2010

Women of New France 4: Cooking

Stacey Moore
Western Michigan University, stacey.l.moore@wmich.edu

Fort St. Joseph Archaeological Project

Follow this and additional works at: http://scholarworks.wmich.edu/fortstjoseph

Part of the American Material Culture Commons, Archaeological Anthropology Commons, European History Commons, History of Gender Commons, Social History Commons, Women's History Commons, and the Women's Studies Commons

WMU ScholarWorks Citation
http://scholarworks.wmich.edu/fortstjoseph/15

This Exhibition is brought to you for free and open access by the Anthropology at ScholarWorks at WMU. It has been accepted for inclusion in Fort St. Joseph Archaeological Project by an authorized administrator of ScholarWorks at WMU. For more information, please contact maira.bundza@wmich.edu.
On the Table

Unlike in Europe, laws did not restrict hunting and fishing, and the men of New France became excellent marksmen. The habitants quickly introduced the new animal and plant foods of North America into their diets including deer, other wild animals, corn, squash, and maple sugar.

"I have seldom seen any people shoot with such dexterity as these... There was scarcely one of them who was not a clever marksman and who did not own a rifle." ~ Peter Kalm, 1749

Open Hearth Cooking

People prepared meals in the 18th century over a fire or hot coals. Fireplaces varied substantially in terms of how they were equipped, and what hardware was used to assist with cooking. Most fireplaces in frontier areas were small and did not include dampers. Some may have had a "crane" to move pots in and out of the fire, while others may have had a crémailler (a notched metal rod attached to a horizontal brace in the fireplace) to move pots closer to, or away from, the fire or coals.

Baking occurred in a cast iron oven (Dutch oven) on the hearth. In more densely populated communities, people used a brick or mud oven built outside for baking.