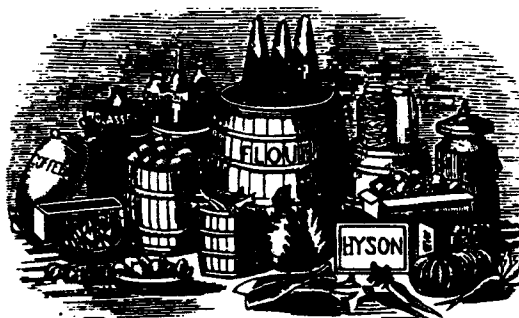


CULINARY HISTORIANS OF ONTARIO



Spring 1994

number 1

- TORONTO REGION -

Welcome to our inaugural issue!

We invite everyone, from the "just interested" to the truly dedicated to join us in celebrating what Ontarians have consumed and imbibed throughout our history.

Are you an amateur cook? volunteer or interpreter at an historical site? journalist? folklorist? restaurateur or professional chef? history teacher or student? anthropologist? historical re-enactor? food historian? cookery book bibliophile? food producer or farmer? nutritionist? librarian? Did we miss anyone?

We want everyone to share their collective knowledge and excitement about our province's culinary heritage!

There are already six American groups who meet under the banner of *Culinary Historians of _____*. Over dinner one night, we decided Canada needed to join the act. As far as we know, we're the first Canadian group. So -- just who is "we"?

- **Fiona Lucas** is Senior Domestic Interpreter at Historic Fort York in Toronto. I consider myself to be a culinary historian partly because of my job description, but mostly because of my keen interest in Ontario's culinary history.

- **Christine Lupton** is a high school teacher in Stratford, Ontario. My involvement with food history began while I was a domestic interpreter at Doon Heritage Crossroads in Kitchener and at Historic Fort York.

- **Bridget Wranich** is an interpreter at Historic Fort York, Toronto. My love of

food, cooking and historical research has inspired me to pursue the study of culinary history.

Over the past two decades, culinary history has emerged as a component of material culture studies and women's history. We want to combine practical know-how for those currently practising historic cookery at historic sites and re-enactments, or in their homes and restaurants, and the academic research that supports it.

We welcome all written and pictorial contributions to the newsletter: it's a forum to share information and ask questions. We really want to generate active interest in Ontario's culinary history.

The first meeting, to which you are all invited, will be a pot-luck "bring-your-favourite-food-along-with-the-recipe" in October. Future ideas include field trips to food producers and historic sites, picnics and restaurant meals, lectures and slide shows, theme dinners, historic cooking classes, visits from members of other Culinary Historian groups and participation in discussions and symposia. Please let us know about *your* special interests.

Eventually our plan is to apply for non-profit status so that tax receipts can be issued. In the meantime, we're looking for culinary angels to send in membership fees. Your money will buy paper, envelopes and stamps, plus such practicalities as a ledger book, receipt book and computer disks.

Look for the next issue in early autumn!

The *Culinary Historians of Ontario* is an information network for foodways research in Ontario. It is an organization for anyone interested in Ontario's historic foods and beverages, from those of the First Nations to recent immigrants. We research, interpret, preserve and celebrate Ontario's culinary heritage.

COOKERY COLLECTION -- HISTORIC RECIPE #1

The modern version of this recipe is written to be as similar as possible to the original. We invite you to submit recipes to this ongoing column. Please use this format. Historic information can be text or picture.

MACCARONI SOUP

Dr. William Kitchiner, *The Cook's Oracle*, London, 2nd ed., 1818, pp. 311 - 312.

Original text:

Boil six ounces of macaroni in water for four minutes, lay it on a hair sieve that all the water may drain from it; put it into a stewpan again; with a quarter of a pound of fresh butter, a bay leaf, an onion, with two cloves stuck in it, and a half pint of broth or water; let it simmer in the corner of the stove till done.

To make this soup, you must have a good pound of lean ham in slices, and lay them at the bottom of a large stewpan, cut your veal to pieces and your fowl, and put them to the ham, with a ladleful of broth, or water, skim it well, put in some salt, with two carrots, one onion, two cloves, a head of celery, two turnips, and one parsnip; let it simmer four or five hours, then strain the liquor through a hair sieve; three quarts is all you must expect, if you like to have good soup; then have a quarter of a pound of parmesan cheese grated; when ready to dish take away the onion and bay leaf from the macaroni, put at the bottom of your tureen a bed of macaroni, then a bed of parmesan cheese, and so on, till all is in; pour your soup over, and send it up as hot as possible.

Modern version:

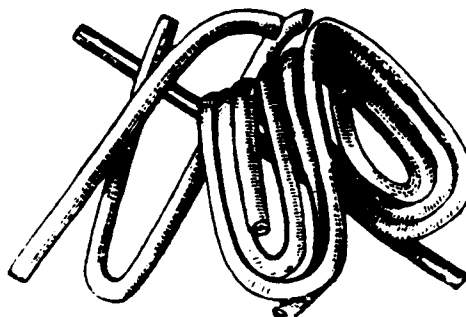
1 lb	500 g	cooked ham, sliced
1/2 lb	500 g	veal
1/2 lb	500 g	chicken
20 c	5 L	broth or water
to taste		salt
2		carrots
2		onions
1		small celery head
2		white turnips
1		parsnip
4		cloves
6 oz	175 g	macaroni tubes
1/4 lb	125 g	butter
1		bay leaf
1 c	250 ml	broth or water
1/4 lb	125 g	parmesan cheese

Note: Use the long thin tubes of maccheroni or macaroni, not the elbow type.

1. Simmer ham, veal and chicken in five cups (1.25 L) of the broth in a large stewpan. Reduce until ham begins to stick to bottom. Add remaining water or broth, and salt.
2. Wash vegetables. Cut them into large pieces. Push cloves into halved onion. Add vegetables, but only one onion, to stewpan. Stew together for four to five hours, adding more water or broth if necessary to maintain about 3 quarts (12 cups/3 L).
3. Cook macaroni until tender. Drain.
4. In another pot, combine butter, bay leaf, second onion with cloves and broth. Add cooked macaroni, and simmer about twenty minutes.
5. Grate parmesan cheese.
6. Remove broth from heat and strain it to remove vegetables. Discard or eat vegetables. Remove bay leaf and onion from macaroni.
7. Put a bed of macaroni in tureen, then a layer of cheese, and so on until all is in, then pour the broth over. Serve hot.

Historic information:

MACCARONI



Isabella Beeton, *Beeton's Book of Household Management*, London: Chancellor Press, 1859 - 61, page 73.

Recipe submitted by Christine Lupton.

CULINARY COLLEAGUE #1

This ongoing column introduces people who are currently researching Ontario's culinary history.

● PATSY BEESON ●

Macdonald Was Late for Dinner isn't quite a cook book nor yet a social history, but falls neatly in between. It's a collection of old recipes I gathered from all around Ontario, with some related local history and old photographs.

I decided there was a need for a book of this kind when I worked for several years at the Enoch Turner Schoolhouse in downtown Toronto, a mid 19th century museum school house. Often we would celebrate special occasions relevant to its past - Easter, Christmas, St. Patrick's Day - with appropriate festivities and food. But there appeared to be a dearth of authentic old Ontario cookbooks to draw from. So I decided to go looking for them, and at the same time hunt out old recipes from some of the province's long-settled racial groups, like the Finns, Polish and Italians. And, wanting *Macdonald* to be the kind of book which both men and women, non-cooks as well as cooks, would pick up and read, I researched the social background of the recipes I used, and found old photographs to illustrate the context.

So, where do you look for old recipes?

I found mine via all kinds of routes: women's groups in ethnic churches; chambers of commerce; synagogues and social centres. I called on multicultural folk arts associations, ethnic clubs and libraries (librarians very often have a finger on a community's pulse). I spent countless hours in that mother lode of information, the Archives of Ontario; and in other archives too, in libraries and city halls, historic sites and museums. In Thunder Bay, the museum provided an introduction into the Finnish community. I took a plane to a remote Indian village in trackless wilderness north of the Albany river, to get old Objiway recipes. My fingers walked marathons through the Yellow Pages and my long distance phone bills soared.

Altogether it took me four years. It was probably the most interesting thing I have done.

Patricia Beeson, *Macdonald was Late for Dinner, A Slice of Culinary Life in Early Canada*, Peterborough, Ont.: Broadview Press, 1993. (208 pp., b. & w. illus., index)

CULINARY CARTOON #1



Dolly of the Chophouse

Can you tell us anything about Dolly? We think she was a cook at a Québec restaurant, not an Ontario one. Who does she remind you of?!

CULINARY QUERIES

This ongoing column allows CHO--TR readers to participate in an open dialogue. We invite you to send us your questions so that we can all discuss and discover the answers to culinary history mysteries.

1. CHO--TR has recently heard that there is an organization called the "Women's Culinary Network". Does anyone know anything about this group, and how to contact them?
2. Fiona Lucas is looking for dried whole turmeric root for programming. Can anyone suggest a possible source? Historic Fort York (416) 392-6907
3. CHO--TR wonders if anyone knows if a copy of Eliza Acton, *Modern Confectionary*, (Philadelphia: Lea and Blanchard, 1845) exists in Ontario. According to the Culinary Historians of Ann Arbour the first American edition was 1845. However, we are especially interested in the first English edition of 1826.

Questions and answers are best if accompanied with footnotes and bibliographies where appropriate. Culinary Queries should be sent to the CHO--TR address on page four.

CULINARY CALENDER

Please send CHO--TR information about your upcoming food history or related events. We are pleased to include them in the newsletter.

June

The Gibson House *Using Herbs in the 19th Century Household* Learn to grow and preserve herbs. Discover their uses in cooking and cures. Adult class. June 11, 1:00 - 4:00 p.m. 5172 Yonge St., steps north of the North York Centre subway. (416) 395-7432.

July

Montgomery's Inn *Children's Morning Programme* This programme is for four consecutive mornings, and includes crafts, games, and cooking for children ages 6 - 7. July 5 - 8, 9:30 - 11:30 a.m. 4709 Dundas St. W., Etobicoke. (416) 394-8106.

Montgomery's Inn *Children's ESL Morning Programme - Old Fashioned Fun* This programme is also for four consecutive mornings, and includes crafts, games, and cooking for ESL (English as a Second Language) children ages 8 - 11. It is suitable for children who are new to Canada and are just learning to speak English. July 19 - 22, 9:30 - 11:30 a.m. See above for additional information.

CULINARY CREDITS

EDITORIAL TEAM:

- Fiona Lucas (416) 534-1405
- Christine Lupton (519) 749-1645
- Bridget Wranich (416) 690-7062

Thanks for this issue to: Patsy Beeson, Kevin Hebib, Historic Fort York office staff.

Our address is: c/o C. Lupton, 60 Church Street East, Apt. #E, Kitchener, Ontario Canada N2G 2S2

\$10 (Cdn.) annual subscription

Deadlines for entries for September 1994 issue: July 30.

August

The Gibson House *Preserves* Each weekend in August will feature a special preserve theme.

The themes are:

Aug. 6 & 7 *Jams and Jellies*
 Aug. 13 & 14 *Conserves and Bottled Fruit*
 Aug. 20 & 21 *Potted Beef and Smoked Fish*
 Aug. 27 & 28 *Vegetables*
 12:00 - 4:30 p.m. See above for additional information.

September

The Joseph Schneider Haus Museum *The Schneiders Bring In The Harvest* During September & October the museum hosts a number of theme weekends full of activities related to the harvest and preparations for winter. 466 Queen St. S., Kitchener, Ont. (519) 742-7752.

The themes are:

Sept. 3 - 5 *Sweets and Sours*
 Sept. 10 & 11 *Schnibbles & Schnittels*
 Sept. 17 & 18 *Schnitzing Bee*
 Sept. 24 & 25 *Corn Husks and Kernels*

Sir William Campbell Foundation *Labour Day at Campbell House pays Tribute to 19th Century Servants* This event includes a bag piper, historic food and drinks, guided tours, and the exhibit opening of "The Legal and Social Position of 19th Century Servants". Sept. 5, 12 - 4 p.m. Campbell House, 160 Queen St. W., Toronto. (416) 597-0227.

Black Creek Pioneer Village *38th Annual Pioneer Festival* Come and enjoy lots of Mennonite and Pennsylvania-German foods and fresh produce. Sept. 17, 10:00 a.m. - 4:30 p.m. Quilt auction at 12:30. 1000 Murray Ross Parkway, North York. (Jane St. and Steeles Ave.) (416) 736-1733.

The Gibson House *Apple Festival* Discover apple games, recipes, and tastes. September 24 - 25, 12:00 - 4:30 p.m. See above for additional information.