



# **The Frugal Housewife Or, Complete Woman Cook (American Antiquarian Cookbook Collection)**

*Susannah Carter*

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*The Frugal Housewife, or Complete Woman Cook* was the only cookbook published in the United States during the 50-year period before publication of *American Cookery* by Amelia Simmons—the first truly American cookbook. Originally published in the United Kingdom, Susannah Carter’s work was hugely successful, and after achieving best-seller status in that market, it was published for an American audience. Again, it was well-received, this time by colonial housewives. The first American printing actually included plates engraved by Paul Revere. *The Frugal Housewife* contains a fascinating array of recipes including: Baked Indian Pudding, Eel Pie, Peach Sweetmeats, Maple Beer, Method of Destroying the Putrid Smell which Meat Acquires during Hot Weather, and Spruce Beer out of Shed Spruce. The cookbook and author Carter are credited with influencing author Amelia Simmons, who wrote the first American-specific cookbook, but the *The Frugal Housewife, or Complete Woman Cook* is historically significant in its own worth as well for its recipes, social information, and time period when it was published. Later US editions included some Americanization for New World ingredients and methods.

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