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Elisabeth Thorsell

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A big help for the Swedish maid!

BY ELISABETH THORSELL

Sometime last year I found an interesting book on the Swedish auction site *Tradera*. It was labelled as a Swedish-American Book of Cookery, so I bid on it and won the book for a small sum.

It turned out to be even more interesting than anticipated, as it also contained a set of examples of the household orders that could be given by the mistress of the house to the new, "raw" girl from the Swedish boondocks. They, the American ladies, did not expect a new girl to know anything about a modern household, so everything was very carefully described. Everything is in both Swedish and in English.

This book was printed in at least six editions from 1882 to 1923, almost at the end of immigration.

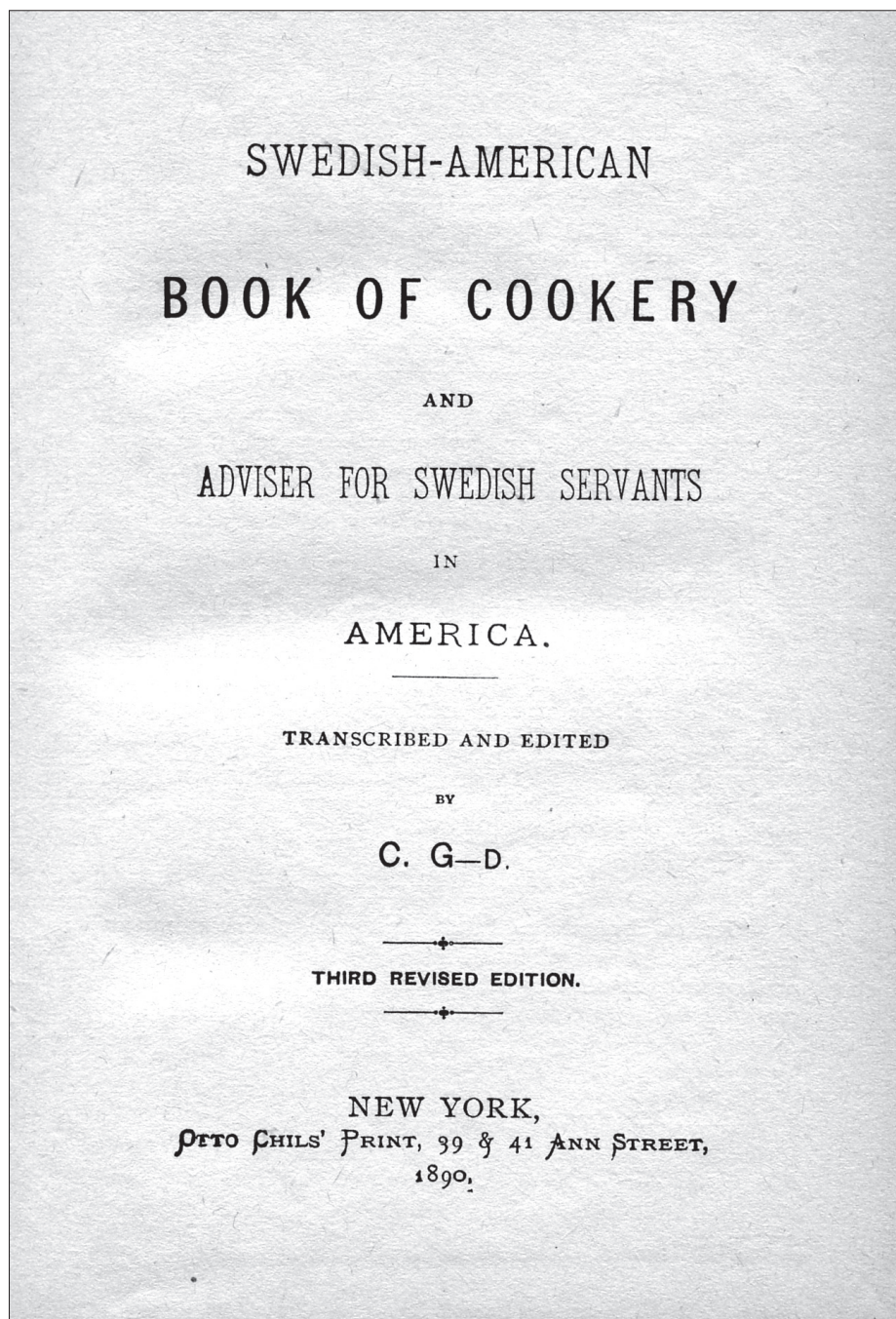
Who was the author?

The author, Carl Grimsköld, is not yet identified in Swedish records. He left Stockholm in 1871, age 30, and travelled to New York, and according to his introduction he had been working as a chef "in the best American families," which is his guarantee that whatever advice he gives is correct and true.

Carl Grimsköld is only found once in the U.S. federal census. In 1910 he (age 69) (indexed as Grimstold) and his wife Anna (age 57), married for 32 years, are living in Manhattan. Carl is an "agent," but for what is unreadable. Anna Grimsköld died 1913 Oct. 23 in Manhattan, and Carl 1929 Jan. 31 in Queens, NY.

Table of contents

As can be expected, the table of contents is divided into Soups; Fish; Sauces; Poultry; Meats; Vegetables; Salads; Breads, Biscuits, etc.; Pudd-



ings and Pies; Omelets, Soufflees, Custards and Creams; Cakes; Layer-cakes; Gingerbread and Small cookies; Pickles and Catsups; Preserves and jellies; Drinks; Confectionery; Varieties; Household Orders; Furniture and utensils.

Recipes

Remember that this is an American cookery book, aimed at future servants in American families.

But if there is any old recipe that you might wonder if it is included in the book, just send an e-mail to <sag@etgenealogy.se>.

Korf.

Tio pounds kött, en half pint salt, en fjerdedels pint peppar och en och en half dito salvia.

Korfkakor.

Tag två pounds mager biff, jemte ett pound fett fläsk, båda delarne finhackade; blanda till detta tre teskedar salt, fem dito stött salvia, fem dito kyndel, tre dito svartpeppar; denna deg bakas till små kakor, som stekas.

Blandkött.

Tag en färsk oxtunga och ett oxhjerter eller ett stycke mör biff. Kokas mör. Hacka temligen fint, och tag noga bort allt skräde. Skala, rensa och finhacka en dubbelt så stor kvantitet äpplen, som det finnes kött, och tag hälften så mycket finhackadt njurister, som det finnes kött. Lägg sedan i hvarf ömsom kött, kryddpeppar, njurister, äpplen och russin jemte rikligt med socker, samt fukta det hela med god söt cider och kognac. Sur cider kan användas härtill. Strö peppar och salt på köttet.

* * *

Sausages.

Ten pounds of meat, one gill of salt, one-half gill of pepper, one and one-half gills of sage.

Sausage meat.

Take two pounds of lean beef, with one pound of fat pork, both chopped very fine; mix with this three teaspoonfuls of salt, five teaspoonfuls of powdered sage, five teaspoonfuls of summer-savory, three teaspoonfuls of black pepper, make this into small cakes and fry.

Mincemeat.

Take a fresh beef's tongue and a beef's heart, or a tender piece of beef. Boil till tender. Chop these very fine, removing all bits of gristle. Pare, core and chop fine, double the quantity of apples that there is of meat, and half as much of finely chopped suet as there is of meat. Then place alternate layers of meat, spices, suet, apples and raisins, with plenty of sugar, wetting the whole with good sweet cider and brandy. Sour cider will do. Add pepper and salt to the meat.

* * *

For Modelling a Kitchen Mechanic.

Let the mistress of the house take two pounds of the very best self-control, one and a half pound of justice, one pound of consideration, five pounds of patience, and one pound of discipline. Let this be sweetened with charity, let it simmer well, and let it be taken daily (in extreme cases in hourly doses), and be kept always on hand. Then the domestic wheels will run quite smoothly.

All receipts here given are for ten persons

Servant for general house-work.**The lady of the house:**

Welcome! I will show you your room.
Take off your clothes and feel at home.
You must get out of bed at six o'clock.
Open the window, and let in fresh air, before you go down.
Clear the range from ashes and coal.
Light the fire and put the water to boil.
I'll help you with the breakfast
Give me the pan and I will show you, how to cook oatmeal.
Look, that it is well clean.
Put the cutlets on the griddle and the gridiron on the fire.
Stew the potatoes. — Fry the mackerel. — Make the toast and warm the plates.
Ring the first bell at half past seven.
Put that dish aside.
Go in and set the table.

At half past seven or so you will be free.

On Sundays we take our breakfast at half past eight.

We usually have beefsteak — fishballs — stewed potatoes — oatmeal — coffee and toast.

Dinner is served on Sundays at half past one.

We have roastbeef — mashed potatoes — fresh beans — applesauce or rhubarbpie and coffee.

You may go to church after dinner.

For supper we will help ourselves.

You must be home at half past nine.

The wash shall be laid to soak. To-morrow is washing-day.