

Founding fathers' fourth of July meals and recipes

By Chris Sykes

As the Fourth of July approaches, it's the perfect time to dust off those old recipe books and embrace a blend of modern culinary traditions and those that date back to America's early days. To celebrate like the Founding Fathers, you can prepare a meal that combines American staples with influences from their favorite European dishes. Here's a look at some of the delectable dishes inspired by the culinary tastes of George Washington, Thomas Jefferson, John Adams, and their contemporaries, alongside modern recipes for your Fourth of July celebration.

1. Colonial Brown Bread

Colonial Brown Bread is a hearty, rich loaf that speaks to the resourcefulness of early American settlers. Made from a mix of cornmeal, rye flour, and whole wheat flour, sweetened with molasses, this bread offers a taste of history with every bite.

Ingredients:

- 2 cups cornmeal
- 1 cup rye flour
- 1 cup whole wheat flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 2 cups buttermilk
- 1 cup molasses
- 1 cup boiling water

Instructions:

Preheat the oven to 325°F. In a large bowl, mix cornmeal, rye flour, whole wheat flour, baking soda, and salt.

Add buttermilk, molasses, and boiling water to the dry ingredients and stir until well combined.

Pour the batter into a greased loaf pan.

Cover with aluminum foil and bake for 1 hour.

Remove the foil and bake for an additional 30 minutes, or until a toothpick inserted into the center comes out clean.

2. Traditional Johnny-cakes

Johnnycakes are a simple yet delicious dish that harks back to colonial America. These cornmeal pancakes are crisp on the outside and tender on the inside, perfect when served hot with butter and maple syrup.

Ingredients:

- 1 cup cornmeal
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 1/4 cups boiling water
- 1/2 cup milk

Instructions:

In a bowl, combine cornmeal, salt, and sugar.

Gradually add boiling water, stirring constantly until smooth.

Add milk and mix until combined.

Heat a griddle or skillet over medium heat and lightly grease.

Pour batter onto the griddle to form small cakes.

Cook for about 2-3 minutes on each side until golden brown.

Serve hot with butter and maple syrup.

3. Old-Fashioned Apple Pie

Nothing says American dessert quite like Old-Fashioned Apple Pie. With its flaky double crust and spiced apple filling, this pie is a timeless classic that's perfect for any Fourth of July celebration.

Ingredients:

- 6 cups sliced, peeled apples (Granny Smith or similar)
- 3/4 cup sugar
- 1 tablespoon lemon juice
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 2 tablespoons flour
- 2 tablespoons butter

Pastry for a double-crust pie

Instructions:

Preheat the oven to 425°F

In a large bowl, combine apples, sugar, lemon



juice, cinnamon, nutmeg, salt, and flour.

Roll out half of the pastry and line a 9-inch pie plate.

Fill the crust with the apple mixture and dot with butter.

Roll out the remaining pastry and place over the apples. Trim and crimp the edges to seal.

Cut slits in the top crust to allow steam to escape.

Bake for 45-50 minutes or until the crust is golden brown and the apples are tender.

4. Colonial Chicken Pudding

Colonial Chicken Pudding is a savory, comforting dish that showcases the flavors of early American cuisine. Made with shredded chicken, milk, eggs, and spices, this pudding is a hearty addition to any meal.

Ingredients:

- 1 whole chicken, cooked and shredded
- 1 cup chicken broth
- 2 cups milk
- 4 eggs, beaten
- 1/4 cup butter, melted
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground mace
- 1 cup fine bread crumbs

Instructions:

Preheat the oven to 350°F. In a large bowl, combine chicken, chicken broth, milk, eggs, butter, salt, pepper, nutmeg, and mace.

Stir in the bread crumbs until well combined.

Pour the mixture into a greased baking dish.

Bake for 45-50 minutes or until set and golden brown on top.

5. Independence Day Pudding (Summer Pudding)

Independence Day Pudding, also known as Summer Pudding, is a refreshing and colorful dessert perfect for the Fourth of July. This no-bake treat is made with layers of bread and mixed berries, soaked in a sweet syrup.

Ingredients:

- 1 loaf of stale white bread, crusts removed
- 4 cups mixed berries (strawberries, raspberries, blueberries, blackberries)
- 1 cup sugar
- 1/4 cup water

Instructions:

In a saucepan, combine berries, sugar, and water. Cook over medium heat until the berries release their juices and the sugar dissolves about 5-7 minutes.

Line a 2-quart bowl with plastic wrap, leaving enough overhang to cover the top.

Line the bottom and sides of the bowl with slices of bread, overlapping slightly.

Fill the bread-lined bowl with the berry mixture, pressing down gently.

Cover the top with more bread slices.

Fold the plastic wrap over the top, place a plate that fits inside the bowl on top, and weigh it down with a can or similar heavy object.

Refrigerate for at least 8 hours or overnight.

Unmold the pudding onto a serving plate and remove the plastic wrap. Serve with whipped cream.

1. Grilled BBQ Ribs

A staple of any American barbecue, Grilled BBQ Ribs are a must-have for the Fourth of July.

Ingredients:

- 2 racks of baby back ribs
- Salt and pepper to taste
- 2 cups BBQ sauce
- 1/4 cup apple cider vinegar
- 1/4 cup brown sugar
- 1 tablespoon paprika
- 1 tablespoon garlic powder
- 1 tablespoon onion powder

Instructions:

Preheat your grill to medium heat.

Season the ribs with salt, pepper, paprika, garlic powder, and onion powder.

Wrap the ribs in aluminum foil and grill for about 2 hours, turning occasionally.

In a small bowl, mix BBQ sauce, apple cider vinegar, and brown sugar.

Unwrap the ribs, brush with BBQ sauce mixture, and grill for an additional 30 minutes until caramelized.

2. Patriotic Berry Trifle

For a dessert that's as beautiful as it is tasty, try the Patriotic Berry Trifle. This dish layers colorful berries, creamy pudding, and fluffy whipped cream for a treat that's sure to impress.

Ingredients:

- 1 pound cake, cubed
- 2 cups strawberries, sliced
- 2 cups blueberries
- 2 cups raspberries
- 2 cups whipped cream
- 1 package vanilla pudding mix
- 2 cups milk

Instructions:

Prepare the vanilla pudding according to package instructions and let it cool.

In a large trifle dish, layer half of the pound cake cubes.

Add a layer of strawberries and blueberries.

Spread half of the pudding over the berries.

Add a layer of whipped cream.

Repeat the layers, finishing with a layer of whipped cream.

Top with raspberries and additional berries for decoration.

3. Red, White, and Blue Sangria

To keep cool during the summer heat, whip up a batch of Red, White, and Blue Sangria. This refreshing drink combines fruity flavors with a patriotic twist.

Ingredients:

- 1 bottle white wine
- 1/2 cup blueberry vodka
- 1/4 cup triple sec
- 1/4 cup simple syrup
- 1 cup blueberries
- 1 cup strawberries, sliced
- 1 cup pineapple chunks
- Ice cubes

Instructions:

In a large pitcher, combine white wine, blueberry vodka, triple sec, and simple syrup.

Add blueberries, strawberries, and pineapple chunks.

Chill in the refrigerator for at least 2 hours.

Serve over ice cubes in glasses.

4. Grilled Corn on the Cob

Simple yet delicious, Grilled Corn on the Cob is a classic side dish that's perfect for any barbecue.

Ingredients:

- 6 ears of corn, husked
- 1/2 cup butter, melted
- 1/4 cup grated Parmesan cheese
- 1 tablespoon chopped fresh parsley
- Salt and pepper to taste

Instructions:

Preheat your grill to medium-high heat.

Brush each ear of corn

with melted butter and season with salt and pepper.

Grill the corn for about 10-15 minutes, turning occasionally, until tender and slightly charred.

Sprinkle with Parmesan cheese and parsley before serving.

5. Firecracker Hot Dogs

Spice up your celebration with Firecracker Hot Dogs. These zesty hot dogs are sure to be a hit at any cookout.

Ingredients:

- 8 hot dogs
- 8 hot dog buns
- 1/4 cup mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 jalapeño, sliced
- 1/4 cup shredded cheddar cheese

Instructions:

Preheat your grill to medium-high heat.

Grill the hot dogs until heated through and slightly charred.

Toast the buns on the grill.

In a small bowl, mix mayonnaise, Dijon mustard, and honey.

Spread the mixture on the buns, add the hot dogs, and top with jalapeño slices and shredded cheddar cheese.



Red, White, and Blue Sangria.

-Photo contributed

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Heppner burn ban to start July 1st

Heppner Fire Chief Steve Rhea has advised a burn ban to go into effect Monday, July 1st for all burning within the Heppner city limits. This ban includes all burn barrels. The burn ban is in effect until further notice. City of Heppner residents can still request that the fire department burn natural vegetation and debris piles,

however, a signup sheet for fire department assistance is available at Heppner City Hall, or residents can call Steve Rhea at 541-980-4232 or Heppner Assistance Fire Chief Eric Chick at 541-701-4910. Steve Rhea would like to remind residents that it is illegal to burn any petroleum-based products such as plastics, rubbers, Styrofoam's, etc.

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