Lesson 7

OLD HORSE, OLD HORSE, WHAT HAVE WE HERE?!

GOALS:
› Students will have an understanding of a sailor’s diet on board a 19th century square-rigger.
› Students will understand the conditions which necessitates such a diet.

CONCEPT AND BACKGROUND:
The diet of an 1830’s sailor was limited and primitive. While they were at sea, it mainly consisted of salted meat (salted down for a long period of time to preserve it), hard tack (ship’s bread, generally full of bugs), and tea (made from water stored for long periods of time in oak wood barrels). There was no system of refrigeration so all food had to be preserved by using other methods. Sailors were also restricted in daily quantities of food that they could eat. Daily rations were generally listed on the Forecastle Card and were considered part of the contract. The students should have a historical understanding of a sailor’s shipboard fare, and the different cooking and storage constraints.
The Galley Crew is responsible for the cooking during the voyage.

BEHAVIORAL OBJECTIVE:
The students will be able to:
a. Compare and contrast a daily menu for a sailor and for themselves.
b. Formulate a menu and a shopping list for a two year voyage.
c. Work together to prepare a meal item.

VOCABULARY:
1. diet
2. menu
3. provisions
4. salt meat
5. hard tack
6. duff
7. johnnycakes
8. teaspoon
9. lobscouse stew
10. water bewitched
11. ration

STRATEGY: Cooking

Activity One: Provisions

Materials: Background information
Recipes
Scale of provisions

Methodology
• Have students formulate a menu for the sailors. List items that they would store during the voyage.
• Compare their menus with the Scale of Provisions. Discuss different menus in terms of cooking facilities and storage space.
• Have students keep a three-day of their meals. Compare their meals so that listed on the Scale of Provisions.

**Challenge:** Working together, the galley crew is to prepare one item from the recipes provided to present to the captain upon boarding the *Pilgrim*.

**GALLEY CREW RECIPES**

**SUPPER BISCUITS**

**Ingredients:**
- 8 cups flour
- 4 tbsp (tablespoons) baking flour
- 4 tsp (teaspoons) salt
- ½ cup vegetable shortening
- 3 cups milk

**Directions:**
- a. Combine the dry ingredients (the first four ingredients)
- b. Roll out into a ½ inch thick sheet and cut into 2 ½ inch rounds
- c. Place together on a buttered baking pan and bake in hot oven for about 25 minutes

**Potato Scones**

**Serving Size:** 35

**Ingredients:**
- 8 lbs cooked and mashed potatoes (may be prepared the night before, no instant potatoes)
- ½ lb melted butter
- 8 cups flour
- 4 tsp salt

**Directions:**
- 1. Mix all ingredients into soft dough
- 2. Roll out a ½ inch thick round, and cut, pie fashion, into wedges
- 3. Bake in hot buttered fry pans for 3 to 4 minutes on a side

**Johnnycakes**

**Serving Size:** 48

**Ingredients:**
- 6 cups white or yellow corn meal
- 6 eggs
- A pinch of salt
- Shortening

**Directions:**
- 1. Put corn meal into mixing bowl. Add salt.
2. Make a well in center of meal. Pour in water to scald mixture. Let stand for a few minutes.
4. Thin batter by adding milk and beating well until it has the consistency of pancake batter.
5. Drop by spoons in hot shortening in to fry pan. Cook thoroughly on one side before turning over. Do not cool fast, or inside will not be done.

SCALE OF PROVISIONS to be allowed and served out to the crew during the voyage in addition to the daily issue of lime and lemon juice and sugar, or other antiscorbutics in any case required by law.

<table>
<thead>
<tr>
<th>Item</th>
<th>Substitution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water quarts</td>
<td>5 5 5 5 5 5 5 5</td>
</tr>
<tr>
<td>Biscuit pounds</td>
<td>½ ½ ½ ½ ½ ½ ½ ½</td>
</tr>
<tr>
<td>Beef, salt pounds</td>
<td>--- 1 1 1 1 1 1 1</td>
</tr>
<tr>
<td>Pork, salt pounds</td>
<td>--- 1 --- --- --- --- --- --- ---</td>
</tr>
<tr>
<td>Flour pounds</td>
<td>½ --- ½ --- ½ --- 1 --- --- ---</td>
</tr>
<tr>
<td>Canned meat pound</td>
<td>1 --- --- 1 --- --- --- ---</td>
</tr>
<tr>
<td>Fresh bread pound</td>
<td>1 ½ 1 ½ 1 ½ 1 ½ 1 ½ 1 ½ 1 ½ 1 ½</td>
</tr>
<tr>
<td>Fish-dry, preserved pound</td>
<td>--- --- --- --- --- --- --- ---</td>
</tr>
<tr>
<td>Potatoes or yams pounds</td>
<td>1 1 1 1 1 1 1 1</td>
</tr>
<tr>
<td>Canned tomatoes pound</td>
<td>½ --- --- --- --- ½ --- --- --- ---</td>
</tr>
<tr>
<td>Peas pint</td>
<td>--- --- 1/3 --- --- --- 1/3 --- --- ---</td>
</tr>
<tr>
<td>Beans pint</td>
<td>--- 1/3 1/3 --- --- --- --- --- ---</td>
</tr>
<tr>
<td>Rice pint</td>
<td>--- 1/3 --- --- --- --- 1/3 --- --- ---</td>
</tr>
<tr>
<td>Coffee (green berry) ounce</td>
<td>¼ ¼ ¼ ¼ ¼ ¼ ¼ ¼</td>
</tr>
<tr>
<td>Tea ounce</td>
<td>1/3 1/3 1/3 1/3 1/3 1/3 1/3 1/3</td>
</tr>
<tr>
<td>Sugar ounces</td>
<td>3 3 3 3 3 3 3 3</td>
</tr>
<tr>
<td>Molasses pint</td>
<td>½ --- --- --- --- --- --- ---</td>
</tr>
<tr>
<td>Dried fruit ounces</td>
<td>3 --- --- 3 --- --- --- --- ---</td>
</tr>
<tr>
<td>pickles pint</td>
<td>--- ¼ --- --- --- --- --- ---</td>
</tr>
<tr>
<td>Vinegar pint</td>
<td>--- ½ --- --- --- --- --- ---</td>
</tr>
<tr>
<td>Corn meal ounces</td>
<td>4 --- --- 4 --- --- --- ---</td>
</tr>
<tr>
<td>Onions ounces</td>
<td>4 --- --- 4 --- --- --- ---</td>
</tr>
<tr>
<td>Lard ounce</td>
<td>1 1 1 1 1 1 1 1</td>
</tr>
<tr>
<td>Butter ounce</td>
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</tbody>
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Mustard, pepper, and salt sufficient for seasoning.

SUBSTITUTES
One pound of flour may be substituted for the daily ration of biscuit or fresh bread; two ounces of desiccated vegetables for one pound of potatoes or yams; six ounces of hominy, oatmeal, or cracked wheat, or two ounces of tapioca, for six ounces of rice; six ounces of canned vegetables for one-half pound of canned tomatoes; one-eighth of an ounce of tea for three-fourths of an ounce of coffee; three-fourths of an ounce of coffee for one-eighth of an ounce of tea; six ounces of canned fruit for three ounces of dried fruit; one-half ounce of lime juice for the daily
ration of vinegar; four ounces of oatmeal or cracked wheat for one-half pint of corn meal; two ounces of pickled onions for four ounces of fresh onions.

When the vessel is in port an it is possible to obtain the same, one and one-half pounds of fresh meat shall be substituted for the daily rations of salt and canned meat; one-half pound of green cabbage for one ration of canned tomatoes; one-half pound of fresh fruit for one ration of dried fruit. Fresh fruit and vegetables shall be served while in port if obtainable. The seamen shall have the option of accepting the fare the master may provide, but the right any time to demand the foregoing scale of provisions. The foregoing scale of provisions shall be inserted in every article of agreement, and shall not be reduced by any contract, except as above, and a copy of the same shall be posted on a conspicuous place in the galley and in the forecastle of each vessel.