

Sir Walter Raleigh's Rice Pudding

A Sweet Treat for Colonial Kids!



Rice Pudding

Take a cup of rice and add it to 2 cups of milk. Stir over medium heat until it bubbles. Lower the heat and cover, stirring occasionally until the mixture thickens. When the rice is cooked, pour it into a bowl to cool. Add a bit of nutmeg, cinnamon, chopped apple, and sprinkle with sugar. Serve warm.

Cut out



Syllabub, a colonial dessert, was originally made with

juice strained from bruised berries, but can be simplified today by using 100 percent canned juice.

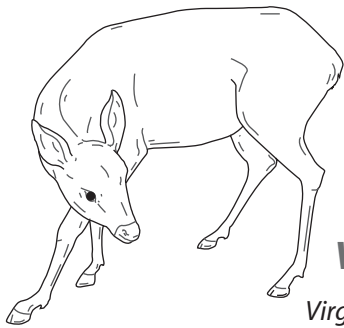
Activity

If you need two cups of milk to mix with one cup of rice, how many cups of milk do you need if you're mixing in three cups of rice?



Berry, Berry Good Syllabub!

Pour 1 cup juice (strawberry or cherry, perhaps) into a bowl. Add 1/2 cup sugar and stir until dissolved. Whisk 2 cups heavy cream into the juice and whip until thick and frothy. Chill in the fridge for one hour. Serve in sundae dishes; top with a maraschino cherry.



Virginia Born in North Carolina

Virginia Dare was the first English child born in the New World. Her parents, Eleanor and Ananias Dare, were Roanoke Island colonists. Legend says that Virginia and her mother went to live with the Indians. Virginia's mysterious disappearance was thought to be caused by a magic spell cast upon her by one of two Indian suitors.

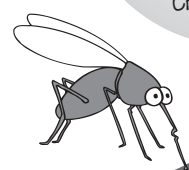
After accepting a beautiful pearl necklace from one admiring brave, it is said that Virginia was transformed into a white doe that still roams Roanoke Island today.

Presidential Punch

President John Adams' favorite syllabub was a hot drink made with brandy, hard cider, nutmeg, lemon juice, and milk. In order to make the drink foamy, the colonists poured the milk from a height of two feet or more, or milked the cow directly into the pitcher of syllabub!

Silly Bub!

Syllabubs were brought to the colonies by the English. They originally used Champagne. The bubbly came from Sillery, the Champagne region of France. *Bub* is an English word for a bubbling drink. Syllabubs were very popular at Christmastime.



Shoo Fly, Shoo

The early Carolina colonists described mosquitoes "as big as dinner plates!"

