



Historical Society of Pennsylvania

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In Eliza Anthony, Eliza Smith Huntington Memorandum Book, AM0076.

For Blanc - Mange

Take 1 pint of Calves feet Jelly before it is put into the kettle 1 pint of cream 1/4 of loaf sugar 3 blades of mace put them on to boil then set them to cool and add one glass wine after which you may put them in the moulds.

Fortunately, we have the option of substituting powdered gelatin for calves feet jelly, making this recipe quite easy to execute. Many historic recipes also deployed milk steeped and simmered with almonds, so I cheated and used almond extract. I also cheated with vanilla extract instead of a vanilla bean and generally followed the outline of proportions and directions from Walter Staib's recipe in *A Sweet Taste of History* (2013). The use of rum instead of wine was Staib's adjustment.

2 1/2 cups heavy cream
1 1/2 cups whole milk
1 teaspoon vanilla extract
1 teaspoon almond extract
1/2 oz. unflavored gelatin (2 packs)
5 tablespoons dark rum
1/2 cup granulated sugar
3 tablespoons honey.

Combine the cream, milk, and extracts in a medium saucepan and heat until it just starts to bubble around the sides of the pan. Remove from heat.

Prepare an ice bath in a large stainless steel bowl. Bring a small saucepan of water to a simmer.

In a metal bowl wide than the small saucepan, sprinkle the unflavored gelatin in to the rum, and whisk to combine. Let the gelatin soften for 10 minutes.

Whisk the sugar and honey into the cream and cook the mixture over low heat until the sugar has dissolved. Do not boil.

Set the bowl of softened gelatin over the pan of simmering water, stirring constantly, then whisk it into the cream until completely dissolved.

Pour the mixture into a heatproof bowl set into an ice bath. Slowly stir the mixture until cool; be careful ice and water from the ice bath do not overflow into the bowl. Once slightly thickened, pour into lightly greased jello moulds.

Chill in refrigerator overnight. To carefully unmould the gelatin, set the mould in a bowl of warm water. Use a plastic or silicon spatula or spoon or moistened finger to pull the edges of the gelatin away from the sides of the mould. Invert over top of a plate or serving dish and gently tap on the back of the mould.

Blanc mange can be served garnished with sugared candies or chocolates, or fresh or preserved berries and berry sauce.