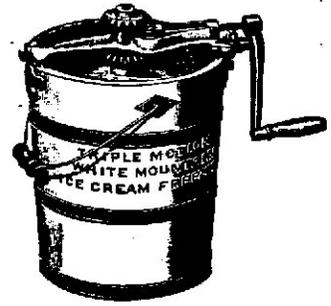


Culinary Historians of Ontario

Toronto Region

Spring 1997 Number 11 12



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.

Lucy Maud Montgomery in Ontario?

I believe it was a Friday night (I hate to say this but it was about 25 years ago) when I went into town with my parents and rushed to the library to find a book to take me on another adventure. It was on this night that I first discovered the auburn haired orphan with pig tails who came to live on Prince Edward Island in a house and community full of interesting characters. Some of the characters in the book reminded me of people I knew in my Ontario community. As a girl myself, I admired the strength of the character Anne and her ability to take on life's challenges.

Years later I was surprised to discover that Lucy Maud Montgomery had lived in my own province of Ontario for most of her adult life. She married a minister named Ewan MacDonald and in 1911 left her native Prince Edward Island to live as the wife of a Presbyterian minister in Leaksdale, Ontario.

When Montgomery first arrived in Ontario she had already published several books: *Anne of Green Gables* (1908), *Anne of Avonlea* (1909) and *Kilmeny of the Orchard* (1910). Maud was considered a celebrity by the townspeople of Leaksdale and they often viewed her with admiration and curiosity. She settled into her new home with her husband and had two sons while living there.

In 1926 she and her family moved to Norval Ontario and in 1935, after her husband Ewan retired from the ministry, they moved to Riverside Drive, Toronto. Montgomery described this residence as being "on the banks of the river Humber." However, despite living in Ontario for nearly thirty years she always missed her "red soiled Island."

It is fascinating to read her journals and discover that food figured prominently in her recollections. Maud, as she preferred to be called, felt it important and interesting to include in her journals the details of what she prepared in her kitchen for her family. She especially wanted to feed her children good and healthy food. Often she would describe the gifts of food she received as the minister's wife.

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COOKERY COLLECTION

Lucy Maud Montgomery's "New Moon Pudding"

L.M. Montgomery, *The Selected Journals of L.M. Montgomery Volume III: 1921-1929*, Eds. Mary Rubio & Elizabeth Waterston. Toronto: Oxford UP, 1992. p.338 (all further page references are from this volume).

Original Text:

Norval, Ontario

"Saturday, June 25, 1927

...Tomorrow is our anniversary Sunday and today I made a certain pudding which I make on special occasions--and on special occasions only, it being rather merciless on the eggs. It is an old Park Corner recipe and as it was nameless I have christened it "New Moon Pudding." It is delicious and is, for me, associated with old banquets at Park Corner and those who meet there no more. I'm going to copy it here, that it may not be lost from the earth. . .

New Moon Pudding

Into one quart of milk put two full cups of bread crumbs, 2/3 cup sugar, the rind of one lemon grated, the slightly beaten yolks of six eggs and 1/2 tsp. salt. Bake in oven until silver knife comes out clean. Beat the whites of the eggs stiff with 1/2 cup white sugar and the juice of one lemon. Spread on top. Return to oven and brown. Serve on top. Return to oven and brown. Serve cold with cream. Cream! We have hard times getting cream here. That is one of the things that makes me think wistfully of Leaksdale."

Modern Version:

Pudding:

4 cups	1L	whole milk
2 cups	500 mL	white bread crumbs
2/3 cup	150 mL	sugar
1	1	lemon rind, grated
6	6	egg yolks
1/2 tsp	2 mL	salt

Meringue:

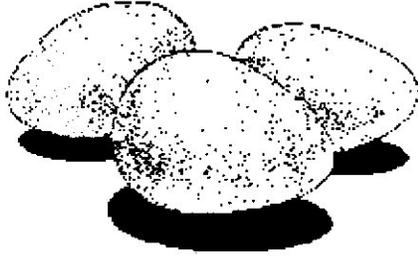
6	6	egg whites
1/2 cup	125 mL	white sugar
1	1	lemon, juice of

Preheat oven to 400° F (200° C). Warm the milk until tepid. Pour into a 2 quart oven-safe bowl. Add breadcrumbs and let sit for a while until bread crumbs have absorbed as much milk as possible. Add sugar, lemon rind and salt. Whisk eggs slightly and add to mixture. Beat mixture slightly to distribute egg throughout. Place the bowl into a shallow pan of water and put both into the oven. This will prevent the bottom of the pudding from burning. Bake for about an hour, or until a silver knife comes out clean.

Fifteen minutes before pudding is done, beat the egg whites, adding the sugar and lemon juice gradually as whites start to stiffen and form very stiff peaks. When pudding is done, turn oven temperature down to 300°F (150°C). Remove the pudding and spread the egg white mixture on top, making sure that it spread right to the edges of the bowl. Return to the oven until meringue is lightly browned on its peaks (20-30 minutes). The meringue inevitably falls, presumably because of the lemon juice, to a thickness of about 1 inch (2.5 cm) as it cools off. After cooling naturally, refrigerate. Serve cold, with unwhipped whipping cream. *New Moon Pudding* will keep in the refrigerator for about a week, gradually becoming more moist.

NOTE:

Aunt Maud's Recipe Book, published after I had modernized this recipe, contains another modern version of *New Moon Pudding* which is slightly different from mine. They halved the recipe (giving the measurement for lemon juice as 1.5 tbsp.), baked it in a buttered 8" X 8" square pan at 350°F, and didn't heat the milk or let the breadcrumbs and milk soak for any length of time. They suggested baking the pudding for 45 minutes or until done. You can experiment to see which version you prefer.



Historic information:

L.M. Montgomery, celebrated author of *Anne of Green Gables* and *Emily of New Moon*, began keeping journals at the age of nine. Her surviving volumes begin in 1889, when she was 14, and end in 1942. When this journal entry was written, Montgomery was living in Norval, Ontario, far from her beloved P.E.I. where she would have first tasted this pudding.

For Montgomery, culinary skill was family bred and she prided herself on sharing the "knack" for it with legendary cooks like her Grandmother Macneill and her Aunt Annie Campbell. In her journal she describes this gift, saying, "We know by grace and not by law just how big a 'pinch' to put in" (p. 359).

After her Aunt Annie of Park Corner P.E.I. passed away, Montgomery copied recipes from her Aunt's cookbook and commented in her journal, "It spoke very eloquently of her. Never was such a cook as Aunt Annie. Almost every page recalled some feast of the past" (p. 193). Maybe this pudding recipe was one of Aunt Annie's specialties.

Montgomery's journal entry is interesting, not only because her comments suggest the availability and value of ingredients like eggs and cream in 1927 Norval, but also because it so richly contextualizes the recipe through revealing the people, places, and memories with which it was connected.

Submitted by Laura Higgins, Historical Interpreter at The Gibson House Museum and Museum Teacher at the Royal Ontario Museum.

Culinary Queries

CHO hears that a group calling themselves "Slow Food" has formed as a challenging response to "fast food", so ubiquitous in our lives today. Can anyone give us details? CHO feels we must have lots in common with this group! Please call Bridget Wranich at (416) 690-7062. We'll let you know!

Culinary Answers

Molly Green of Woodside in Kitchener wanted to know what "Buda" was in the 1890s account books of the Berlin General Store. Mary Williamson wrote: "A Hungarian friend, when I asked her about "buda" said that the Hungarian word for wheat is "buza", which sounds enough like buda to perhaps be the same thing, possibly in a related language." Thanks Mary. Any other suggestions? Call (519) 571-5684.

Culinary Club

Individuals

Julia Aitken, Brooklin

Paula J. Cameron-Meaney, Toronto

I. Cargill, Toronto

Patricia Clark, Toronto

Patricia Da Silva, Pickering

Mary Louise Drake, Windsor

Margaret Fraser, Mississauga

Colleen Leo, Waterloo

Melanie Lord, Bancroft

Susan Noakes, Delta

Jennifer Reid, Toronto

Linda Santoloco, Toronto

Amy Scott, Toronto

Book Review

Dining with L.M. Montgomery

Lucy Maud Montgomery, celebrated author of the "Anne" and "Emily" series, loved to cook and prided herself on providing a "good table" for family and guests. She was well aware of the important role food plays in our relationships with other people. Her novels, are full of "toothsome" concoctions and culinary misfortunes that prove socially meaningful. Moreover, many of her personal journal entries note how particular foods conjured up memories for her of people and places.

Aunt Maud's Recipe Book, assembled by Elaine Crawford and Kelly Crawford, collects and contextualizes selected recipes from Montgomery's original hand-written cookbook. The Crawfords, who run a village bakery on the edge of Norval, Ontario, are descendants of Montgomery's third cousin, Myrtle Macneill.

The book is organized into thematic menus such as "Afternoon Tea at the Manse" and "The Work-A-Day World of a Minister's Wife" to give us a sense of how certain foods have been combined for a meal. Each series of recipes is prefaced by a short illustrated chapter, focusing on relevant aspects of her daily life. Quotes from her journals help to contextualize the recipes.

The Crawfords tested the recipes and italicized alterations to Maud's original text. These alterations clarify instructions, suggest measurements, and mention how modern appliances can be used to produce similar

results. Notes alongside recipes translate historical terms and ingredients. For a general audience of L.M. Montgomery fans with some cooking experience, this format is very helpful.

However, for a culinary purist longing to have Maud's original cookbook to pore over, or at least for an exact translation, *Aunt Maud's Recipe Book* fosters a few frustrations. I find that the quantity of recipes included from Maud's cookbook is compromised by the menu format. Occasionally, a recipe entirely in italics (and thus not from Maud's original book) is added to complete a menu. There is also a chapter "Growing up at Green Gables" where most recipes are from cookbooks of Lorraine (Webb) Wright and Marion (Webb) Laird, who were raised in what is thought of as the model for Anne's fictional home. Also, it is hard to tell in some recipes whether the italics indicate information is added or the original wording changed. There are a few instances when the italicized commentary has the slight flavour of promotional material for the Crawfords' bakery.

But perhaps all these aforementioned features in the Crawfords' book are appropriate after all. Because however much I might long for unadulterated L.M. Montgomery cookery, the truth is that what the Crawfords have done is exactly what Maud herself must have done many times: inherited, borrowed and then tested recipes, changing



them to suit her taste and lifestyle, using the most modern appliances and utensils. I'm sure she adapted some of her recipes when she got her first electric stove!

Aunt Maud's Recipe Book is most successful at revealing the social relationships of which a personal recipe book can so tantalizingly, yet elusively, allude to. The creators of "Frede's Muffins," "Mrs. Fisher's Cornbread," for example, are all introduced to us through notes included with the recipes. An explanation of how the Crawfords inherited Maud's original cookbook, and the tangle of relationships involved, provides a solid grounding for the social network of which Maud was a part, and of which we, if we try her recipes, can become connected too.

Through *Aunt Maud's Recipe Book*, the Crawfords serve an elegant meal for L.M. Montgomery fans where past flavours and present tastes mingle. Like a potluck supper, the medley of relationships and remembrances makes this book an enjoyable repast.

Elaine and Kelly Crawford. *Aunt Maud's Recipe Book: from the kitchen of L.M. Montgomery*. Norval: Moulin Publishing Ltd., 1996.

Submitted by Laura Higgins, Historical Interpreter at The Gibson House Museum and Museum Teacher at the Royal Ontario Museum.

Two New Tea Books

1. Melody Wren, *Tea Rooms of Southern Ontario*. Stoddart Publishing, 1997. 128 pages, \$14.95.

The first chapters are about the history of tea, including in Ontario, and tea trivia, like the origins of tea bags. Part Two offers a geographical guide to tea rooms in southern Ontario.

Publisher's quote: "It's teatime! The tea lady herself leads us on a connoisseur's tour of Southern Ontario's may fine tearooms. This comprehensive guide wards off bad brews and day-old scones and heralds those tearooms serving the most perfectly steeped leaves and exceptional food."

Melody Wren publishes a regular Ontario newsletter, *Charms of Tea*.

2. Frances Hoffman, *Steeped in Tradition: A Celebration of Tea*. Toronto: Natural Heritage/Natural History Inc., 1997. 160 pages, \$16.95.

Publisher's quote: "From the drawing rooms of Victorian Britain to Ontario kitchens, the rituals of afternoon tea have always delighted. Devotees to this splendid ceremony attest to the fact that tasty treats and fresh brewed tea really do have a way of seducing and calming even the most frazzled of souls. An so, it's not surprising that this deliciously elegant occasion continues to entice.

"Capture the essence of this

splendid custom through the eyes of one who learned to sup the golden brew on her Granny's lap. Enjoy recipes from Ontario's finest Tea Rooms, in addition to those from a Lancashire family long steeped in the tea-time tradition.

"By looking at the ceremony of tea drinking and the history of 'taking tea' in Ontario, one comes to understand why this great institution is still very much alive and flourishing."

Frances Hoffman, an oral historian with the Kitchener Public Library, was born in England. She came to Canada in 1966.

CHO went looking for a charming quote from L. M. Montgomery about how she enjoyed a good cup of tea -- but discovered to our amusement that no such quote exists, at least not in volume II of the Ontario portion of her published journals (1911-1920). So much for preconceptions! "I'm very fond of a good table," she wrote. But "my soul loathes afternoon teas. May the devil fly away with the individual who invented such a form of

afternoon entertainment." As a (reluctant) minister's wife, many of her "pastoral visitations" included "tea-martyrdom". A nice cuppa doesn't seem to have soothed her much!!

Lucy Maud Montgomery in Ontario?

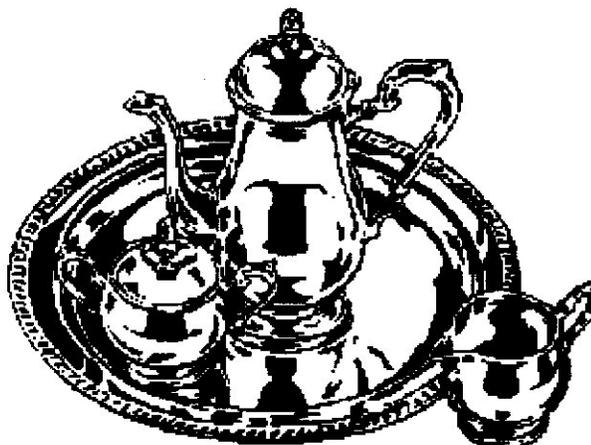
Continued from Page 1

Maud included information about the foods she grew herself in her gardens as well as the food she prepared when she and her husband were entertaining. She created jams, jellies, puddings, cakes, pies, and more.

Maud often referred to her Aunt Annie Campbell as being an important culinary influence. Montgomery reminisced of the kitchen back in Prince Edward Island with the wonderful smells and tastes that her Aunt was well known for creating. Aunt Annie's culinary influence echoed from Maud's own kitchen. She used many of her traditional family recipes just as many women did during that time, and still do today. We are fortunate to have Maud's extensive journals to give us a glimpse and a greater understanding into an early 20th century Ontario kitchen.

Little did I realize that the author of the book I chose on that Friday night would still influence me today, unexpectantly in my kitchen.

*Written by Bridget Wranich
Co-founder, CHO*



Adventures in 'Mock'land

"'No,' said Alice. 'I don't even know what a Mock Turtle is.' 'It's the thing Mock Turtle Soup is made from,' said the Queen. 'I never saw one, or heard of one,' said Alice... 'Once,' said the Mock Turtle at last, with a deep sigh. 'I was a real Turtle.'"

Alice's Adventures in Wonderland by Lewis Carroll, 1865

Once upon a time, I found a recipe for Mock Cherry Pie and there began a quest. Why would anyone need to make Mock Cherry Pie? I tried the recipe and discovered that the result tasted good. But why replace cherries with cranberries? Why not just make cherry pie or cranberry pie? I started to notice mock recipes in nearly every cookbook and decided that maybe there was an article for CHO in all of this.

To date I have checked over 35 cookbooks available in North America — from *American Cookery* by Amelia Simmons (1796) to *Joy of Cooking* (1953) — and all but four include a recipe which starts

with the word 'mock'. The most common and earliest mock recipe by far is for Mock Turtle Soup in which the green turtle in the 'real' recipe is replaced with a calf's head. By the 20th century it's rare to find a recipe for turtle soup, but many cookbooks still included Mock Turtle Soup. In all, I found 12 Mock Turtle Soup recipes, beginning in 1839 with Lettice Bryan's *The Kentucky Housewife* and the last appearing in 1911 in the *Inglenook Cook Book*. Mock Turtle Soup is almost always made with calf's head, so perhaps Amelia Simmons' 1796 recipe *To dress a Calve's Head - Turtle fashion*, should also be considered a 'mock' recipe.

corn, the author of *The Farmers Everyday Book*, 1858?, states "This dish has sometimes been mistaken for oysters."

A somewhat unusual series of Mock Cream recipes starts appearing in the 1860s. To create a cream substitute, the cook uses milk, flour and eggs. Mock Bisque Soups also appear occasionally between 1880 and 1934. In my book selection, these soups are usually some mixture of tomatoes and milk.

Despite a growing consumer society and better transportation which increased the availability of unusual and out of season ingredients, an explosion of mock recipes takes place in the 20th century. Many of these 'mocks' stretch or replace the original ingredient with crushed crackers, such as Mock Mince Pies, which appeared in six different cookbooks between 1898 and 1913 — just a 15 year span!

Around the same time, recipes for Mock Duck start to appear and continue on into the 1950s. Mock Duck is simple steak pounded, rolled and stuffed. Mock Birds are similar creations using veal steaks rolled small.



CARROLL: ALICE IN WONDERLAND

Appearing for the first time in 1848 in *Directions for Cookery in its Various Branches* by Miss Leslie, is a recipe for Mock Oysters made from corn kernels. Recipes for Mock Oysters throughout this period were found under such alternate names as Corn Oysters, Artificial Oysters, and even Sham Oysters. Following a recipe for Artificial Oysters made from

The final burst of mock creations included Mock Cherry Pie which first appeared in 1911 and seems to disappear after the 1930s. This is a pie made with cranberries which often included raisins. This is the pie so fondly remembered by Elaine and Kelly Crawford in the introduction to *Aunt Maud's Recipe Book*.

Occasionally, other mock recipes appear for desserts, like Mock Lemon Pie (lemon extract and buttermilk or vinegar, rather than fresh lemons and butter), Mock Angel Cake, Mock Cream Pie, Mock Apple Pie, Mock Plum Pudding (stale cake crumbs), Mock Indian Pudding (white bread).

It's possible to create an entire meal from the huge variety of mock recipes. Your soup is Corn Mock Bisque, Mock Mulligatawny or Mock Oyster served with Mock Almonds (croutons in the shape of almonds). A main course could include Mock Venison or Corned Beef, Mock Welsh Rarebit, Mock Terrapin (calf's liver) Mock Sweetbreads, Mock Chicken Curry, Mock Crab Souffle or Mock Lobster in a Chafing-dish (boiled fish, preferably salmon). Perhaps you would enjoy a salad such as Mock Lobster (flaked halibut), Mock Chicken (cold pork) or Mock Ice (gelatine and preserves). There's no need for a real sauce when Mock Bisque with Cheese, Mock Wild Cherry (cranberries) and Mock Hollandaise (white sauce with egg yolk) are available. One of the most unusual is Mock

Maple Syrup made from potato water, sugar and vanilla. As a beverage, you could drink Mock Claret Cup (currant juice and tea).

Why did cooks need mock recipes? Possibilities include the cost of the real thing, the seasonality or complete unavailability of the original main ingredient, the time or trouble involved in using the real thing and perhaps a change in diet or religious beliefs. I suspect it was also trendy in the early 20th century to create a mock dish just as we in the late 20th century have our own food fads. It is interesting to note that the *Purity Flour Cook Book* of 1917 has recipes for Mock Duck, Mock Cherry Pie and Mock Chicken Salad, but that the 1923 edition only includes Mock Duck.

Miss Leslie in her book of 1848 entitled *Directions in Cookery in its Various Branches* gives the ultimate rationale for Mock Turtle Soup. She states, "We omit a receipt for real turtle soup, as when that very expensive, complicated and difficult dish is prepared in a private family, it is advisable to have a first-rate cook for the express purpose. An easy way is to get ready made; in any quantity you please from a turtle-soup house."

People still create mock recipes, but we say that vegetarians eat tofu dogs not mock wieners; that frugal cooks use seafood legs not mock crab legs; and that anyone who tries to prepare a dish, from "back home" or "the old country"

when the ingredients aren't available in Ontario or Canada, is a creative cook not a mock cook.

My culinary adventures in 'Mock'land are still continuing and I'd love to hear about any other mock recipes. Here is the one that started the quest.



Mock Cherry Pie

Source:

The Five Roses Cook Book.
Montreal: Lake of the Woods
Milling Company Limited,
1913, p. 81.

1 cup	cranberries (cut in halves)
1 cup	sugar
1 teaspoon	vanilla
1 tablespoon	Five Roses flour dissolved in ½ cup of water
1	egg

Mix well together and bake between two crusts.

NOTE:

Complete bibliographic information is available upon request.

*Submitted by Carolyn Blackstock,
Historical Interpreter at The Ontario
Agricultural Museum in Milton,
Ontario.*

Culinary Calendar

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

MAY

Herb Walks

Riversong Herbs & Naturals

R.R. #2, Mount Forest (519) 323-3252

May 18 & 25, June 1, 15, 21 & 29, July 19

Held at an 1853 farmhouse, includes a walk for wild herbs and edibles, and lunch by chef Jenny Cambria.

Cost \$70 includes light breakfast, workshop, lunch, wine & recipe booklet.

19th Century Food Traditions

Pickering Museum Village

Village of Greenwood, 3 km east of Brock Road, Brougham, on Hwy. 7

May 31 10:00 a.m. to 3:30 p.m.

Co-sponsored by the Ontario Historical Society. A workshop to learn and revive 19th century food traditions. Speakers Dorothy Duncan and Barbara Truax of OHS. Cost \$20 students or members of either co-sponsors, \$40 non-members. Registration deadline May 23. Contact OHS (416) 226-9011, OR Pickering Museum Village, Dave Marlowe, (905) 683-8401.

JUNE

Hearth Cooking Workshop

The Gibson House Museum

5172 Yonge St. at Park Home Ave., North York
(416) 395-7432

June 7 10:00 a.m. to 4:30 p.m.

June 10 10:00 a.m. to 1:30 p.m.

Create an authentic 19th century meal. Cost \$20. Pre-registration required.

Strawberry Social

Heritage Toronto, Spadina

285 Spadina Rd., south of St. Clair West - (416) 392-6910

June 22 Noon to 5:00 p.m.

Annual garden party on the grounds of Austin's 1866 estate. Bring a picnic or have potato salad (\$1.00), devilled eggs (\$.50), tea sandwiches (\$1.25 / \$2.00) and strawberry shortcake (\$3.50). All recipes from 1914 *Canadian Family Cook Book*. Family activities.

Summer Pastimes

Black Creek Pioneer Village (416) 736-1733

June 28 & 29 10:00 a.m. to 4:30 p.m.

Villagers prepare for picnics, strawberry socials, flower arranging, making gingerale and playing games.

JULY

Herb Identification & Cooking

Pickering Museum Village (905) 683-8401

July 12 10:00 a.m. to 1:00 p.m.

Adults \$7.00, Children & Seniors \$6.00.

Herbal Happenings

Black Creek Pioneer Village

July 19 & 20, July 26 & 27 10:00 a.m. to 5:00 p.m.

Discover how Victorians used herbs in everything from cooking to medicines.

Summer on the Farm

The Gibson House Museum

Noon to 5:00 p.m.

July 5 & 6 Preserves: Berries

July 12 & 13 Flowers: Potpourri & Posies

July 19 & 20 Cooking with Herbs & Flowers

July 26 & 27 Summer Fruit Preserves

Culinary Credits

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Thanks for this issue to Carolyn Blackstock, Laura Higgins & Charlene Wranich.

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