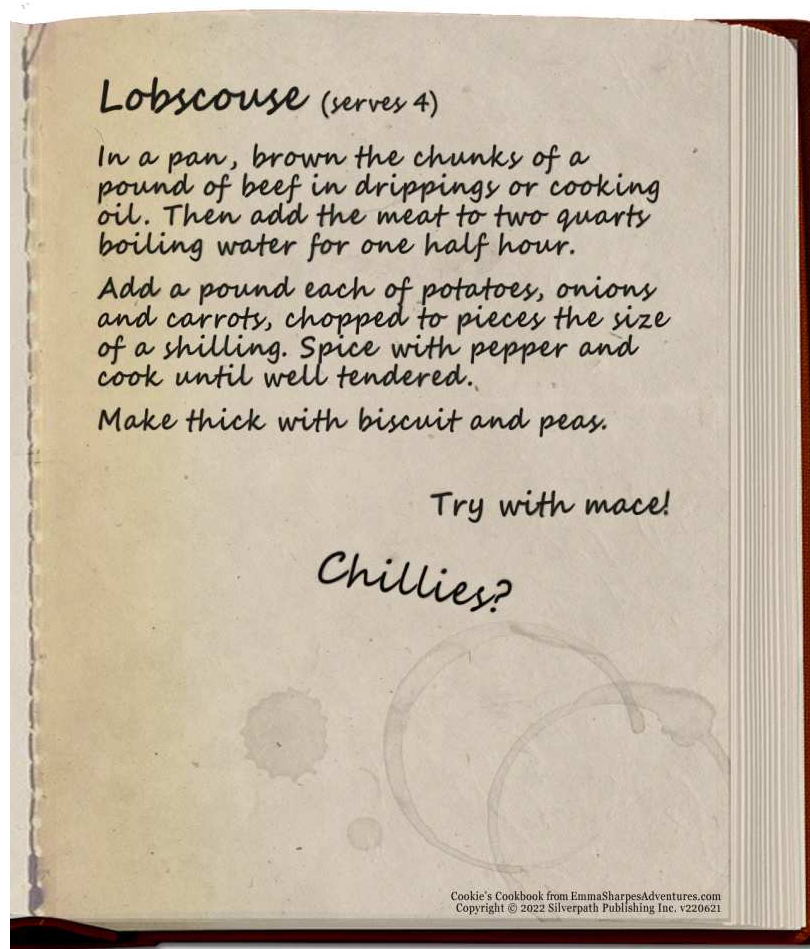


Cookie's Cookbook – Lobscouse



“In her hands, Emma carried a carved wooden serving tray. A large square plate filled with a hefty serving of beef, potato, and onion lobscouse sat in the center. Surrounding the plate was an apple, a portion of biscuit, a large mug of beer for the meal, and another mug of rum for after.”

– *The Day the Pirates Went Mad*, Chapter 11: Killing Time, pg 92.

Lobscouse, lobs-couse, or scouse, is a savory potato stew that was “much eaten at sea”, according to “*A Classical Dictionary of the Vulgar Tongue*” by Francis Grose, 1785.^[1] While recipes vary, basic ingredients include potatoes, carrots, onions and chunks of meat, typically beef. At sea, one might thicken the stew with ship’s biscuit (hardtack) or use the stew for dipping the biscuit to soften it for easier chewing.^[2]

For the adjacent instructions, we used:

- Two quarts of water (8.0 cups)
- A pound beef, coarsely chopped (0.5 kg)
- A pound potatoes, cubed (0.5 kg)
- Onions, cut into wedges (2.0 cups)
- Carrots, chopped (2.0 cups)
- Ground black pepper (1.0 tbsp)
- Salt (see notes below) (1.0 tbsp)
- A half pound of ship’s biscuit (2.0 cups)
- A pound of peas (2.0 cups)

We gently boiled the stew for 40 minutes before stirring in the thickeners.

- If using actual salt beef, soak in water for a few hours to remove some of the salt. Also, do not sear or brown before boiling. No need for additional salt.
- Substitute ship’s biscuit with hard bread, crusty bread, or soda crackers, as preferred.

What we learned:

Scouse is associated with the port of Liverpool and the surrounding area in the north-west of England. People there are sometimes even referred to as scousers.^[2] Global Scouse Day is an annual celebration and charity fundraiser held in Liverpool on February 28th, where lobscouse is put on the menu of various eateries for the day.^[2]

Wording of Emma’s transcription is inspired by examples of 17th/18th century recipes, eg: <http://www.godecooking.com/engrec/engrec.html>

[1] <https://archive.org/details/grosevulgartongue/> | [2] [https://en.wikipedia.org/wiki/Scouse_\(food\)](https://en.wikipedia.org/wiki/Scouse_(food))