

# Recipe

The Food of Part I

## Dogs Body and Lobscouse Feast

Serves 4-6

Inspired by the classic sailor dishes used in the 18th century this meal is not only delicious but a accurate representation of cooking aboard a high sea's exploring vessel. Given the historicity of this meal utilize the youtube video below for step by step cooking instructions.

<https://www.youtube.com/watch?v=dLxPVmRc8kk>

### INGREDIENTS

#### Peas Pudding - *Timestamp 2:13*

- 2oz of butter
- 1/2 pound of split peas
- salt and pepper to taste
- large cheese cloth
- twine
- pot of boiling water

#### Lobscouse - *Timestamp 5:06*

- 2 Quarts Water
- 1 Pound Beef or Pork, coarsely chopped
- 1 Pound Potatoes, peeled and cubed
- 2 carrots, chopped
- 1 pound of crackers (or pounded Ship Biscuits from the Townsend cooking Youtube channel if you wish)

#### Grog - *Timestamp 10:10*

- Rum
- Water

