

THE HISTORY OF FOODS

DESSERTS



TABLE OF CONTENTS

CHAPTER 1

Early Recipes.....	4
--------------------	---

CHAPTER 2

Big Brands.....	10
-----------------	----

CHAPTER 3

Mixing Up Cakes.....	18
----------------------	----

QUICK FACTS & TOOLS

Timeline.....	22
---------------	----

Glossary.....	23
---------------	----

Index.....	24
------------	----

To Learn More.....	24
--------------------	----



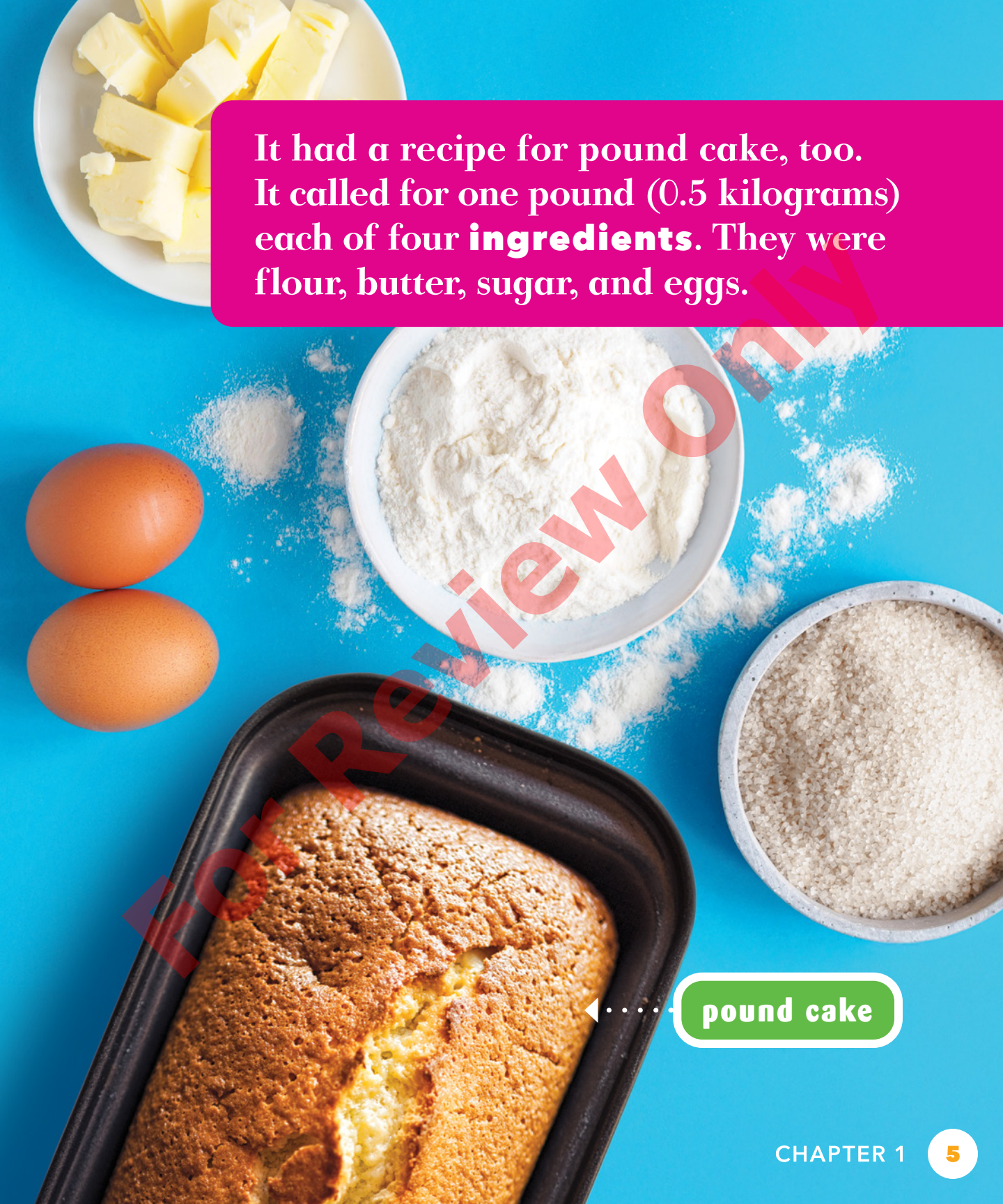
CHAPTER 1

EARLY RECIPES

What is your favorite **dessert**? In the early days, desserts were simple. They were made at home. People made them with fruits and nuts. The first U.S. cookbook was printed in 1796. It had two **recipes** for apple pie!



apple pie



It had a recipe for pound cake, too. It called for one pound (0.5 kilograms) each of four **ingredients**. They were flour, butter, sugar, and eggs.

← pound cake

In 1822, Peter Cooper learned how to make **gelatin** people could eat. He **patented** it in 1845. Fruit juice and sugar were added. It later became Jell-O! People liked the colors and **flavors**.

WHAT DO YOU THINK?

The first Jell-O flavors were orange, lemon, strawberry, and raspberry. Lime and other flavors were added later. What flavors would you have sold first? Why?





Boston cream pie



Baked Alaska





In the mid-1800s, two new cakes were **invented**. One was Boston cream pie. It is filled with vanilla cream. It has chocolate on top.

Baked Alaska was another. This cake has a layer of ice cream! It is covered in **meringue**.

DID YOU KNOW?

Boston cream pie is named after Boston, Massachusetts. This is where it was invented in 1856.

Baked Alaska is named after Alaska. It was created to celebrate the United States's purchase of Alaska in 1867.

