

COLONIAL COOKING - Explore History!



Owner/Operator: Luisa Sherman

Over 20 years of experience in Colonial interpretation at local, state and national historic sites.

Luisa has worked at several 18th Century museums as well as at Mystic Seaport Museum where she demonstrated Colonial fireplace cooking to thousands of visitors and school groups. She operated her own 1790's Bed & Breakfast where she conducted Colonial cooking programs for guests. She maintains a vast collection of historical cook books.

Luisa has presented to historical societies, museums, schools, senior centers and civic groups since 1991.



www.ExploreHistoryTours.com

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Call 518-338-5657

to book your program today!



Did you ever wanted to learn what foods were on the table of a Colonial home? How were they prepared? This hands on or demonstration only sessions teach about what our forefathers ate, how they prepared their meals using a fire-place or open pit fire, how to set a formal 1770's table, and what seasonality of foods meant to the Colonial Family.

This is NOT your typical boring history lecture! Our Colonial Cooking Workshops/demonstrations include:

- A vast collection of cast iron, tin, copper, pewter, pottery, wooden kitchen and cook ware— all replica's of original artifacts will be displayed, discussed and used.
- Guests will learn about the day to day life struggles, chores and leisure pastimes of the Colonial family.
- Participants can be taught to prepare a full meal based on 200+ year old recipes and preparation techniques. A copy of the prepared recipes will be provided to each participant (group reservation only).
- Experienced, knowledgeable period-attired presenter

Additional Information

- ⇒ Group workshops can run 1—4 hours . A flat rate demonstration only fee is also available for festivals, history museums, parks, etc.
- ⇒ A unique program for civic and social groups, schools, elder hostels and senior programs. Simple modifications can be accommodated to do indoor programs at a reduced fee.
- ⇒ We use hands-free audio systems if needed for larger groups
- ⇒ Rates quoted based on type, and length of show and travel. Program fees begin at \$35 per person for basic program w/minimum group size of 10. Flat rate demonstration only program fees start at \$275.
- ⇒ Other programs also available— just ask!
- ⇒ Programs available year round

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OF NEW YORK

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