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By Tracy Beard

PROVISIONS

ALONG THE TRAIL



Century-old Eats

Old World Puff Pancake

by Auton Miller

2 tablespoons butter
3 large eggs, room temperature
 $\frac{3}{4}$ cup 2 percent milk
 $\frac{3}{4}$ cup all-purpose flour
2 teaspoons sugar
1 teaspoon ground nutmeg
Confectioners' sugar
Lemon wedges
Syrup, optional
Fresh raspberries, optional

Place butter in a 10-inch ovenproof skillet, and place in a 425-degree oven until melted, 2-3 minutes. Process the eggs, milk, flour, sugar, and nutmeg in a blender until smooth. Pour into prepared skillet. Bake at 425 until puffed and browned, 16-18 minutes. Dust with confectioner's sugar. Serve with lemon wedges and, if desired, syrup and raspberries.

I make a version of this pancake and mix a little lemon juice with the confectioner's sugar to make a sauce, and I serve it with fresh blueberries. I also make it in three individual 4-inch ramekins and bake for 12 minutes.

Other favorites from 100 years ago include smoked salmon over hot coals, homemade venison jerky, and canned homegrown fruits and vegetables. These items were prepared for long-term storage and everyday meals and are still being made today.

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Popular Drinks at the Time

Although Prohibition continued for 13 years from 1920 to 1933, spirits still flowed freely in many speakeasies, back alleys, and throughout the countryside. Hooch, produced in the backyard, was a well-known beverage. However, due to the potency of this beverage, mixologists were inspired to create several famous cocktails during that timeframe. Here are five 100-year-old cocktails.

Gin Rickey

Created early in the 1900s, this refreshing highball drink probably contained bourbon or whiskey as that was the preferred spirit until gin began as made in bathtubs during Prohibition.

- 2 oz. gin
- 2 tablespoons lime juice
- 4 oz. club soda
- Garnish with a lime wedge

Old Fashioned

The Old Fashioned was initially referred to as a “whiskey cocktail.”



This versatile beverage survived Prohibition and is now found in numerous versions. Here is one of the oldest versions:

- 2 oz. rye or bourbon
- 2 dashes Angostura bitters
- 1 sugar cube
- Club soda

Sidcar

Garnish: lemon or orange twist
Add a sugar rim



French 75

- 2 oz. gin
- 1 tsp. simple syrup
- ½ oz. fresh lemon juice
- 4 oz. Champagne



Mary Pickford

Rum was a hot commodity during Prohibition.

- 2 ounces light rum
- 2 ounces pineapple juice
- 1 teaspoon grenadine
- Garnish with a Maraschino cherry

Five other popular long-living cocktails are the Bee’s Knees, Highball, Ward Eight, The Southside, and the Corpse Reviver.



Food and Drinks 100 Years Ago

Looking back during Longview’s Centennial

By Tracy Beard

Longview, Washington, was dedicated in July 1923, and seven months later, in February 1924, the city received a charter from the state, established a municipal government, and was incorporated. World events at the time included the eruption of Mount Etna, the Great Kanto earthquake, the introduction of insulin, the first baseball game (held on April 18 in Yankee Stadium), and the sale of the world’s first domestic refrigerator (in Sweden). Our look back into food and drink during the city’s origination reveals that booze was illegal, and there were no home refrigerators. So who lived in the new city of Longview and greater Washington state, and what did they eat and drink 100 years ago?

Residents of Washington

Prospectors ran to Washington after the discovery of gold in 1855. Soon after, English, Dutch, German, and Scandinavian settlers arrived to claim ownership of the valleys through free land grants. Each of these ethnic pioneers had their culinary traditions, but they soon melded. Salmon was already a staple for the coastal Indians, and more than 30 other fish species, including rockfish, cod, lingcod, sablefish, and smelt, were a regular part of the local diet. Oysters and crabs rounded out the seafood menu.

Near Puget Sound, the New Englanders gathered clams and made clam chowder, a dish they were already familiar with, and they also began substituting beef with chopped clams in other recipes. Women learned how to cook salmon over an open fire from the local Indians. Men hunted for elk, deer, and waterfowl.

Washingtonians soon developed a cuisine undefined by a specific culinary style. Instead, they created menus that blended fresh produce, seafood, and locally hunted and raised meats into a lighter form of cooking without the traditional heavy sauces from their homelands.



An early 20th Century Art Nouveau style kitchen

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Residents of Longview

Early pioneers Harry and Rebecca Jane Huntington arrived to file homestead papers and settle along the Cowlitz River in 1849. Along with these early pioneers, others from Washington moved to the area. Later, Robert Alexander Long, the president of Long-Bell Lumber Company, and Mr. S.M. Morris began making decisions in a Kansas City, Missouri boardroom in 1918 to construct a mill town in Cowlitz County. The idea grew, and a planned city was born six years later.



The first Kraft Kitchen, circa 1924

The Kitchen

Before the 1920s, pantry storage was outside the kitchen area, and wood stoves were the norm. However, the Roaring 20s brought new technology. The Hoosier, a free-standing cabinet with built-in bins for staples, came on the scene. Individual homes had access to electricity and natural gas. Putting kitchen essentials together, like proper storage, a small icebox, and a gas range where homemakers simply had to turn a dial and light a match, created a more efficient, modern kitchen, and soon this room became the center of each home.