

Gingerbread – Traditional pioneer dish

1 cup brown sugar

3 cups flour

3/4 cups melted shortening

1 teaspoon soda

1 teaspoon cinnamon

3/4 cup molasses

2 eggs

1 teaspoon ginger

1/4 teaspoon salt

1 cup sour milk (or 1 tablespoon
clear vinegar with milk)

Preheat oven to 350 degrees. Beat eggs until light, add brown sugar and stir well. Add shortening and molasses. Sift together flour, soda, cinnamon, ginger, and salt. Add half of the flour and half of the milk then add remaining flour and milk, stirring after each addition. Pour thick mixture into two greased and floured 9-inch square pans.

(continued)

Gingerbread (continued)

Bake 30 minutes. Test for doneness by poking a toothpick gently into the middle of the gingerbread. If it comes out clean, the gingerbread is done. If the toothpick has dough clinging, bake 5 minutes longer and test again.

In the early settlement days gingerbread was baked in heavy pans in a wood burning stove. Makes 24 servings.

Food in Kansas

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