



## Colonial Tavern Recipes

### Sally Lunn Bread

**A delicious sweet, moist, bread.**

*Sally Lunn bread is best eaten warm and fresh. Since sugar was expensive and scarce in Colonial America, this bread was a tavern fare treat. The origin of the name is unclear. People may have anglicized “soleil et lune,” the French words for sun and moon, thinking the phrase described the shape of a cut loaf and its golden yellow color. Some folks say that it is named for a woman in Bath, England, who was either a baker or the daughter of one.*

- ¼ ounce Active dry yeast
- 4 tablespoons Warm water
- ¾ cup Milk
- ½ cup Shortening
- 1 Egg
- 3 ¼ cups Flour
- ½ teaspoon Salt
- ¼ cup Sugar
- Butter

Dissolve yeast in warm water, set aside. Heat milk and shortening to temperature of a warm baby bottle, melting later. Mix egg in a separate bowl. Combine flour, salt and sugar in another large bowl, then stir in warmed milk and (melted) shortening. Add the eggs and yeast/water. Beat the entire mixture until it comes off the side of the bowl cleanly.

Cover, let rise in a warm place until double in size, about 1½ hours. Knead the bread down in size and shape into a round loaf. Place on buttered cookie sheet and let rise again to half again as big, about 45 minutes.

Bake bread at 300 °F for about 45 minutes. After 30 minutes baste the top of the bread with butter and again when finished baking.

*Makes one large loaf.*

**Courtesy of Gadsby’s Tavern,**

138 N. Royal Street, Alexandria, Virginia, 703-548-1288



## Colonial Tavern Recipes:

### Lemon Syllabub

**A light dessert or inter-mezzo course.**

*Syllabub was a popular American colonial food, served at better taverns and banquets. It takes a couple days to prepare, so was not common in home cooking. This recipe is a dessert variety. Another variation used more liquid (sherry, wine or hard cider) and was served as a punch. In colonial times it commonly was made without lemon, since such citrus fruit was a luxury item. Instead the cream and liquid were mixed as here, but the servings were left to sit out (often in a sunny window) and the spoiling of the cream produced the distinctive tartness—often with small curdles. However, in the nineteenth century people realized this was a very unhealthy preparation, and syllabub largely disappeared from American cuisine. A modern rendition of this dish is made with lemon juice for tartness. Finely grated lemon peel zest can be added to simulate curdles.*

- Juice of 1 lemon
- ½ cup Sherry
- ¼ cup Dry white wine (*optional*)
- ¼ cup White sugar
- ½ pint Whipping cream

Squeeze lemon for juice, strain out any pulp or seeds. Mix lemon juice, sherry, wine (if used), and sugar. Stir vigorously to dissolve sugar, then set aside. Whip cream until moderate peaks are formed [hint: use chilled bowl]. Fold in liquid mixture while continuing to whip cream until thick. Spoon mixture into serving glasses, parfait or other small or decorative style. [hint: As thicker foam on top is removed, further whip remaining cream]. Chill in refrigerator for about two days until frothy cream and liquid separate in serving glass.

Garnish with fresh mint, curl of lemon rind, or sprinkle with nutmeg. Serve with spoon for cream top; this is eaten first. Liquid bottom is then sipped or slurped to clear palette.

*Makes 4-8 servings (depending on volume of serving glasses).*