Recipe for: Grandmother Frey’s gingerbread

From the kitchen of: Dulce Kersting-Lark

2 cups flour
1 tsp ginger
1/2 tsp cinnamon
1/2 tsp cloves
1 tsp salt
1 tsp baking soda
1/2 cup brown sugar
1/2 cup molasses (or more)
1/2 cup milk (or more)
1 egg
1/2 cup lard

Mix and sift dry ingredients except sugar. Mix lard & molasses, melting if necessary. Add to lard & molasses the sugar, milk, egg, & dry ingredients. Bake in 325-350 oven for 20-25 minutes. To avoid appearance of curdling, add liquid and dry ingredients alternately. Can adjust upward the molasses and milk (or water) for desired consistency.

Story
Maizie Hauck Frey was my great, great grandmother. She was born in 1869 and lived her whole life in Ohio. Maizie was a lover of books, helping to establish the first library in Ottawa, OH in 1924. Her recipe for gingerbread is full of all the best things – molasses, whole milk, and lard – which I suppose would help one endure a long, cold winter in the 19th century midwest.

Like so many recipes from this time, not all the details are included. Pan size, for instance, is missing. I use a 9x13 and that seems to work well. Serve it was a generous dollop of REAL whipped cream (which my grandmother Billy Kate taught me how to make).