



**The Castle**  
418 FOURTH STREET  
MARIETTA, OHIO

# Making a “Mess:” Soldier’s Cooking

*Use these instruction to follow along with us online!*

Please have an adult nearby to help



**In this activity we’ll make a favorite meal of soldiers—pancakes and bacon. We’ll learn about how pancakes would have been a rare food for soldiers and how they obtained the supplies to make it.**

## BACON

### Supplies

Long handled tongs  
6 inch or larger nonstick pan with a lid  
Paper towels  
Ceramic plate

### Ingredients

Bacon (cut and variety of choice)

### Preparation steps

Choose a countertop or table to use as a work surface  
Clear off your work surface and clean it with soap and warm water  
Set out your supplies and ingredients  
For cooking bacon, we highly suggest having an adult present

### Instructions

\*Please be careful, bacon grease can splash out of the pan and cause burns\*

1. Choose how many pieces of bacon you’d like to make, and, if desired, cut in half
2. Place your frying pan on the stove top and turn the heat to between medium—low heat.
3. Using tongs carefully lay the bacon in the pan away from you
4. Place a lid over the pan and leave the lid slightly askew
5. Cook until bacon has browned and using tongs very carefully flip bacon over by picking up the end of the bacon strip closest to you and lifting it onto its other side away from you
6. Cook for a few more minutes until browned
7. Once the bacon is cooked, turn off the heat
8. Place a paper towel on a plate and carefully transfer the bacon from the pan to on top of the paper towel and plate

**The Castle Historic House Museum**

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## PANCAKES

### Supplies

Whisk  
Medium bowl  
Small bowl  
Wooden spoon or spatula  
Measures (1 cup, 1/2 cup, 1/4 cup, 1 tablespoon, 1/4 teaspoon)  
6 inch or larger nonstick pan  
Spatula  
Ceramic plate

### Ingredients (Yields 8—10 pancakes)

1 1/2 cups unbleached self-rising flour  
1 tablespoon sugar  
(Optional: 1/4 teaspoon baking soda)  
1 large egg  
1 cup milk (or buttermilk, or add 3/4 cup milk w 1 tablespoon vinegar)  
2 tablespoons vegetable oil or melted butter

### Preparation steps

Choose a countertop or table to as a work surface  
Clear off your work surface and clean it with soap and warm water  
Set out your supplies and ingredients

### Instructions

1. In a medium bowl, whisk together the flour and sugar (and optional baking soda)
2. In a small bowl, whisk together the egg, milk, and oil or melted butter until foamy
3. Add the wet mixture to the flour mixture until blended (a few small lumps is OK)
4. Let the batter rest for 5 minutes
5. Heat your pan over medium high heat, until a drop of water dribbled on the surface bounces across it.  
Brush with vegetable oil or cooking spray
6. Fill a 1/4 cup measure with batter and drop onto the hot surface
7. Watch for bubbles to rise to the surface, then using a spatula, carefully flip the pancake onto its other side, checking the bottom with a spatula until golden brown
8. Transfer the cooked pancakes to a plate and continue cooking until you've used up all the batter
9. Turn off the heat from your pan
10. Serve your pancakes with butter, syrup, fruit, whipped cream, or whatever you desire

**Enjoy!**