

STEAMIN' DAY

PACK A PICNIC

RECIPES FROM THE EDWARDIAN ERA

• SANDWICHES •

EGG AND CHEESE SANDWICH

HAM OR ROAST BEEF SANDWICH

slices of ham or roast beef between buttered bread

SALAD SANDWICH

*cold cooked vegetable (such as green string beans),
thin slices of onion and mayonnaise*

SWEET COCONUT SANDWICH

served cold

• BEVERAGES •

FRESH LEMONADE

CHOCOLATE MILK SHAKE

COLD, BOTTLED BEVERAGES

• SIDES & SNACKS •

STUFFED CELERY

spread with Roquefort (Gorgonzola or Stilton can also be used)

ICED WATERMELON

keep well-chilled before packing

CHOCOLATE CHIP COOKIES



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SWEET COCONUT SANDWICH

RECIPE FROM 1913



INGREDIENTS

- preferred sandwich bread
- 1 tablespoon of butter
- 2 tablespoons of sugar
- 2 tablespoons of grated coconut
- 2 eggs, beaten

DIRECTIONS

Dissolve over heat one rounding tablespoonful of butter and two tablespoonfuls of sugar; when cool, add two tablespoonfuls of grated coconut, [...] and two well-beaten eggs. This must be cold when used for sandwiches.

EGG AND CHEESE SANDWICH

RECIPE FROM 1913



INGREDIENTS

- white sandwich bread
- 3 hard boiled eggs, yolks and whites separated
- 1 tablespoon butter
- grated cheese
- salt and pepper to taste

DIRECTIONS

Mix well together the yolks of three hard-boiled eggs and one tablespoonful of butter; season to taste; add any kind of grated cheese and spread on white bread and butter.



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FRESH LEMONADE

RECIPE FROM 1910



INGREDIENTS

- 4 lemons
- 1 liter of boiling water
- 12 tablespoons of sugar

DIRECTIONS

Wipe the lemons on a clean cloth. Then cut off the rinds very thinly, putting them in a jug with the sugar. Carefully remove all pith from the lemons. Unless this is done, the lemonade will have a bitter flavor. Slice the lemons into the jug, being careful to take out every pip, for they, like the pith, would give a bitter flavor. Pour on the boiling water, cover the jug, and leave the lemonade until it is cold.

CHOCOLATE MILK SHAKE

RECIPE FROM 1925



INGREDIENTS

- 2 squares of chocolate
- 1 cup boiling water
- 1/4 cup of sugar
- 3 cups of scalded milk

DIRECTIONS

Melt chocolate over hot water. Add sugar, then water, stirring constantly. Bring to a boil and cook until thickened. Add the milk and beat until thoroughly blended. Chill. Pour into a cold vacuum jug. Stir before pouring into glasses. A simpler chocolate milk, although not quite so good is made with canned chocolate sauce and milk. Either blend a quart of milk with sauce to taste, before leaving, or take the chilled milk in a vacuum jug and mix at the picnic.



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