



# Adirondack Cookbook

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Bond and Topper



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with images from  
**The Adirondack Museum**

With the wild woods just outside their doors, Adirondackers historically have had a plethora of food choices that could be hunted, gathered, and harvested.

This cookbook offers nearly 100 modern recipes created with a rustic twist that make use of these traditional foods. The archival photography and fascinating side notes add to this culinary adventure.

Dandelion Salad, Pan-Fried Trout, Maple-Glazed Root Vegetables, and Strawberry and Rhubarb Cobbler are just a few of the recipes that will bring camping in the Adirondacks to mind.



\$14.99 U.S.  
Cookbook



## Contents

*Introduction* 7  
*Appetizers* 15  
*Soups* 33  
*Salads* 51  
*Entrées* 69  
*Side Dishes* 95  
*Desserts* 117  
*Breads* 137  
*Beverages* 155  
*Index* 169

## Dandelion Salad



The first dandelion greens of the year will be the most tender and sweet. As the season goes on, the greens get tougher and more bitter.

4 servings

**12 ounces dandelion greens**  
**1 small red onion, thinly sliced**  
**12 cherry tomatoes, cut in half**  
**1 teaspoon finely chopped shallot**  
**1 teaspoon Dijon mustard**  
**1 tablespoon red wine vinegar**  
**3 tablespoons olive oil**  
**Salt and pepper, to taste**

Place the greens, red onion, and tomatoes in a large bowl.

Place the shallot, mustard, vinegar, oil, and a pinch each of salt and pepper in a small mason jar. Tighten the lid and shake vigorously. Remove the lid and pour the dressing into the bowl with the greens. Toss gently to coat and serve.



*This unidentified woman gathering greens near Saranac Lake might say, as Lucelia Clark did on May 24, 1913, “dug dandylions—loads of them—wheelbarrow loads!” P28360*

*The Iroquois and the Algonquin roaming the Adirondacks before contact didn’t know the pleasures of dandelions. Europeans introduced this plant, which many of us regard as a weed, before the seventeenth century. It spread—like a weed—and subsequent settlers in the Adirondacks welcomed these fresh spring greens at the end of a long winter when they were heartily tired of potatoes and sauerkraut as their only vegetables.*

## Grilled Marinated Squab or Pigeon

4 servings

**2 whole cleaned squabs or pigeons**

**3 cloves garlic, minced**

**1/2 teaspoon**

**chopped fresh  
thyme**

**1/2 teaspoon**

**chopped fresh  
rosemary**

**1 teaspoon**

**chopped fresh  
flat-leaf parsley**

**2 tablespoons olive  
oil**

**Salt and pepper,  
to taste**



*Young Don Conroy of Wanakena looks like he was ready to do a little small game hunting about 1911. P 14916*

Preheat your grill to medium heat. Put the birds in a large bowl. Add the garlic, thyme, rosemary, parsley, oil, salt, and pepper. Toss the birds in the mixture to evenly coat.

Place on the grill, breast side down. Grill for about 5 minutes then turn them on their side. After another 5 minutes, turn them onto their other side. After another 5 minutes, turn them onto their backs. Close the lid and cook for another 5 minutes or until done.

Remove the birds from the grill, place on a platter, and allow to rest at room temperature for 5 minutes. Use a boning knife to cut along the keel bone on both sides and down through the joint where the wing meets the carcass. Then use the knife to follow along the rib cage and down through the hip joint where the leg meets the carcass. You will now have two semi-boneless portions from each bird. Place each portion on a plate and serve.

Samuel H. Hammond, an Albany lawyer camping out in the Adirondacks for his health in the 1850s, was awakened one morning near Tupper Lake by “a distant roaring; not like a waterfall, or far off thunder, but partaking of both.” The noise was made by a vast flock of passenger pigeons whose roosting area covered several acres nearby. Hammond and his guide “breakfasted upon young pigeons, broiled upon the coals. They were very fat and tender, and constituted a pleasant change from fish and venison, which, if the truth must be told, were becoming somewhat stale to us.” Hammond took only a few of the birds, but millions more were shot by Adirondackers and others in the northeast in subsequent decades. By the early years of the twentieth century, passenger pigeons were extinct. Gladys Clark may have eaten some of the last Adirondack pigeons, and poor specimens they were. On December 12, 1914, she wrote at Cranberry Lake, “picked the mosquitoes (pigeons) and got them ready to cook.” R. C. Pruyn didn’t trust to the wild supply. He kept French pigeons for the table at his great camp Santanoni in 1915.



## Lumberjack Potatoes

4 servings

**8 red bliss potatoes, parboiled until just done**  
**4 strips cooked bacon**  
**1 jalapeño pepper, sliced into rings**  
**4 ounces grated cheddar cheese**  
**Salt and pepper, to taste**

Preheat broiler.

Cut the potatoes into 1/4-inch-thick slices. Arrange into 4 even, semi spread out piles on a baking sheet. Break up 1 strip of bacon over each pile. Place several slices of jalapeño peppers on top and cover with cheese. Season with salt and pepper, to taste.

Place under a broiler until the potatoes are hot and the cheese is melted. (This can also be achieved in a hot oven, 400 degrees for about 5 minutes.)



*“An Adirondack Cellar,”  
1909. Mama, who can just  
be seen in the background,  
probably has at least some  
potatoes in her apron.  
P15641*

*This dish would satisfy the hungriest lumberjack, miner, or farmer, although he might not recognize or appreciate the hot peppers. Chili peppers were not unknown in the region, but they usually appeared on the table in a bottle of “chillie sauce,” a sort of spicy catsup flavored with cinnamon and cloves in addition to unspecified “red peppers.”*

## Spiced Apple Fritters

4 servings

**Vegetable oil**  
**1 cup all-purpose flour**  
**1/4 cup sugar**  
**1 teaspoon salt**  
**1 1/2 teaspoons baking powder**  
**1 teaspoon ground cinnamon**  
**1/2 teaspoon ground ginger**  
**1/4 teaspoon ground clove**  
**1/3 cup whole milk**  
**1 egg**  
**1 cup finely chopped apple**  
**1/2 cup powdered sugar, sifted**

Preheat at least 2 1/2 inches oil in a large heavy-bottom saucepan to 370 degrees.

Sift together the flour, sugar, salt, baking powder, cinnamon, ginger, and clove into a large bowl. Add the milk and egg. Beat until the batter is smooth. Fold in the apples.

Drop by the teaspoonful into the hot oil. Fry for about 2–3 minutes, turning halfway through. The fritters should be nicely browned when done.

Remove from oil and drain on paper towels then roll in powdered sugar while still warm. Serve immediately.

*This recipe uses oil for frying, a modern touch which reflects our concern with saturated fats. Our Adirondack ancestors had no such worries. Nutritional science hadn't isolated the dangers of fats then, and people generally led much more active lives than we do and burned off the fat. Traditionally, Adirondack cooks fried fritters in lard, the “tried-out” fat of a pig.*



*Seneca Ray Stoddard, “Old Mountain Phelps at Home, 1882.” Orson “Old Mountain” Phelps was a famous Keene Valley guide. While he reads the newspaper to his wife, she is peeling, coring, and slicing apples to string on the framework against the house where a black blanket concentrates the heat to help the slices dry for storage. P 8138*