



History Cooks® Food and History Lesson

Pioneer Farm Cooking†

Objectives

After completing this lesson, the student should be able to:

- Understand why crushed ice would be used more often in this recipe when compared to fresh snow.
- Relate this recipe to similar modern day treats.

Introduction

Students take turns reading paragraphs from page 28 of *Pioneer Farm Cooking*.

MOLASSES SNOW CONES‡

Ingredients

- ½ cup dark molasses
- 1/3 cup firmly packed sugar
- 4½ cups fresh snow or crushed ice (see note)
- 6 (6- to 7-ounce) paper cups

Equipment

- liquid measuring cup
- dry-ingredient measuring cups
- small saucepan
- wooden spoon
- measuring spoons
- medium saucepan
- cooktop

Methods

1. In saucepan, combine ½ cup molasses and 1/3 cup brown sugar.
2. Heat over medium-high heat, stirring frequently, about 2 minutes or until mixture is smooth and thickened. Cool slightly.
3. Spoon about ¾ cup snow or crushed ice into each paper cup. Drizzle 2 tablespoons molasses syrup over each snow cone.

* To make crushed ice:

1. Place 8 ice cubes in blender. Mix at low speed. Put crushed ice in bowl.
2. Repeat 3 times; use a total of 36 ice cubes. Makes about 4½ cups crushed ice.

Demonstration

Option 1: Hands-On Student Cooking

Students divide into groups of 2 to 3. Instructor briefly demonstrates equipment use, discusses methods and introduces ingredients. Instructor assigns Molasses Snow Cone Recipe to each group OR assigns each group separate *Pioneer Farm Cooking* recipes in addition to Molasses Snow Cone Recipe.

Option 2: Instructional Cooking

Instructor prepares recipe with students' assistance. Instructor demonstrates equipment use, discusses methods, and introduces ingredients as recipe is prepared. Students actively participate in equipment use, ingredient measurement, and preparation methods.

Class Discussion Questions

Hint: Remember to approach questions from a modern-day view as well as from those living on a pioneer farm.

- Would you consider this recipe to be a holiday treat like the pioneer farmers did? Why or why not?
- Why might a person hesitate to use snow for this recipe nowadays?
- What conditions would prevent the use of fresh snow for this recipe, both now and then?
- Where have you tasted treats similar to Molasses Snow Cones?

† Order direct from History Cooks®, SRP \$22.95. Special History Cooks Price: \$14.95 plus shipping.

‡ Recipe reprinted from *Pioneer Farm Cooking* by Mary Gunderson and used by permission from Capstone Press, Blue Earth Books, 2000. ISBN 0-7368-0356-4



215 Walnut Street, Suite 205, Yankton, South Dakota 57078

Eat.Well@HistoryCooks.com · HistoryCooks.com

toll-free: 877.581.8422 · 605.668.9588 · fax: 605.668.9586

Visit us on the web at historycooks.com for more information about Paleocuisineology® books and presentations for kids and adults.