

Recipe
for
Rocheester

Recipe for Rochester

The 2nd graders at Genesee Community Charter School focused on the settlements of early Rochester throughout this expedition. The students visited places along the Genesee River and local landmarks to help them visualize what daily life was like for the settlers. A local historian gave the children guided tours of each settlement along the river.

Through learning experiences, field studies, and research, the students became experts on what “ingredients” came together to make Rochester on the verge of blossoming into a city. This recipe book contains student writing on the “ingredients” that went into the formation of Rochester.

One “ingredient” the students all investigated was Rochester’s early flour milling industry. Students learned about why settlers needed grist mills, how grist mills worked, and what the flour was used for by the settlers. Each student brought in a bread recipe from home to contribute to this recipe book. In crews, the students made all 30 loaves of bread that appear in this book. The background on each page in this book is homemade paper we created in Art. The stitching and sketching on each page is also from our work in Art.

**The 2nd Graders hope you enjoy these bread recipes
with your families and learn a little more about
Rochester’s early history!**

Recipe for Bread

Macaroni Grill Rosemary Bread

1 tablespoon yeast
1 tablespoon sugar
1 cup warm water
2 ½ cups flour
1 teaspoon salt
2 tablespoons fresh chopped rosemary
2 tablespoons butter

1. Place yeast, sugar, and water in a large bowl or food processor and allow mixture to become bubbly. Mix in 1 tablespoon butter, salt, and 2 cups flour. Add 1 tablespoon rosemary. Knead for about 10 minutes by hand or 5 minutes in food processor until smooth and elastic. Add more flour if necessary.
2. Oil a bowl, put dough in it and cover with a towel. Let dough rise in a warm place for one hour until doubled. Punch down dough and divide in half. Let dough rest about 5 minutes.
3. Spray baking pan or cookie sheet with cooking spray.
4. Shape the dough into 2 small rounded oval loaves. Sprinkle remaining rosemary over loaves and press lightly into the surface. Let loaves rise again until doubled, about 45 minutes.
5. Bake at 375 F for 15-20 minutes, until lightly browned. Remove from oven, brush with remaining butter (and salt if desired).

Given by: Graham



Recipe for Rochester

The Settlement at Charlotte

At the Charlotte settlement people could see the place where the Genesee River ended and Lake Ontario began. Charlotte was settled in 1792 by William Hinchey. It was the first settlement of Rochester. Charlotte was a major port where passengers and goods would come. Goods could go down the Genesee River through Carthage or King's Landing and then onto other settlements. Settlers came through Charlotte from Canada or the other settlements. The swampy land and the Genesee Fever scared some people away from Charlotte. In 1812 the British attacked Charlotte with cannonballs. Some people were afraid to live there. The Charlotte settlers tricked the British by running around a group of trees. The British thought there were so many people in Charlotte that they didn't know what to do, so they just left. Charlotte was an important settlement because it was so big and it was a port.

By: Graham



Recipe for Bread

Breaking Bread

2 packages yeast
1 cup of warm water
1 cup boiling water
1 cup Crisco
 $\frac{3}{4}$ cup sugar
2 eggs, well beaten
1 $\frac{1}{2}$ teaspoons salt
6 cups flour
1 stick of butter or margarine to pour over bread the next day

1. Dissolve yeast in warm water.
2. In a large bowl, pour boiling water over Crisco.
3. Cool and add sugar, salt, egg, and yeast mixture.
4. Add flour and mix.
5. Divide in half. Cover and refrigerate overnight.
6. Cut with a biscuit cutter then stack in a Bundt pan
7. Let rise for 2 $\frac{1}{2}$ to 3 hours.
8. Bake in oven at 350 F for 1 hour. Makes 1 loaf.

Given by: Trinity



Recipe for Rochester

William Hincer Family

Did you know the Hincer family did many things they could be proud of? The Hincers were the first settlers to live in Charlotte. In 1790 William Hincer and a friend explored the area where the Genesee River and Lake Ontario met. Hincer bought 627 acres of land there and then returned to Massachusetts. Two years later he took the hard journey from Massachusetts again. This time he brought his family with him. They took their twelve hogs, four oxen, and some horses on the trip. His son William Hincer Jr. was a great hunter. Once he killed six deer in an hour and in one day he killed forty rattlesnakes! His sister, Mehitable Hincer, was the first person to have a wedding at Charlotte. She lived to be 100 years old. William Hincer died in 1817 when he was 75 years old. Mrs. Hincer died in 1839 when she was 75 years old. The Hincer family was impressive.

By: Trinity



Recipe for Bread

Monkey Bread

1 ½ yeast cakes or 2 packages of active dry yeast
1 cup lukewarm milk
4 tablespoons sugar
½ teaspoon salt
½ cup butter
3 ½ cups flour, approximately
½ cup melted butter

1. Dissolve yeast in lukewarm milk. Stir in sugar, salt, and butter. Add flour and beat well.
2. Knead about 7 minutes or until dough is soft and slightly sticky to touch. Place dough in greased bowl. Turn over to grease other side. Cover and let rise in a warm place (1 ½ hours) until double in bulk.
3. Flatten dough and roll out on a lightly floured board to ¼ inch thick. Cut with kitchen shears in triangles about 2 inches in size. Dip each piece in melted butter and pile in bundt pan. Let rise until double in bulk.
4. Bake at 400 F for 30 minutes.
5. Invert on a plate. Let everyone pull out his own pieces. This bread is best served immediately. Makes 1 loaf.

Given by: Timmy



Recipe for Rochester

Building a Log Home

It took almost 80 trees to make one log cabin! The settlers looked for water like streams or lakes to settle their homes because water was a valuable resource. They had to cut down all the trees to make a big open space. They used the trees to make their cabins. They made a tiny shelter to use while they were building a big house. They cut notches in the sides of logs so they wouldn't fall off each other. If they fell off the cabin would break and someone could get killed. They used mud, clay, and dirt in between the cracks of wood so that the wind wouldn't blow through. That's how they stayed warmer. They would cut skinny logs to make the roof and then they would point them at the sky and match them up. They covered it with canvas. The last step was to cut out the doors and windows. Their fears of having a place to live were over now because the cabin was done!

By: Timmy



Recipe for Bread

Whole Wheat Cornbread

- 1 ½ cups whole-wheat flour
- 1 1/8 cups cornmeal
- 3-6 tablespoons brown sugar (balance to your taste)
- 1 ½ tablespoons baking powder
- 1 ½ teaspoons salt
- ¾ tablespoon nutmeg
- 1/3 tablespoon cinnamon
- 2 eggs
- ¾ cup milk (or soy milk)
- ½ cup soy margarine or canola or sunflower oil (softened)

1. Mix dry ingredients (first 7 ingredients). Mix wet ingredients (last 3 ingredients). Mix both portions until the dry ingredients are just uniformly moist. The batter should be a bit “rough”.
2. Spread the batter evenly into a greased 9 x 12 inch pan, and bake for 20-30 minutes at 425 F. Test doneness by inserting a toothpick in the center of the loaf.

Variations:

- Use a sugar and egg wash for a crusty, sweet top.
- Mix corn kernels or chopped peppers into the batter.

Given by: Isabella



Recipe for Rochester

Lanterns & Lighthouses

Have you ever wondered why the Charlotte Lighthouse is so far away from Lake Ontario? In 1822, when it was built, there was water around it. The water was filled in by dirt and rocks that came from the Genesee River. The lighthouse helped people in ships on Lake Ontario know where the land was. The light was very powerful. The lighthouse was built by a stone mason named Michael Cook. It had a ladder that went all the way to the top, but later stairs were put in. A lighthouse keeper and his family lived and worked there. Before the lighthouse was built, the settlers used oil-operated lanterns for light. They put the lanterns in the trees. This was dangerous because the trees might have caught on fire. You can still visit the lighthouse today and you will need to climb 42 stairs to get to the top!

By: Isabella



Recipe for Bread

Raisin-Cranberry Bread

2 cups all-purpose flour
1 cup sugar
1 ½ teaspoons baking powder
½ teaspoon soda
½ teaspoon salt
¼ cup butter or margarine
1 teaspoon grated orange rind
¾ cup orange juice
1 egg, beaten
1 ½ cups raisins
1 ½ cups fresh cranberries, chopped

1. Combine first 5 ingredients; cut in butter until mixture resembles coarse crumbs.
2. Combine orange rind, juice, and egg; add to dry ingredients and stir just until moistened. Fold in raisins and cranberries.
3. Spoon batter into a greased and floured 9 x 5 x 3- inch loaf pan.
4. Bake at 350 F for 1 hour and 10 minutes or until toothpick inserted in center comes out clean.
5. Remove from pan; cool on wire rack. Makes 1 loaf.

Given by: Remy

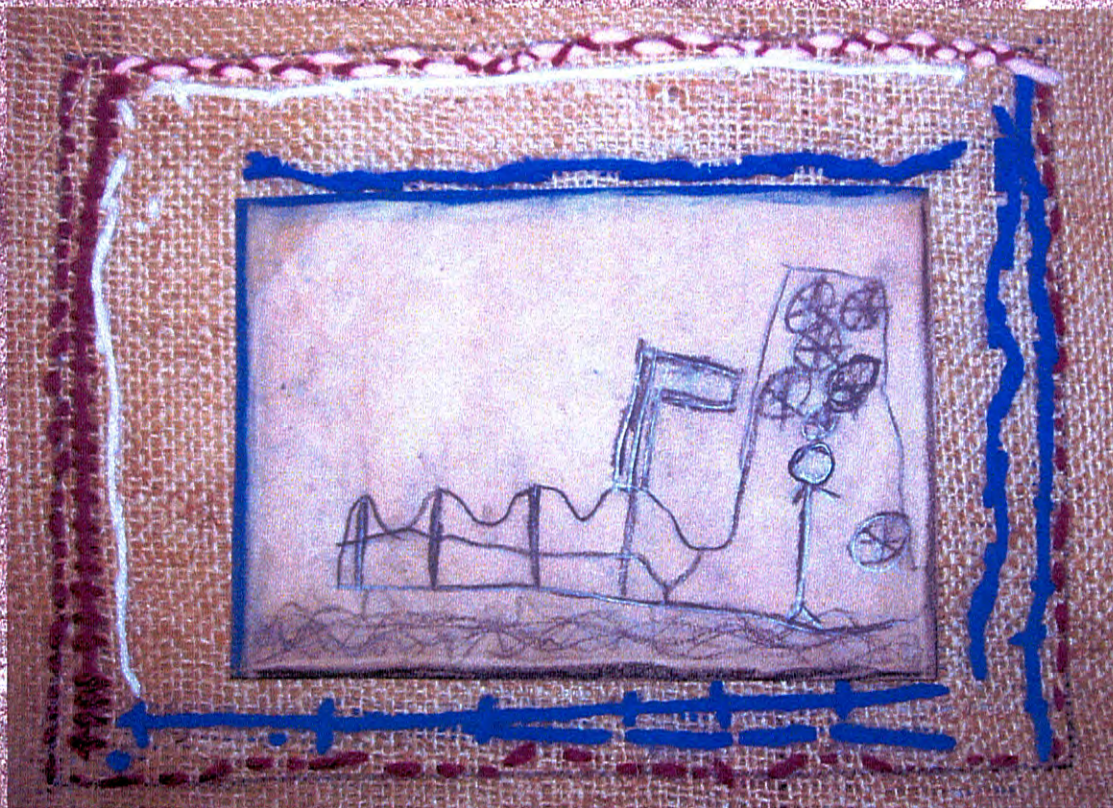


Recipe for Rochester

Ports & Shipping Boats

Charlotte was an important settlement because boats could travel back and forth on Lake Ontario from Canada to Charlotte. Settlers could ship their goods across the Lake. Charlotte was called a port. Do you know what a port is? A port is a place where goods come in or go out. Flour was a thing that was shipped the most out of Charlotte. The flour came from other settlements like Frankfort. Charlotte's port helped to make money.

By: Remy



Recipe for Bread

Nanny's Irish Bread

4 cups all-purpose flour
16 oz sour cream
3 teaspoons baking powder
3 eggs
1 ½ teaspoons baking soda
1 teaspoon vanilla
1 cup sugar
Raisins-as much as you like

1. Mix together all dry ingredients: the flour, sugar, baking powder, and baking soda.
2. In a separate bowl, mix together all wet ingredients: the sour cream, eggs, and vanilla.
3. Now mix the dry ingredients into the wet ingredients. Mix thoroughly. It should be a slightly sticky dough texture.
4. Add the raisins to taste.
5. Bake at 325 degrees for about 1 to 1 1/2 hours, or until skewer comes out clean.

Given by: Alana



Recipe for Rochester

The Settlement at Carthage

Carthage was both successful and not successful. Do you know why? Caleb Lyons discovered Carthage in 1809 and people came from far away to settle in Carthage. Carthage was on the east side of the river across from King's Landing. Carthage was very popular because it had no sicknesses like King's Landing did. Carthage and King's Landing were the two places where people came by boat and dropped their stuff off. These settlements were the farthest people could go by boat because of the river's waterfalls. An elevator system was built to carry people and goods up and down the ravine at Carthage. In 1818 a wooden bridge was built over the Genesee River and was supposed to last for one year. Carthage was popular for its bridge because people could cross the river easily. The wooden bridge collapsed in fifteen months and Carthage was not as popular as it was before. People could cross at the 100-Acre Tract's Main Street Bridge. There's your answer of why Carthage was successful and not successful!

By: Alana



Recipe for Bread

Simple Crusty Bread

1 ½ tablespoons yeast
1 ½ tablespoons coarse salt
3 cups lukewarm water
6 ½ cups flour, plus additional for dusting
Cornmeal (optional)

1. Mix yeast and salt into the water in a large bowl. Stir in the flour, mixing until there are no dry patches - the dough will be loose. Cover, but not airtight. Let dough rise at room temperature 2 to 5 hours.
2. Bake immediately, if desired or refrigerate, loosely covered, for up to 2 weeks (the dough is easier to handle when it's cold.)
3. When ready to bake, sprinkle a little flour on the dough and cut off a grapefruit sized piece. Turn dough in floured hands to lightly stretch the surface until smooth and round on top and lumpy on the bottom.
4. Heat oven to 450 F. Sprinkle a pizza peel with cornmeal. Place dough on peel. Let rise 40 minutes if fresh, 1 hour if refrigerated. Repeat with remaining dough or refrigerate.
5. Place a broiler pan in the bottom of the oven. Grease a loaf pan. Dust loaf with flour and slash top in a cross with a serrated knife. Place loaf pan on middle rack. Pour 1 cup of water into the broiler pan. Close oven door quickly to trap steam. Bake until well browned (about 30 minutes).
Makes 4 loaves.

Given by: Luke

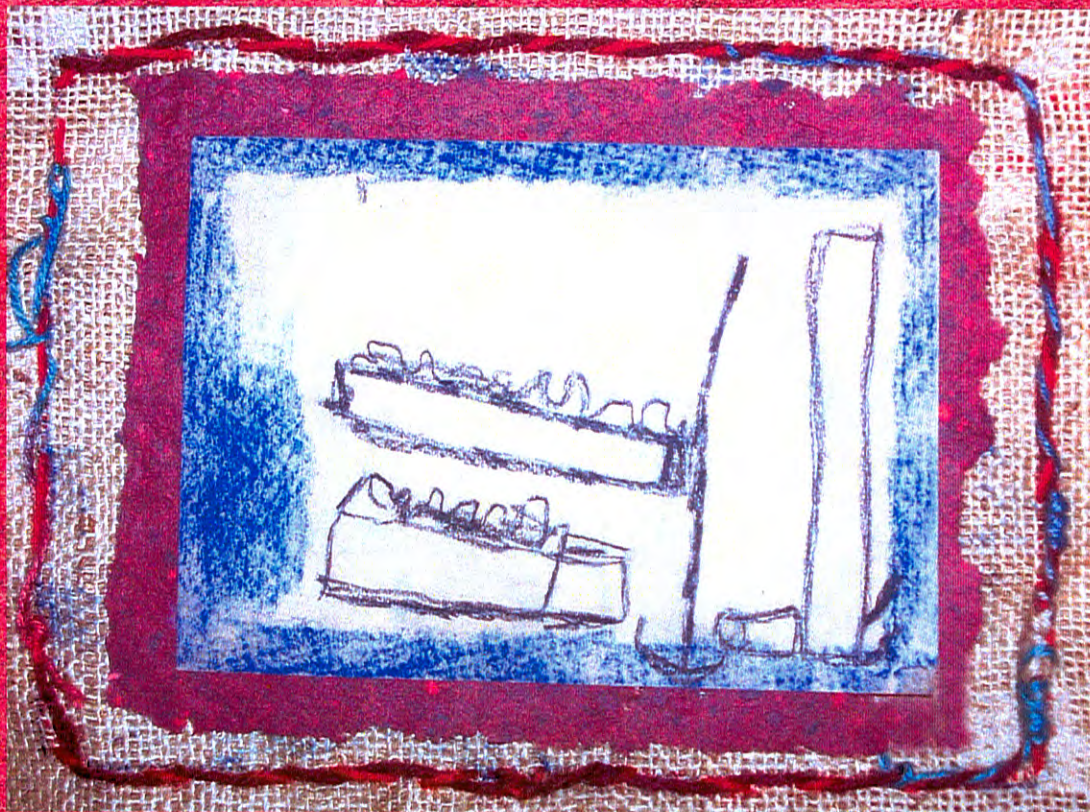


Recipe for Rochester

Settler's Tools

Tools were important to the settlers because they could do their jobs easier. Settlers used building tools, cooking tools, sewing tools, farming tools, and transporting tools. Building tools were axes, saws, two-man saws, and hammers. The settlers used those tools to make log cabins. Two-man saws made the job go faster because it took less effort. Cooking tools were pots, pans, mortar & pestles, butter churns, and bellows. The bellow was used for making the fire stay up longer. Sewing tools were spinning wheels, needles, carding paddles, and looms. Farming tools were hoes, hay knives, hay forks, and yokes. The hoe was used for plowing. The yoke was used to carry water buckets. A transporting tool was the wagon because it helped the settlers get around the carry stuff faster. It would've been harder for the settlers to work without the tools.

By: Luke



Recipe for Bread

Papa's Banana Bread

1 ½ cups sifted flour
1 teaspoon baking soda
1/3 cup shortening
¾ cup brown sugar
2 eggs
2-3 mashed bananas
½ cup milk
½ cup walnuts (optional)

1. Sift flour and baking soda.
2. Cream shortening and brown sugar. Add eggs and bananas. Alternately add flour mix and milk. Beat until smooth after each addition.
3. Add nuts if desired.
4. Pour batter into a greased 9 x 5 loaf pan. Bake at 350 F for approximately 1 hour and 5 minutes or until knife inserted in center comes out clean.
5. Remove from pan. Enjoy it hot or cool and wrap in plastic wrap for storage in refrigerator. Makes 1 loaf.

Given by: Maya

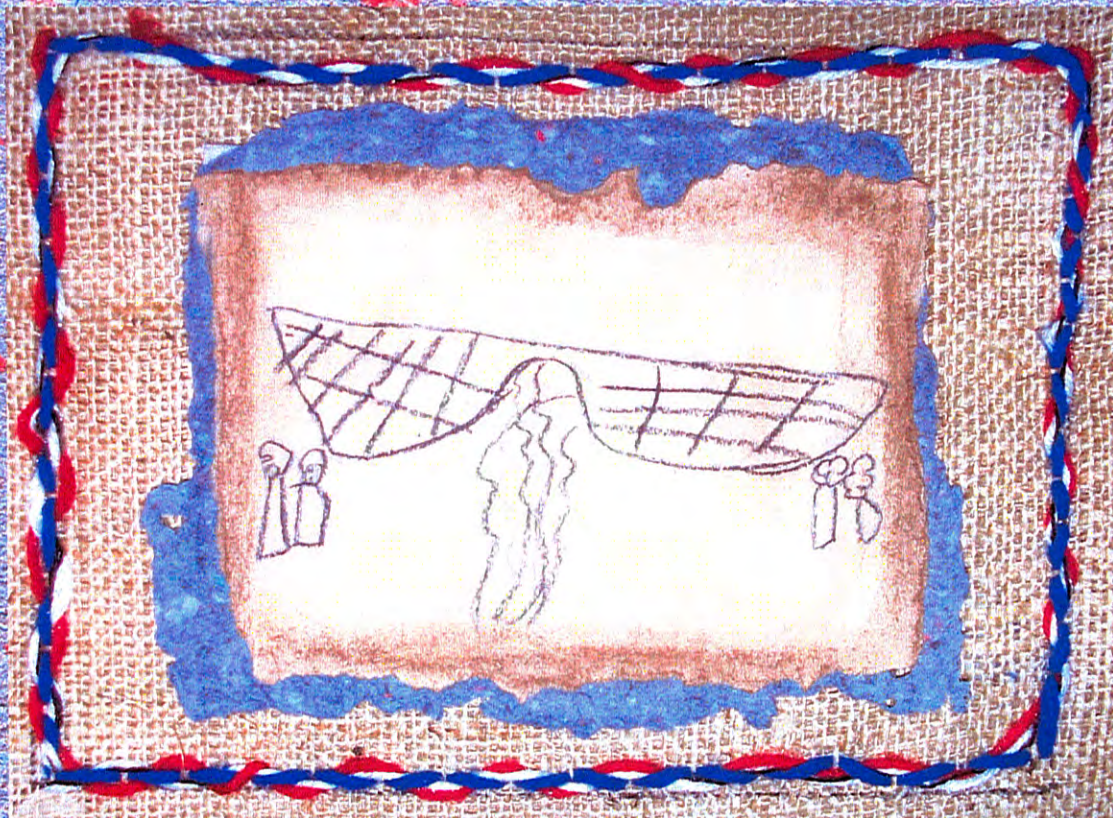


Recipe for Rochester

The Wooden Bridge at Carthage

Crash! The wooden bridge collapsed. In 1819 the bridge at Carthage fell after being up for one year and three months. In 1817 the amazing bridge was built. It was 200 feet above the river and engineers from all over the world were impressed by it. It was only supposed to last twelve months. It lasted three months more and luckily when it fell no one was hurt. While it was up the bridge helped the settlers get back and forth from one side of the river to the other. It was safer to cross the river at a bridge rather than on a ferryboat in the Castletown settlement. When the bridge collapsed, many people from Carthage went to the 100-Acre Tract because of the Main Street Bridge. Without the bridge, there was no reason to live at Carthage. Carthage never became a major settlement.

By: Maya [REDACTED]



Recipe for Bread

Great-Grandma's Pumpkin Bread

3 cups sugar
1 cup vegetable oil
4 eggs
2 cups canned pumpkin
2/3 cup of water
3 1/3 cups of all-purpose flour
2 teaspoons baking soda
1 1/2 teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1/2 - 3/4 cup chopped pecans or walnuts

1. Preheat oven to 350 F. Grease and flour 2 bread loaf pans.
2. Mix sugar and oil in mixer. Add eggs and blend. Add pumpkin and blend. Add water and blend.
3. Combine remaining ingredients and add to mixture slowly.
4. Fill pans equally.
5. Bake 1 hour until golden brown.

Given by: Cabral

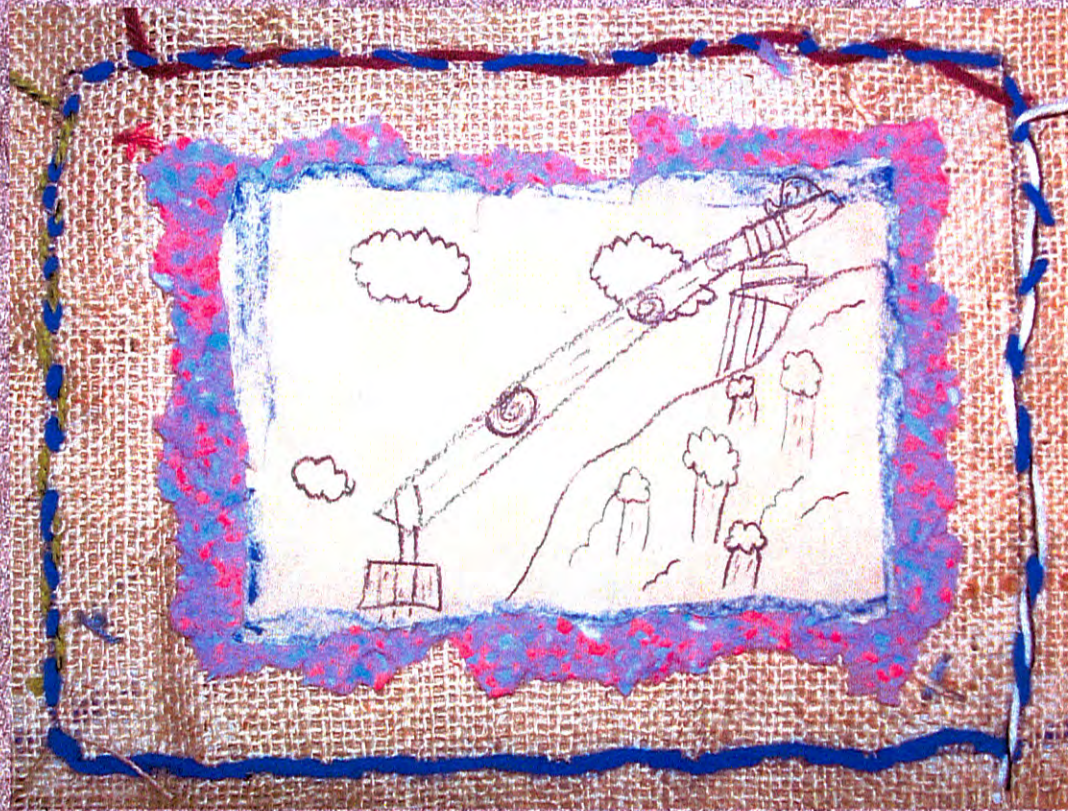


Recipe for Rochester

The Carthage Elevator

The settlers at Carthage had a challenge. They needed to find a way to get goods up and down the Genesee River gorge. The gorge was a steep hill with layers of rock. It had water on the bottom and flat land on the top. Carthage was one of the last places boats could go on the Genesee River before reaching the falls. Settlers made an elevator to get things from boats to land. They made a wooden track from the top to the bottom. They put rocks on one part of a rope and then attached goods. People would pull the rope to bring things up to the landing. The wooden tracks made it easier. The elevator at Carthage made it a place settlers would want to go to or live.

By: Cabral



Recipe for Bread

Cinnamon Bread

2 cups all-purpose flour
¾ cup white sugar
¼ cup brown sugar
2 teaspoons baking powder
½ teaspoon baking soda
1 ½ teaspoon ground cinnamon
½ teaspoon salt
1 cup buttermilk
¼ cup vegetable oil
2 eggs
2 teaspoons vanilla extract

Topping:

2 tablespoons white sugar
2 tablespoons brown sugar
2 teaspoons ground cinnamon
6 teaspoons butter

1. Preheat oven to 350 F. Grease Bundt pan. Mix flour, sugars, baking powder, baking soda, cinnamon, and salt together. Set aside. Mix buttermilk, oil, eggs, and vanilla in a large bowl. Gradually add the dry mix to the wet mix until all ingredients are combined. Pour batter into the pan and smooth the top.
2. Prepare the topping by combining the sugars, 1 teaspoon cinnamon and butter; mixing until crumbly. Sprinkle ½ the topping over the top of the batter. Use a knife to swirl the topping through the batter. Sprinkle the remaining mixture on top of the batter.
3. Bake for 50 minutes or until the bread is cooked through. Let cool. Makes 1 loaf.

Given by: Traiva

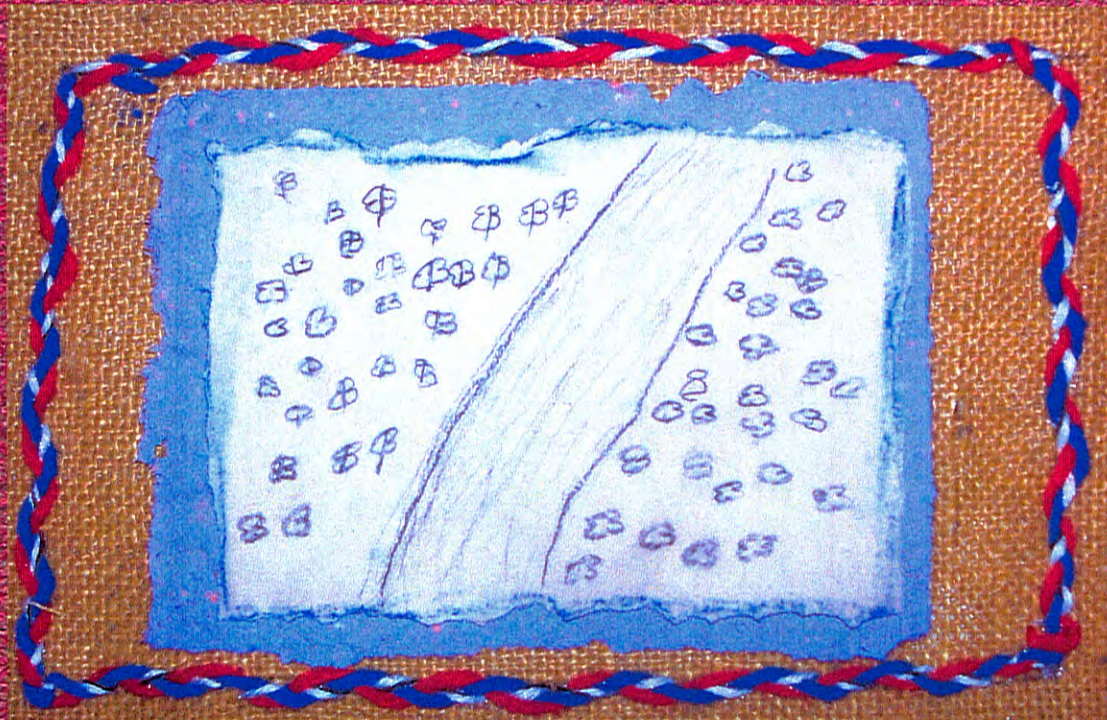


Recipe for Rochester

The Settlement at King's Landing

Swampy land with deadly mosquitoes flying everywhere. That doesn't sound like a healthy place to live, does it? In 1796 Gideon King, Elijah Kent, and Zadoc Granger settled on the swampy land north of Lower Falls. They called it King's Landing. They wanted to live there because when boats came from Lake Ontario, they could not go any further because of the Lower Falls. Settlers needed to stop at King's Landing and that meant many people would come to that area to do business. This was why King's Landing was a good place to live. The reason some settlers did not want to live there was because of all the mosquitoes. The mosquitoes carried a disease called the Genesee Fever. Gideon King and his family all died from the Genesee Fever. Today they are still buried at the cemetery there. In 1798 the Hanford brothers bought King's Landing and called it Hanford's Landing. They drained the swamps and made it a healthy place to live.

By: Traiva



Recipe for Bread

Yogurt & Herb Bread

1 cup unbleached white flour
1 cup whole wheat flour
1 teaspoon baking powder
½ teaspoon baking soda
¾ teaspoon salt
1 cup firm yogurt
5 tablespoons melted butter
2 eggs
1/3 cup honey or sugar
2 tablespoons minced fresh dill (or 2 teaspoons dried)
1 teaspoon dried oregano
1 teaspoon dried thyme
1 teaspoon dried basil
A little butter or oil

1. Sift together flours, baking powder, baking soda, and salt into a medium sized bowl. Make a well in the center. In a separate bowl, beat together the yogurt, melted butter, eggs, and honey or sugar. Pour mixture into the dry ingredients and add the herbs. Mix with a wooden spoon until blended.
2. Preheat oven to 350 F and lightly grease a medium-sized loaf pan. Spread mixture into prepared pan. Bake for 40-45 minutes or until knife inserted in center comes out clean.
3. Let sit for 5 minutes and rap pan sharply to remove bread. Let sit for 20 minutes before slicing.
Makes 1 loaf.

Given by: Matthew

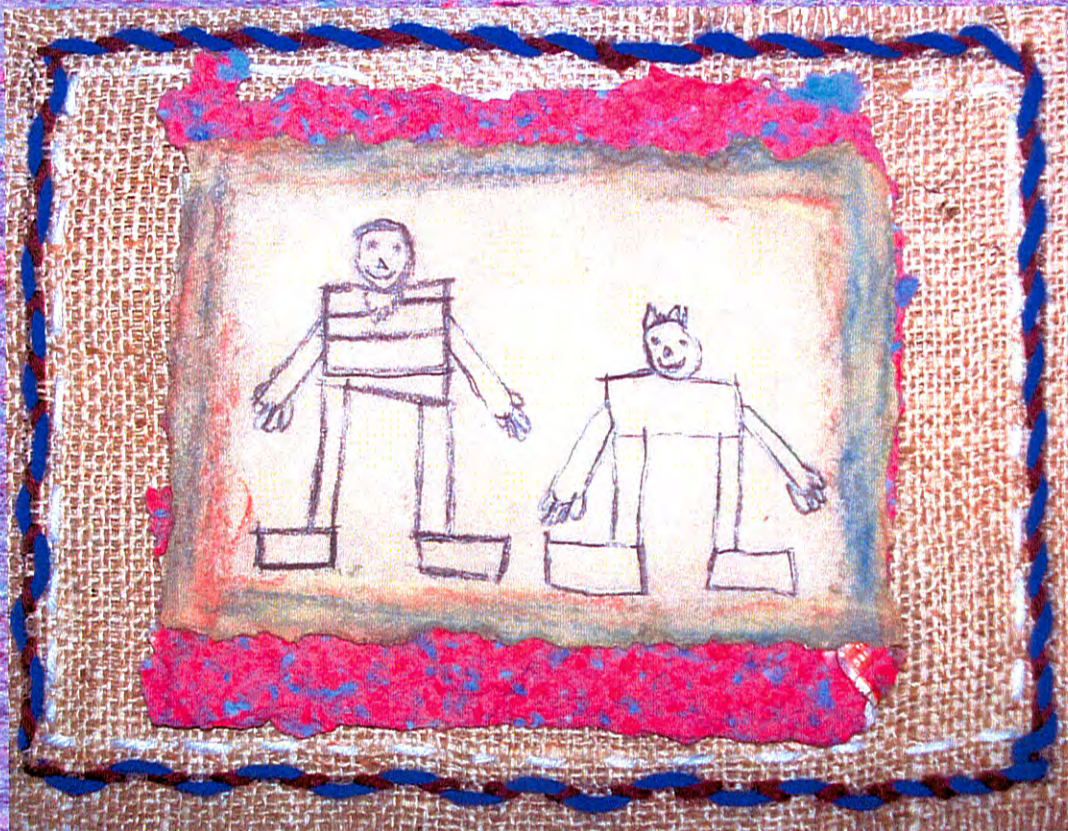


Recipe for Rochester

Gideon King and Family

Would you be scared to move to a different place that you have never been before? I know I would. In October 1796 Gideon King came to Rochester with another man named Elijah Kent. They each bought 3,000 acres of land. They built log cabins for their families and then went back to Massachusetts to get their families before winter. Both families came back in 1797. They lived on a landing above the Genesee River a few miles from Lake Ontario. They called the area King's Landing after Gideon King. Other families joined them there. The land was swampy and the mosquitoes carried the Genesee Fever. In 1798 Gideon King died of the Genesee Fever. Most of his family died then too. They were buried in King's Cemetery which is still there today.

By: Matthew



Recipe for Bread

Myrtle Allen's Brown Bread

3 $\frac{3}{4}$ cups whole wheat flour
1 $\frac{1}{2}$ packages active dry yeast
2 cups warm water
2 tablespoons molasses
1 tablespoon salt

1. Put whole wheat flour in a large mixing bowl and put in a warm oven. Both the flour and the bowl should be warm when making this bread. Dissolve the yeast in $\frac{1}{2}$ cup of warm water and blend in the molasses. Let proof. Add another $\frac{1}{2}$ cup of water. Combine the flour, yeast mixture, and salt. Add enough warm water to make a sticky dough (about 1 cup).
2. Put directly into a buttered 9 x 5 x 3 - inch bread pan. Cover and set in a warm spot. Allow to rise by $\frac{1}{3}$ original size.
3. Preheat oven and bake at 450 F for 50 minutes or until crust is nicely brown.
4. Remove from pan and leave on the rack in oven for 20 minutes for more of a crustier finish. Makes 1 loaf.

Given by: Gianni



Recipe for Rochester

King's Cemetery

Green grass, gray gravestones and rocks, and a big tree in the middle. King's cemetery is the oldest cemetery in Rochester. It was located in the settlement called King's Landing. The settlement and the cemetery were named after the King family who lived there. The cemetery was made in 1790. The King Family died of the Genesee Fever. Gideon King, his wife, and two sons were all buried there when they died. Elijah Kent, who moved to King's Landing with the King family, was also buried there. Some of the gravestones have collapsed and were covered in dirt. We don't know the names of all of the people who were buried there because the gravestones are so old they are hard to read. You can still visit the cemetery today. It is on Lake Avenue across from Kodak.

By Gianni [redacted]



Recipe for Bread

Good-for-You Corn Bread

1 cup cornmeal
1 cup flour
¼ cup white sugar
1 teaspoon baking powder
1 cup buttermilk, 1% fat
1 egg
¼ cup margarine
1 teaspoon vegetable oil (to grease pan)

1. Preheat oven to 350 F. Grease 8 x 8 - inch baking pan.
2. Mix together cornmeal, flour, sugar, and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to the dry ingredients.
5. Add margarine and mix by hand or with mixer for 1 minute.
6. Bake for 20-25 minutes. Cool and cut into 10 squares.

Given by: **Jairus**



Recipe for Rochester

Wheelwrights

Do you know who made wagon wheels? A wheelwright made wheels for wagons and carts. Settlers needed wheels for their wagons. Wagons helped settlers get places and store their things during the trip. Wheelwrights had to make all the parts of a wheel fit together perfectly. Some of the parts were the hub, spokes, the box, and the axle. The hub was the center of the wheel. The axle connected two wheels so they could move together. A wheelwright had to be strong. If he did not do his job right the wagons could break down.

By: Jairus [REDACTED]



Genesee Community Charter School 2nd Grade Class - 2008



**Thank you to everyone that helped
us to create our recipe book!**

Special thanks to...

Miss Haley, Mrs. Mason and Mr. Robinson - our teachers ,
Mrs. O'Malley - a.k.a. "Grandma Scrantom", Mrs. Naperstack - a
Rochester historian, Dr. Wing, Mrs. Lockner and Mrs. Woodworth.

2008
2008
2008