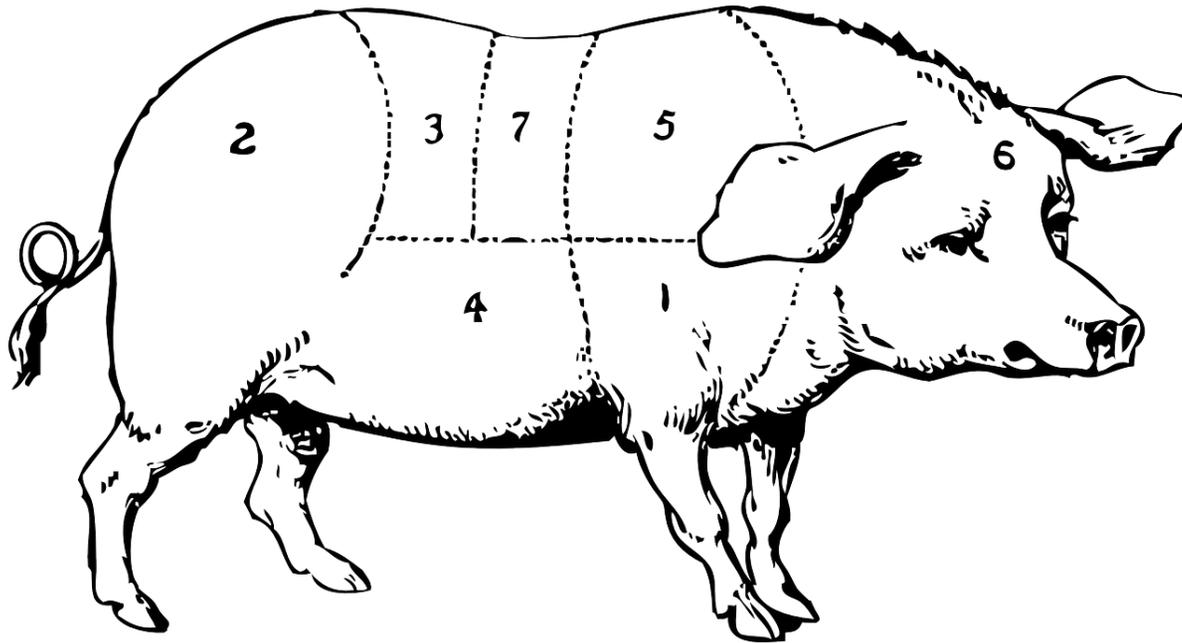


Supper Recipe⁷

Traditional Ham Sandwich

2 slices of brown bread
Good quality roast ham
Soft butter
Dijon mustard

Spread butter on both slices of bread. Lay the ham on one slice of the bread. Spread some Dijon mustard on the other slice of bread, on top of the butter. You need to be able to taste the mustard, but not have it too over-powering. That is why Dijon mustard is recommended, rather than English mustard. Dijon mustard is a bit more forgiving. Put the slices of bread together and press down lightly. Cut off the crusts and cut the sandwich into four triangles, fingers or squares. Cover with a damp towel for up to one hour, until ready to serve.



⁷ All About Afternoon Tea. Ham Sandwiches. *All-About-Afternoon-Tea.com*. <http://www.all-about-afternoon-tea.com/ham-sandwiches.html>

Printable Shopping Checklist

Need

Breakfast (select 1-3 items and 1 beverage, purchasing what's needed):

- Eggs (to cook to preference)
- Bacon, sausage or ham
- Slices of roast beef
- Rolls or bread
- Your favorite cake
- Your favorite jam
- Honey
- Butter
- Tea
- Coffee
- Drinking Chocolate (to be made the day of):***
 - Cinnamon
 - Nutmeg
 - Vanilla
 - Cream
 - Unsweetened cocoa powder

Luncheon (select 1 item and 1 beverage, purchasing what's needed):

- Your favorite salad ingredients with dressing
- Your favorite fruit
- A cold cut spread
- Your favorite cold sandwich

- Your favorite sweet pastry
- British Meat Pie (to be made the day before):***
 - Refrigerated biscuit dough
 - Sausage
 - Onion
 - Celery
 - Carrot
 - Instant mashed potatoes
- Tea
- Coffee
- Beer

Dinner (select *at least 5* items, including soup, and 1 to 2 beverages, purchasing what's needed):

- Your favorite soup
- Your favorite meat dish
- Your favorite poultry dish
- Your favorite fish dish
- Your favorite cooked vegetables
- Your favorite raw vegetables
- Your favorite salad ingredients with dressing
- Olives
- Cheese
- Nuts
- Your favorite cake, pie or ice cream
- Parmesan Mac and Cheese (to be made the day of):***

- Butter
- Flour
- Milk
- Sharp cheddar cheese (grated)
- Parmesan cheese (grated)
- Pasta noodles

Mulligatawny Soup (to be made the day of):

- Onion
 - Celery
 - Carrot
 - Butter
 - All-purpose flour
 - Curry powder
 - Chicken broth
 - Apple
 - White rice
 - Boneless, skinless chicken breast half
 - Salt
 - Black pepper
 - Dried thyme
 - Heavy cream
- Wine
- Beer
- Tea
- Coffee
- Soda water

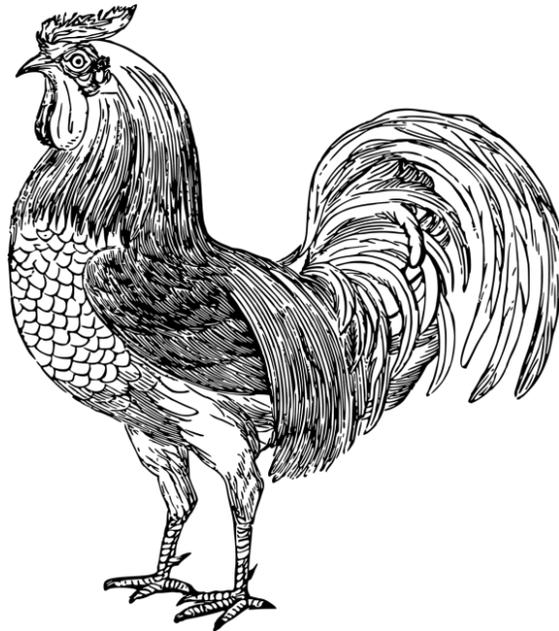
After Dinner Tea (select *up to 4* items and 1 beverage, purchasing what's needed):

- Your favorite cake or pie
- Olives
- Pickles
- Nuts
- Pound Cake (to be made the day before):***
 - White sugar
 - Butter
 - Eggs
 - Vanilla
 - Flour
 - Baking powder
 - Milk
- Tea
- Sweet wine
- Cordial
- Port

Supper (select *up to 2* items and 1 beverage, purchasing what's needed):

- Your favorite cold sandwich
- A cold cut spread
- Bread
- Olives
- Pickles
- Nuts

- Your favorite fruit
- Ham Sandwich (to be made the day of):**
 - Brown bread
 - Ham
 - Soft Butter
 - Dijon mustard
- Wine
- Port
- Sherry
- Soda water



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~ The End ~