

Audrey Glenn & Diana Davis

REVOLUTIONARY ROMANCE

A dessert straight from the Revolution!

Taste the "orange fool" and get your **free bonus story** below!

But first, I'd love to get your input. **How much do you typically pay for an ebook?** Click on the poll to let us know!

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An orange fool??

Fools were a type of dessert somewhere between a curd and a custard. They could be made with many kinds of fruit, including berries as well as citrus. Food historian C. Anne Wilson says that **they were featured in the second course of dinner, as you see in *A Gentleman's Daughter* when Cassandra and Helen arrive at Uncle Josiah's.**



Recipe books in this era weren't like ours today. You didn't get a nice list of ingredients, step by step instructions, or even specific measurements! Here's the recipe for orange fool from Hannah Glasse's *The Art of Cookery Made Plain and Easy* from 1747.

Take the Juice of six **Oranges** and Six **Eggs** well beaten, a Pint of **Cream**, a quarter of a Pound of **Sugar**, a little **Cinnamon** and **Nutmeg**; mix all together, and keep stirring over a slow Fire, till it is thick, then put in a little Piece of **Butter**, and keep stirring till cold, and dish it up.

Ready to whip that up? If you're not an expert chef already, I'd recommend checking out this [updated version of the recipe from historian Nancy Carter Crump for the book *Dining with the Washingtons*](#) via Mount Vernon's website.

I made an orange fool this week, and the sweet orange is a great counterpoint to the cinnamon and nutmeg! I did have to stir it for 45 minutes, but that's mostly because I'm terribly at sabayon-type dishes. As soon as I texted Audrey to complain, it suddenly finished cooking!

Your free bonus story!

If and When

If you've already read *A Gentleman's Daughter*, you know it's not a question of if David and Cassandra will marry. It's a question of *when*.

Unless Cassandra has anything to say about it.

*Our bonus stories are PDFs. We are happy to share this with everyone in our email group. **Please feel free to download these stories to your computer or other device, but please don't share them (or the link to this page) with others!***



Read the story of David's proposal!

I'll be back next week with a peek at a real dress
that inspired an important one in *A Gentleman's Daughter*!

Thanks for joining us!

Diana Davis

Daughters of Columbia Books

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