

Frontier Food

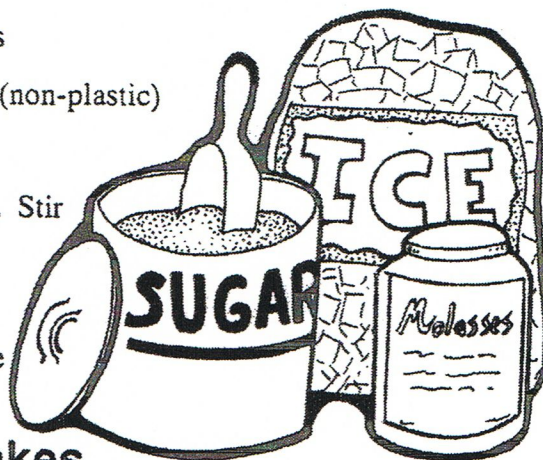
Snow Candy

Ingredients: sugar; molasses; shaved ice or crushed ice cubes

Utensils: pan; hot plate or stove; wood spoons; small pitcher (non-plastic)

Directions:

1. Combine equal amounts of sugar and molasses in the pan. Stir constantly over medium heat until thick and bubbly.
2. Pour the syrup into the pitcher.
3. Fill the pan with the crushed ice and immediately pour the syrup over the ice in squiggly, curlicue designs.



Johnny-Cupcakes

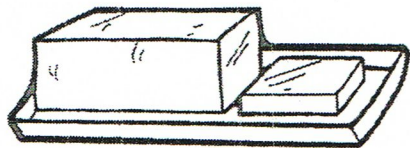
Ingredients: 3 cups baking mix; 2 cups bran cereal; 1 1/2 cups yellow cornmeal; 6 tablespoons wheat germ; 4 tablespoons sugar; 2 eggs; 1 1/3 cups milk; 4 tablespoons molasses

Utensils: bowl; spoon; paper baking cups; muffin pan; oven

Directions:

1. Mix all the ingredients in the bowl.
2. Line the muffin pan with the paper baking cup. Spoon enough batter in each cup to fill it about two-thirds full.
3. Bake for 15 minutes at 400° F. Makes 24 muffins.
4. Serve with honey, if desired, and homemade butter (see recipe below).

Homemade Butter



Ingredients: heavy whipping cream

Utensils: tablespoon; empty, clean margarine tub or baby food jar

Directions: Pour two tablespoons of heavy whipping cream into each container. Attach the lid and shake vigorously (use both hands if using a margarine tub for the container). After a few minutes a solid lump of butter will be formed. Mix the butter with a bit of honey, if desired.

Note: More frontier recipes can be found in *The Little House Cookbook* by Barbara Walker (Harper and Row, 1979).