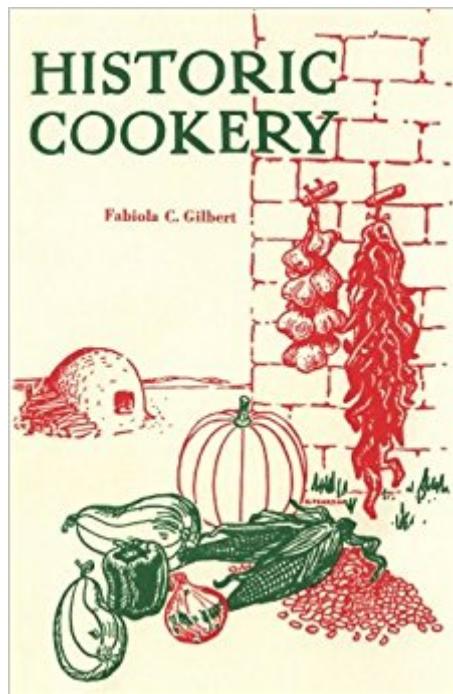


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# Historic Cookery



## **Synopsis**

When Historic Cookery first appeared in 1931 it may have been the earliest cookbook of New Mexican foods to be published, with heirloom recipes from the author's own family and others collected from villagers in northern New Mexico. Fabiola Cabeza de Baca Gilbert's cookbook has been credited with the popularization of cooking with chile that led directly to America's love of native New Mexican foods.

## **Book Information**

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## **Customer Reviews**

Historic Cookery, which first appeared in 1931, may have been the earliest cookbook of New Mexican foods to be published. Many of the recipes were heirlooms from the author's family and others were collected from villagers in Northern New Mexico. Fabiola Cabeza de Baca Gilbert's cookbook has been credited with the popularization of cooking with chile that led directly to America's love of native New Mexico foods. In traditional recipes there were no set rules for the preparation of food. The cook was expected to learn the recipes from her relatives. One of the great contributions of Historic Cookery is that for the first time non-native cook was given exact amounts and measures for the preparation of New Mexican food. The author gives complete recipes for chile sauces, corn dishes, meats, cheese, eggs, and vegetables as well as salads, soups, breads, desserts, and beverages. Fabiola Cabeza de Baca Gilbert was born near Las Vegas, New Mexico in 1891. She was a noted educator, writer, and home economist.

Salas de Chile (Chile Sauces) Since many New Mexican dishes require a little chile sauce, it is

appropriate to explain its preparation first. Ground or powdered chile may be purchased, but care must be taken that the product is pure. Sauce prepared from chile pods is more satisfactory. Chile Sauce--I (a)--3 T. fat 8 T. chile powder 2 T. flour 1 t. salt 1 clove chopped garlic 2 c. hot water Melt fat, add flour and garlic. Brown well. Add chile powder and blend. Slowly add water. Salt and cook until thick. (b)-- 24 chile pods 1 T. fat 1 qt. boiling water 1 T. minced onion 1 t. salt 1 clove chopped garlic 1 t. oregano Wash chile pods; remove stems, seeds, and white veins. Put in a kettle and pour boiling water over them. Cook until tender. Pass through a food mill or fruit press until all the pulp has been removed.

I was unsure what to expect for a \$4.00 Cookbook, but I was surprised once I began reading it.... I started with the Chile sauce they were just like the ones I remember....I cooked a few of the Chicken recipes out of this cookbook they were like the one's I remember eating as a child at my Aunts house early afternoon... Great reference for the cook wanting to learn New Mexico's style of cooking... Small book, small price. Big flavor...

Northern New Mexican cooking is a culmination of some Spanish and some Mexican cooking as well as Native American cooking. When Northern New Mexican cooking and Native American cooking is combined you come up with some delicious dishes unlike any other place that you will find. This cookbook has been used in Northern New Mexico kitchens for generations. If you have ever been to New Mexico and wondered how that delicious chile is made, you have the recipe right here and you'll be amazed at how easy it is to make. This is a jewel to add to you collection.

As a history buff, and collector of old cook books, I had to have this one after seeing it mentioned on PBS. It's a thin booklet, but contains a lot of information.

I found a reference to the book "The Good Life" BY Fabiola Cabeza de Baca Gilbert while reading "Feast of Santa Fe". After checking out "The Good Life" publication, I saw this simple yet honest title, "Historic Cookery" published in 2013, written by the same individual. Needless to say, I purchased it since I believe it predates other books published by the same author. Fabiola's preface is enchanting!

A classic, pointed out to me by a friend. Thin and terse, but as authentic as they come. Well worth the tiny investment if you love traditional New Mexico cuisine.

Some interesting facts and recipes but not enough recipes.

This was everything I expected and arrived in perfect condition.

Great and historic

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