

# Union Pacific's Dutch Apple Cake

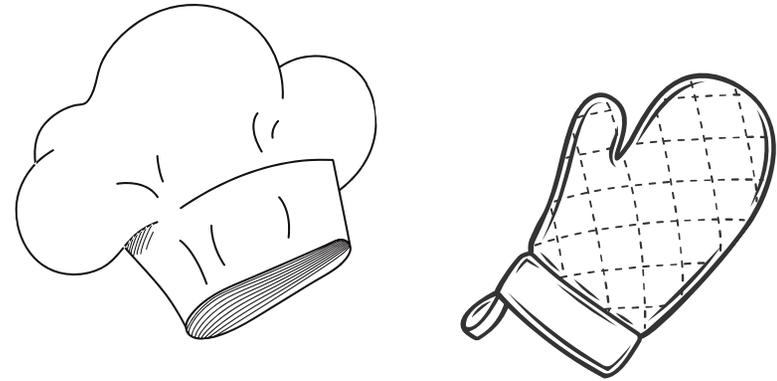
*From the Union Pacific Railroad's Dining Car Service Manual & Recipe Book, circa 1940.*

**Dutch Apple Cake:** Sift 4 cups of flour, 4 teaspoons of baking powder, and mix together twice, cut in  $\frac{1}{3}$  cup butter with a table knife. Add  $\frac{1}{2}$  cup milk and 2 eggs, well-beaten, and mix to a soft dough. Spread about 1" thick in a buttered pan. Peel and core 4 apples, cut from stem end to blossom end in thin slices, and arrange in rows with edges of apples overlapping on top of dough, and bake in a hot oven for 30 minutes. Blend well together  $\frac{1}{3}$  cup butter,  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  teaspoon nutmeg, and  $\frac{1}{4}$  teaspoon cinnamon, and sprinkle over apples. Lower the heat and bake 20 minutes longer or until apples are soft. Serve warm with Lemon Sauce or Spice Sauce, etc., poured around or feature with cream.

**Lemon Sauce:**  $\frac{1}{4}$  lb. butter, 1  $\frac{1}{2}$  pints of water,  $\frac{1}{2}$  cups of sugar, grated rind of 3 lemons. Boil the above ingredients until a thick syrup is obtained, thicken slightly with 1 level teaspoon of tapioca flour moistened with the juice of 3 lemons. Remove from fire, and whip in the yolks of 3 eggs, which have been beaten with 2 tablespoons of water, and strain.



# Railroad Recipes

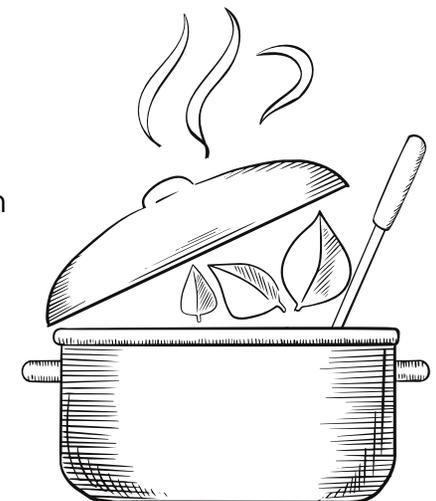


Recipes on the railroad and in eating houses varied from one company to another.

Harvey Houses had a standard cookbook used in all their establishments. Railways with dining cars also had standardized cookbooks.

Since these recipes are older, many are written as paragraphs rather than the step-by-step instructions and lists common today.

You can try these recipes from railroads around America and see which one is your favorite.



Make sure to ask an adult for help before you begin cooking.

# Hard Tack

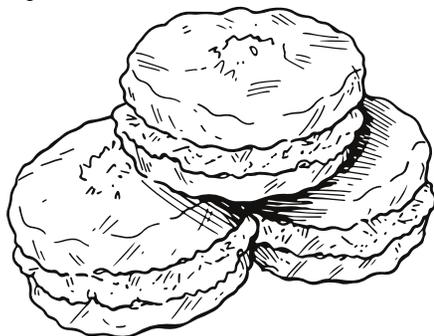
*Hard tack is a hard, dry biscuit or bread. It is eaten most easily when softened in water, coffee, milk, or soup.*

**Eating hardtack without softening can result in a chipped tooth.**

*This bread was often made because it could be stored for a long time without molding and was easy to carry when traveling.*

2 cups all-purpose flour  
3/4 cup water  
1 ½ tsp salt, optional

Combine ingredients in a bowl. After mixing, scoop the dough onto a floured countertop. Knead the dough until everything is mixed well. Use a rolling pin to roll the dough into a square about ½ inch thick. Use a sharp knife to cut your dough into 3-inch squares. With a sharp tool, carefully poke holes in the surface of each square. The holes prohibit air pockets from forming in the hard tack. Place on an ungreased baking sheet. Bake for 30 minutes at 375°F. Flip your hardtack squares and bake for another 30 minutes. Remove and place on a cooling rack. Allow hard tack to cool completely. Store in an airtight container. If baked thoroughly, hard tack can be stored for up to 50 years.



# Harvey House Chocolate Custard

*From the Harvey Girls Cookbook Project*

1 qt. milk  
6 eggs  
4 oz. sugar  
Pinch salt  
1 teaspoon vanilla extract  
2 oz. bitter chocolate

Melt chocolate in warm milk, beating with egg whip. Mix eggs, sugar, and salt, combine with chocolate milk, and add vanilla extract. Fill custard molds and bake in a moderate oven\* for about 30 minutes, until set. Let cool, unmold, and garnish with whipped cream.

\*A moderate oven is between 350°-375°F.

# Harvey House Pineapple Sherbert

*From the Harvey Girls Cookbook Project*

1 gal. water  
3 lbs. sugar  
Juice of 4 lemons  
1 qt. pineapple pulp

Dissolve sugar in water, add lemon juice, pineapple pulp, and freeze.

# Old Virginia Sour Milk Biscuits

*From the Harvey Girls Cookbook Project*

Stir into two cupfuls of loppered milk or buttermilk, a day old, one rounded teaspoonful of soda (no more). Whip into this with a few swift strokes one tablespoonful of melted (not hot) butter. Have ready in your mixing bowl one quart of flour twice sifted. Measure after sifting. Make a hole in the middle of this and pour in gradually, but quickly, the frothing milk, stirring the flour down into it with a wooden spoon. The dough should be very soft. Mix, roll, cut out very rapidly with as little handling as possible, and bake in a quick oven.

# Eggless Ginger Cake

*From the Harvey Girls Cookbook Project*

*You can't skip the pumpkin pie for Thanksgiving, but consider adding this eggless ginger cake to your dessert spread. This recipe is easy to make vegan by replacing the butter with apple sauce or coconut oil.*

One cup black molasses  
One teacupful boiling water  
One tbsp butter  
One tbsp ginger  
One tsp soda dissolved in a little hot water;  
Flour enough to make a batter that will drop from the spoon. A few raisins improve it.

This is inexpensive, easy to make, and good. It can be eaten as a pudding with sauce.

# Risotto Piemontaise

*From the Harvey Girls Cookbook Project*

Sauté one small onion, chopped fine, in butter to a golden brown.

Add one cup uncooked rice and continue heating until rice is browned lightly, about ten minutes, stirring constantly.

Add about one-half teaspoon salt, and two-and-a-half cups of boiling chicken broth, cover, reduce heat to low and cook slowly for eighteen to twenty minutes or until rice is tender and excess liquid has evaporated.

Serve hot, topped or mixed with grated Parmesan cheese.

# Guacamole Monterrey

*From Chef Joe Bianchi, El Tovar, Grand Canyon*

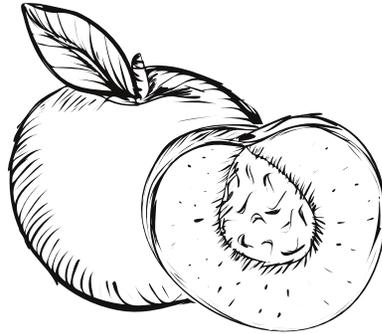
1 avocado, mashed  
1 tomato, chopped fine  
1 Tablespoon lemon juice  
½ teaspoon chopped chives  
½ teaspoon salt  
Dash pepper  
½ cup cottage or cream cheese  
2 Tablespoons chopped green onions  
Dash Worcestershire sauce

Combine all ingredients thoroughly. Chill. Serve on lettuce with peeled, chilled tomato wedge or use as a dunk mixture. Yields 2 2/3 cups, serves six.

# Chicken with Peach

*From the Harvey Girls Cookbook Project*

1 whole chicken  
1 cup orange juice  
1 cup water  
1 can of sliced peaches  
White pepper  
4 oz butter  
½ large red onion  
1 cup peach juice  
1 whole orange  
Salt  
2 tablespoons brown sugar  
2 oz oil



Split the chicken into quarters, sauté in hot oil and two ounces of butter until golden brown on each side. In a large skillet, heat the remaining butter, add the brown sugar, and sliced onion. Fry until light brown. Add chicken, orange juice, peach juice, water, salt and pepper, and let steam for fifteen minutes. Remove chicken and let reduce halfway. Add chicken, sliced peaches, and sliced orange. This recipe is best served over rice.



# ALBONDIGAS SOUP

*From Chef Dan Tachet, Castañeda, Las Vegas, N.M.*

*This classic Mexican dish was re-created by a Harvey chef in Las Vegas, New Mexico, at La Castaneda Hotel—complete with his cultural cooking observations, which are in parentheses.*

4 onions  
1 lb. Beef and veal, mixed  
3 to 4 seeded green peppers  
1 soup spoon of marjoram  
2 cloves garlic  
2 eggs  
2 gallons of white bouillon  
½ cup of corn meal  
Parsley  
Salt  
Butter or lard

Cut up four onions and three or four seeded green peppers; put them on the fire in a copper pot with two ounces of lard or butter. (Mexicans do not use butter for cooking.)

When onions are done or melted, add two gallons of white bouillon and let boil.

Have one pound of mixed beef and veal passed through a meat chopper. Add two eggs, one soup spoonful of marjoram, parsley, one half-cupful of cornmeal, and a little salt; mix well.

Make some small meatballs about half an inch in diameter; drop them into the broth; let simmer for half an hour. (Mexican cooks will press the meat through their left hands over the simmering soup, using the forefingers of their right hand to give the albondigas the correct shape.) Skim off the fat, season if necessary, and serve.