

Sally Eustice's *History from the Hearth –
A Colonial Michilimackinac Cookbook*
Book Review by Diane Wolford Sheppard, FCHSM Member

Sally Eustice, *History from the Hearth – A Colonial Michilimackinac Cookbook* (Mackinac Island, Michigan: Mackinac State Historic Parks, 1997) – a book review. *History from the Hearth* is one of the most delightful cookbooks that I have ever purchased because it is so much more than a cookbook!

Sally Eustice's cookbook features recipes that our 18th century French-Canadian, Scottish, British, or Native-American ancestors would have used in Michilimackinac. Our ancestors from Detroit, Sandwich, and Fort St. Joseph used the same cooking methods and many of the recipes. Ms. Eustice chose the recipes based on archeological research at Colonial Michilimackinac, the writings and papers of its residents, such as traders, missionaries, *commandants*, and visitors, and early American cookbooks. In addition to recipes for traditional main dishes such as beef, pork, lamb, or poultry, you will also find recipes for bear, beaver, muskrat, rabbit, raccoon, and venison. Other chapters provide recipes for Soups, Fish, Breads, Vegetables, Fruits, Desserts, Beverages, and Miscellaneous Dishes such as Jellies and Pickled foods. *History from the Hearth* also includes two introductory chapters that discuss the types of foods that would have been available at Michilimackinac as well as 18th century cooking and food-preservation methods.

History from the Hearth could be described as a “little coffee table book” because it is lavishly illustrated with photographs from the Colonial Michilimackinac buildings, gardens, and re-enactors, historical maps, and archeological artifacts. In addition to the illustrations, the author includes historical information on almost every page from diaries, journals, correspondence, account books, and merchant inventories.

Readers who are interested in how our ancestors lived during the 18th century will be delighted with the recipes, historical information, and illustrations found in *History from the Hearth*. The book can be purchased directly from the Mackinac State Historic Parks website for \$19.95, plus shipping: <http://mackinacparks.com/history/index.aspx?l=0,1,4,36,390> as well as from online retailers such as Amazon.