

RECIPE FROM THE HISTORIC KITCHEN

CRANBERRYADE

Mrs. Porter, *The New World's Fair Cook Book and Housekeeper's Companion*, (Toronto: William Briggs, 1891), page 293.

ORIGINAL RECEIPT

Pour boiling water upon bruised cranberries, let them stand for a few hours, strain off the liquor and sweeten to your taste. This forms an agreeable and refreshing beverage.

HISTORIC BACKGROUND

Cranberryade is indeed “an agreeable and refreshing beverage”, much lighter and less acidic than cranberry juice. It is included in a range of non-alcoholic fruit drinks as part of Mrs. Porter’s beverage chapter. “Liquor” refers to the flavoured liquid, and has no alcoholic meaning. This can be viewed as a temperance beverage, although Mrs. Porter does include a few receipts for wines and beers.

Mrs. Porter’s *New World's Fair Cook Book and Housekeeper's Companion* was originally an American book of 1870, with housekeeping additions of 1891. It was published in Toronto under the auspices of William Briggs, Book Steward of the Methodist Book Room. With the approval of the Methodist Church, Briggs used his own name on the secular books that the Book Room sponsored. The “World’s Fair” of the title, the 6th, was in Chicago in 1893. She repackaged her 1870 book for that event.

OUR MODERN EQUIVALENT

After much experimenting with proportions of cranberries to boiling water, this is what we finally settled on at Spadina. You can, of course, alter these to suit your own tastes.

750	mL	fresh or frozen cranberries	3	cups
1.25	L	boiling water	5	cups
185	mL	white sugar	$\frac{3}{4}$	cup

Pour: boiling water upon cranberries

Steep: for about 2 hours, or more, until water is pale red and tastes strongly of cranberry

Strain: cranberries off liquor; discard cranberries

Blend: in sugar

Serve: cold, with ice, and with cranberries as a garnish