



# Historical Society of Pennsylvania

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“Apple Pudding,” *The First American Cookbook: A Facsimile of "American Cookery," 1796* by Amelia Simmons Tv\* 861 v.1

## Original Recipe:

“One pound apple sifted, one pound sugar, 9 eggs, one quarter of a pound butter, one quart sweet cream, one gill rose-water, a cinnamon, a green lemon peel grated (if sweet apples,) add the juice of half a lemon, put on to paste No. 7. Currants, raisins and citron some add, but good without them.” (Simmons, 51)

## Working Recipe:

1/3 cup butter, melted  
1 cup white sugar  
1 cup all-purpose flour  
2 teaspoons baking powder  
1/4 teaspoon salt  
1 cup milk  
2 cups chopped and peeled apples  
1 teaspoon ground cinnamon

First, preheat the oven to 375 degrees Fahrenheit. Then, in a small baking dish, combine the butter, sugar, flour, baking powder, salt, and milk until they are well blended. Next, using a microwave safe bowl, combine the chopped and peeled apples and ground cinnamon. Microwave them until the apples are soft, 2 to 4 minutes. Then, pour the apples into the batter and mix until the apples are evenly spread out.

Finally, put the dish into the oven and bake for 30 to 40 minutes, or until golden brown. I would recommend cooking it closer to 40 minutes, as mine was not cooked all the way through at 30 minutes. Once golden brown, let cool for 15 minutes, then serve with a scoop of vanilla ice cream and sliced apples on top.

Adopted from: <https://www.allrecipes.com/recipe/24958/virginia-apple-pudding/>