

Culinary Historians of Ontario

Winter 2000 Number 23



WHAT FOOD TRADITIONS WILL I MAINTAIN IN THE 21ST CENTURY?

"There once was a young man who worked on a dairy farm during the summer to pay for his university tuition. As was the common practice of this family, when the young man sat down to the evening dinner table, the farmer's wife would prepare the family a hot, nourishing meal. It was during one of these meals that the farmer's wife offered the young man a bowl of pickles, which she had preserved from her garden the previous year. Curiously he looked at these odd condiments and asked quite earnestly, "What's in the bowl?" The farmer's wife looking quite bemused replied, that they were pickles which she had pickled from her cucumber patch last summer. The young man was astonished, for he had generally believed that pickles were chemically produced in factories."

A satirical tale or one that reflects the general malaise we have for how our food is produced. What is quite sad about this story is that the young man's parents were actually raised on a farm before they moved to an urban setting. He, as a first generation urbanite, had never been taught some of his mother and father's rural heritage.

When I think of what I would like to pass down to my daughter, I guess I really don't have a special food or recipe that generates a particular mystique for me. What is more important is that my daughter, Hannah, grows up with a respect for the land and the food which is carefully tended to by our Ontario farmers. I was fortunate enough to be raised on a dairy farm in southwestern Ontario. If land prices hadn't risen to \$6-7,000 an acre, I'd probably be living on a farm right now. But I can't, and maybe I shouldn't be allowed to either, because I would only be buying land to build a dwelling, which correctly should be left to the operation of the local farming community.

I am worried. Worried that Hannah will not enjoy the pleasures of a rural community because urban development continues to gobble up recklessly land which *should* and *could be protected*. I'm anxious that the general malaise that I talked about earlier will extend to the newly genetically produced foods which will be offered in our local grocery stores within the next few years. I fear we have become disrespectful to the land which has been so good to us and also to the men and women that continue to grow foods for our own well-being. We'd rather buy a bargain from the States than protect the locally grown foods that are far superior in taste, as well as in quality.

I don't think I am a pessimist, but perhaps a little too earnest for my own good. But what is dear to my heart is that there will be a rural legacy for my daughter to see and enjoy. When I take Hannah to her uncle's and grandfather's farms, I'd like for her to experience what I enjoyed as a toddler, adolescent, teenager and as a young woman. That is, when her grandmother places of bowl of pickles in front of her, not only will she know what they are, but she will be able to discuss the kind of cucumber that was sowed, how the crop fared that summer, if they are icicle or nine day sweet pickles, and if next year, she can help her grandmother make the recipe.

Christine Ritsma, co-founder, CHO

WHAT'S INSIDE

COOKERY COLLECTION	PG 3
CULINARY WEB PAGES	PG 4
FOOD SONGS	PG 6
LOOKING FOR A DONUT STORY	PG 7
RESPONSE TO HISTORIC FOOD QUERY	PG 7
CULINARY CALENDAR	PG 8

WHAT FOOD TRADITIONS WILL I MAINTAIN IN THE 21ST CENTURY? continued

This was a hard one. The question forced me to question my current food habits and traditions before I could consider what I would maintain.

Lots of pasta because it's easy, quick, nutritious and filling, and I can make enough for lunch the next day too. But that's a habit, rather than a tradition because we didn't eat pasta while I was growing up because my Dad didn't like it. He still doesn't, as my Mum reminded me a few weeks ago when I suggested it for a quick dinner.

I think I have to admit I don't have many culinary traditions, despite my obsession with culinary history. Probably because I don't have children, which is how and why most traditions get passed on. But for me Thanksgiving wouldn't be Thanksgiving without roast turkey; nor would Christmas come to that. I, however, have never actually roasted a turkey my

very own self, even if I am a food junkie. Not even in front of an open fire, where I've roasted duck, goose, rabbit, beef and venison, and countless chickens. Our family uses a dressing from a long-forgotten recipe in *Homemaker's Magazine* that we've made our way for almost 40 years. Perhaps I should try to find the original to see how closely our still resembles it! But no, I like not knowing. It's become ours. Except my brother and I managed to drown it in butter this past Christmas and so we've decided our family cook book has it recorded incorrectly!

Compiling the Lucas Family Cook Book, I was taken aback to realize how few family recipes we actually have—only 76. As British immigrants, our family, I've come to realize, haven't retained many British dishes. Roast beef and Yorkshire Pudding, Sheppard's Pie, Toad in the Hole. We have Chile Con Carne too, Tokyo-Style Stir-Fry, Avocado and Grapefruit Salad, and Warm Potato Salad from *Food That Really Schmecks*, a popular cook book in our home when we kids were small. Our favourite dessert was canned cherries topped with sour cream with brown sugar — we kids loved "Our Favourite".

So, what traditions do I bring to the 21st century since my family traditions are few? An abiding interest in *all* food traditions and maintaining and patronizing farmer's markets, and a passion for investigating our collective culinary past.

Fiona Lucas, co-founder CHO

As I pondered this question I realized that I needed to discuss the matter with my present family *food tradition torch bearer*. In many families this responsibility usually falls to Mom and my family is no exception.

As my mother and I discussed our family and it's relationship to food and traditions I soon realized that there were a number of foods that we make year after year that are associated with holidays and family get togethers. But I also recognized an ongoing theme throughout it all. As I listened to my Mom, I could connect all of the food traditions of my family with good basic ingredients simple methods and tastes. This is most likely due to the fact that we celebrate and get together at the family farm. It also has to do with the belief that my parents have that the good things in life are the simple things. I have to agree with them.

Our favourite family recipes include Navy Bean Soup, Beef Stew, Salisbury Steak, Cabbage Rolls, Scalloped Potatoes, Coleslaw (made with fresh vegetables from my parents garden), Oven Roasted Spare Ribs, Pork Roasts, Apple Crumble Pie, Oatmeal Cake (known as Lazy Daisy Cake), Sugar Cookies and Date Squares. No family get together would be the same without at least one of these foods being served.

Another family favourite, though we don't make it any longer was my grandmother Wranich's delicious Orehnjaca (walnut roll). We all reminisce about it and some family members even remember how to pronounce it correctly in Croatian. It's one of those recipes that requires a lot of technique and experience. It's the one recipe that I have promised myself that I will master and pass on as a family food tradition.

So, having reflected on these traditions I would say that my goal will be to maintain the simplicity that my family food traditions have in common. Though I may stray from time to time and get caught up in the culinary crazes that come and go, I will always make my way back to simple good food.

Bridget Wranich, co-founder CHO



COOKERY COLLECTION

We have decided to publish our modern equivalents to the recipes used at our conference **From Rations to Riesling : Remembering Ontario's Food Heritage** held back in September 1996 at Doon Heritage Crossroads, Kitchener.



This recipe, the first in our series from the conference was served at lunch. Scotch Broth is said to be the national soup of Scotland. Though most often made with mutton, this recipe offers a version using beef. A very delicately flavoured soup. No attempt was made to try the version using sheep's head. If anyone dares, let us know your results.

Scotch Barley Broth. --- (No. 204.)

Dr. Kitchener, *The Cook's Oracle*, (London: John Hatchard, Picadilly, 2nd edition, 1818), pg. 204

Original Receipt

"Chop a shin of Beef into four or five pieces, put it into a soup-pot, with two gallons of cold water, and set it over a brisk fire till it boils skim it well, and put in a large carrot, a turnip, a head of celery, and a small bundle of parsley and thyme; let it stew gently for three hours, then strain it into a clean stewpan, or soup-pot, take off the fat, and put in three quarters of a pound of barley, well washed and picked, another head of celery, two turnips, a carrot, and an onion, cut into small dice, and let it boil very gently till the barley is soft, which will take about two hours more, then season it ahead a teaspoonful of salt.

Obs. - Instead of a shin of beef, this is sometimes make with a neck, or breast of Mutton, or a couple of Sheep's heads, chopped to pieces."

Modern Equivalent

10 lbs	beef shin / bones	5 kg
32 cups	cold water	8 L
2	carrots, large	2
3	turnips	3
2	celery heads	2
1/4 cup	parsley, fresh	50 ml
1/4 cup	thyme, fresh	50 ml
2 cups	barley	500 ml
1	onion, chopped	1
1 tsp.	salt	5 ml

Place beef bones in large pot and cover with cold water. Bring pot to a boil and skim well. Add 1 carrot, 1 turnip, 1 head of celery, parsley and thyme (tied in small bundle). Stew gently for 3 hours. Remove from heat. Strain broth into clean pot. Remove excess fat. Add barley, onion, remaining celery, turnips and carrot. Simmer gently for 2 hours until the barley is soft. Season with salt. Yield: approximately 20 servings.

Culinary Web Pages

Internet Chef

www.ichef.com

This site is the place to find that perfect recipe for leftover chicken or discover what to do with yams. You can search for recipes or participate in a discussion about saucepans. I checked out the bulletin boards called "TidBits" and "Cookware & Utensils". To get to this you have to click on Discussion Forum. If you want to post or reply you have to register (which is free and painless). This is a thoroughly modern site - no food history but interesting anyway.



Association of Canadian & American Producers of Cookware & Bakeware

www.cookware.org/membership.htm

This site is very boring but might be handy for people looking for a particular brand of cookware. All have real addresses and some have links to the manufacturers.

Williams-Sonoma

www.williams-sonoma.com

This is the famous American kitchenware company. This is a beautiful site with luscious photos of food and pots and pans. If you don't want to shop from the on-line catalogue you can find recipes and information instead. Again this is food, not food history.

World Food Habits & Bibliography

www.ilstu.edu/class/anth273-foodways/foodbib.html

It's a lot to type but it brings you to an intriguing site. This is for an anthropology course but there are an incredible number of food history books on the list.

The Kitchen Link

Your Guide to What's Cooking on the Net

www.kitchenlink.com

Over 10,000 food and cooking links. Site includes a chat room, message board, free newsletter, cookbook of the day, recipes and more. Linked to other sites such as globalgourmet.com, foodwine.com, amazon.com etc.

How Stuff Works

www.howstuffworks.com

Discover how biochemical reactions make bread taste good, how baking powder works and more. Interesting for the budding chemists out there.

Early Canadiana On Line

www.canadiana.org

A project to provide enhanced access to Canada's published heritage. This is a full-text online collection of more than 3,000 books and pamphlets documenting Canadian history from the first European contact to the late 19th century. The collection is particularly strong in literature, women's history, native studies, travel and exploration, and the history of French Canada. Also in French: Notre Memoire en ligne. Excellent for historical culinary research.

Acanthus Books

www.acanthus-books.com

Featuring cook book reprints from antiquity to the early 20th century, plus household, gardening, food and dining titles. Impressive! From Lake Zurich in Illinois.

Food Heritage Press

www.foodbooks.com/welcome.htm

Serious books on the history and culture of food to professional and armchair cooks and historians. Founded by Joseph Carliln in 1995 in Ipswich, Massachusetts.

Cuisine Canada

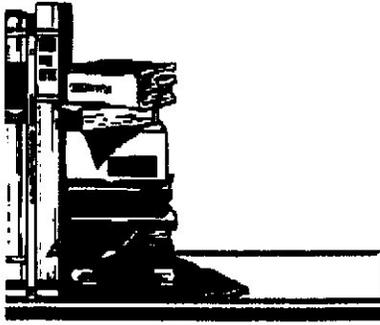
www.cuisinecanada.ca

The first national alliance of Canadian culinary professionals who share a common desire to encourage the development, use and recognition of fine Canadian food and wine. Its mission is to actively promote the growth and study of our distinctively Canadian food culture. Site include as discussion forum for members. Membership information included. Cuisine Canada was founded by Anita Stewart, one of our culinary stars, in 1996. The biennial conference is Northern Bounty, this year in Ottawa in October.

The Art of Eating

www.artofeating.com

Web site for a quarterly newsmagazine written by Edward Behr of Peacham, Vermont. Behr travels the world looking for sources of good food and writes about them in this highly recommended newsmagazine. Subscription information is included.



18th Century Cookbooks & Growth of the Middle Class

Here is the last installment of this ongoing article written by Tracy Macdonnell, Interpreter, Historic Fort York.

Endnotes

¹ Stephen Mennell notes, "In the later period of the seventeenth and eighteenth centuries, Elizabeth David believes — on the basis of far deeper familiarity with the sources than I can begin to claim -- that there was typically a lag of up to four decades between changes in practice occurring in the English kitchen and their appearance in the cookery books." All Manners of Food, Eating and Taste in England and France from the Middle Ages to the Present. (Basil Blackwell: Oxford, 1985), pg. 65. See also, David, E. Spices, Salt, and Aromatics in the English Kitchen (Penguin Books, 1987), pg. 8, for cook books and their compilation.

² Cooks representing the courtly tradition include Charles Carter serving the Duke of Argyle, amongst others, and William Verral with the Duke of Newcastle. See the title pages of Carter's The Complete Practical Cook, London: 1730 and Verral's A Complete System of Cookery, London: 1759, reprinted as The Cook's Paradise (Sylvan Press: London, 1948). Eliza Smith and Hannah Glasse represent a new breed of professional cook in service to the increasingly wealthy middle class. See the introduction to Smith's The Compleat Housewife London: 1758, reprinted (Studio Editions: London, 1994), hereafter cited as "Smith '58", and Willan, A. Great Cooks and Their Recipes, from Taillevent to Escoffier (McGraw-Hill: Maidenhead, 1977) for a description of Glasse's middle class experience. William Augustus Henderson and John Farley represent another aspect of the rise of the middle class. Both individuals were associated for a number of years with fashionable taverns in London. See the title pages of Henderson's The Housekeeper's Instructor, or, Univeral Family Cook London: 1811 and Farley's The London Art of Cookery London: 1800.

³ Hannah Glasse alone would run to 20 editions.

⁴ Bona fide working class cookbooks would have to wait until the 19th century. Until then, works directed at the lower class were thinly veiled moralizing chapbooks with a few soup or stew recipes appended at the end. An example can be seen in The Cottage Cook, or Mrs. Jones Cheap Dishes, 1797.

⁵ The Works of Henry Fielding, Esq. (Groscup & Sterling Co.: New York, 1902), pgs. 25-26.

⁶ Ibid

⁷ "Portugal Broth" The Closet of the Eminently Learned Sir Kenelme Digbie, Opened (1669; repr. 1910) found in Falaise, pg. 68. "Cuscasooee of Capons or Pullets" and "Olio Podreda or Spanish Olio" Carter, pgs. 61-62, 3-4. "Rich Goslings Turkish Dish Called a Cubob", Marsham Family Household Book, Cuxton, Late 17th Century, found in Barry, M. Old English Recipes, Classic Recipes from English Country Houses (Jarrold Publishing: Norwich, 1995), pgs 16-17.

⁸ For the rise of French cookery see Mennell, pgs. 71-73 and the chapters on La Varenne (1615-1678) and Menon (1740-1755) in Willan.

⁹ Dishes such as Beef a la Mode, Chickens a la Sainte-Menehout, and Cutlets a la Maintenon are examples of overtly French recipes found in most major published works of the mid to late 18th century. French influence also found its way into household cookbooks with entries such as "To Boyl a Carp ye French Way" Mrs. Wolfe, Westerham, 18th Century [Barry, pg. 78], and "Jaune Mange" Martha Lloyd's m.s. household book pg.39 [found in Black, M. & D. Le Faye The Jane Austen Cookbook (Chicago Review Press: Chicago, 1995), pgs.84-85]. Even the most virulently anti-French books eventually had to give way. Hannah Glasse in the introduction to her 1767 edition of The Art of Cookery Made Plain and Easy, pg. v, states that she wouldn't presume to tell a lady how to set her table, "Nor indeed do I think it would be pretty to see a lady's table set out, after the direction of a book." By the 1796 version, however, this and some of her more anti-French comments had been removed, and a series of three course meals have been added. Eliza Smith likewise retreated from her francophobia, thanks to her editors, when her grudging concession of the presence of a few French recipes in the preface of the 1758 edition was removed and an entire section on French cookery added in 1773. For seasonal menus see previous citations as well as Madam Johnson, Madam Johnson's Present, or, Every Young Woman's Companion, 4th Ed. (W. Nicoll: London, 1766) pgs. 194-196, and Perkins, Every Woman Her Own House Keeper, or, The Ladies Library (James Ridgeway: London, 1796).

¹⁰ For May's recipe see Falaise, pg. 81; Carter, pg. 160; Smith, 1758, pg. 166.

¹¹ See Mennell pgs. 32-33 and 72-73 for a greater development of this theme.

18th Century Cookbooks cont.

¹² Carter, pgs. 188-208; Farley, pgs. 241-264 and 338-350.

¹³ Smith and Glasse are only two examples of cookbooks that were phenomenally successful in this period. By 1758 Smith's book had seen 16 editions and would finish with two more, see the forward of Smith '58. Hannah Glasse's work would outdo Smith. Introduced in 1747, it would run to 20 editions, Willan, pg 93. But both paled in comparison with Elizabeth Raffald's The Experienced English Housekeeper which, as Maxime de la Falaise notes, "...went through thirteen editions and was pirated in twenty-three more." See Falaise, M. Seven Centuries of English Cooking. A Collection of Recipes (Grove Press: New York, 1973), pg.107. While Farley's work had been produced nine times by 1800 the only male who could challenge the female dominance of cookery publishing was Henderson, whose work saw 17 editions by 1811 under the hands of Jacob Scnebblic, the cook of the Albany Tavern. See the title page of Henderson, 1811.

¹⁴ See the Introduction to Barry for a short description of the characteristics of m.s. household books

¹⁵ A "made" dish usually consists of at least two different modes of preparation in the one dish along with a great variety of spices. They were intended as the more substantial elements of a given course of dishes.

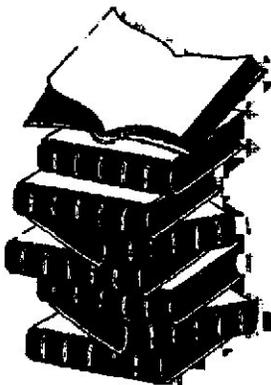
¹⁶ See the sixth page of the Preface to the 1758 edition for a general description of the contents of the book.

¹⁷ See the table of contents, Chapter I "Of Roasting, Boiling, Etc." and Chapter II "Made Dishes", of the 1767 edition to get a sense of the jumble of recipes.

¹⁸ See Smith, 1773, pg. v. A similar re-ordering of recipes can be seen between the 1767 and 1796 editions of Glasse's Art of Cookery.

¹⁹ Mennell, pg. 67.

²⁰ Glasse, 1796, pgs. 19-20; Glasse, 1767, pg. 10.



MUSICIANS BLEND TALENTS FOR LAUNCH OF FOOD SONGS ALBUM

FOOD SONGS - DROG-070 (24 artists)

It's been said, you are what you eat. Well, consider this smorgasbord of 24 brand new songs (and two poems) nourishment for your soul. Each artist was given the task of creating a song with food as the central theme. Ranging widely in style, this musical potluck includes spoken word, rock, hip-hop, folk, roots, country and pop. A unique community of artists can now proudly say, this is my food song that I created for you- just as a master chef gives birth to a new and exciting recipe. For a brief musical moment in time, these culinary artists dine together and you are their invited guests.

Listed songs on the album "menu":

"Seeds, Take The Breakfast Trip, Life's Much Sweeter as a Vegetable Eater, Rock Soup, Food Chain, Fajitas and Sangrias, Drive Thru, Mangoes and Melons, Donut Life, Coffee Saved My Marriage" and many, many more.

Record can be ordered through your local record store or through HMV.

Written by Dave Teichroeb, DROG Records, Guelph, Ontario.

Looking for a Donut Story

At 6:30 am, Bill, already late for work, pulls into a Tim Hortons drive-thru lane just off the Trans-Canada Highway near Halifax. More to save time than to be generous, he drives off without his change. A time zone away, Jeff plops down onto his favorite stool at Baker's Dozen Donuts in Scarborough, Ontario. He orders his usual "regular coffee double double and a maple dip", lights a cigarette and half reads his newspaper until "Rod the Bus Driver" arrives to chew the fat for twenty minutes or so before work. Across Lake Ontario, Benny and Jake pull the first donut rack of the day out of the fryer. They've been making donuts the same way in their small bakery since the 1950's. The same way their parents did in their small shop in Europe before the war. Every Sunday, Benny's wife June makes homemade donuts from scratch for her many granddaughters.

From the west to the east, Canadians come together over donuts. In the ubiquitous chain donut stores, in small bakeries and in kitchens nation-wide, donuts, that quintessential Canadian symbol that brings people together.

I am Steve Penfold, a Ph.D. student at York University. My thesis examines the history of the donut: how donuts were made, how they were sold, who ate them, and what people did while eating or making donuts. My thesis is both a study of the history of the donut as a food and an examination of the social networks the fatty treat supports. The study dips back into the 19th century and comes up to the present.

I am looking for a wide variety of donut stories. Any donut tale or information will do. If you worked in a donut store, owned a donut store, just hung out in donut shops, or have some other connection to donut lore, I would love to hear from you. I am also interested in the production of donuts: home-made recipes, historic recipes, donut-making at home or in small bakeries, and stories about mothers, fathers, cousins, uncles making donuts at home. Positive or negative comments on the state of donuts in Canada, memories of a wasted youth in the local donut shop parking lot, or personal reflections on the meaning of donuts in Canadian life are also most welcome. These stories don't have to be especially exciting. I will happily devour even the most mundane piece of donut lore.

I can be reached by email spenfold@yorku.ca or by mail at home at Steve Penfold, 3-84 Aldwych Ave., Toronto, M4J 1X6 or by phone at 416-461-1435 (call collect if you wish).

A Response To: 'LETS GET A DEBATE STARTED ABOUT FOOD IN AN HISTORIC KITCHEN' in issue no. 22

As a visitor to historic sites, I enjoy tasting a morsel of food made from an old recipe by old methods. We may not touch the artifacts, but we may touch, smell, look at and taste that morsel. When we taste, we involve 4 senses (the 5th is listening to the lecture). We imagine a little of the original inhabitants' world. That's why I believe the dish has to be whatever the recipe called for. If it's not authentic, it's like a classic opera performed in modern dress — the singing may be superb but you can't fully 'hear' it because the setting distracts you.

I realize ingredients have changed over the years. We measure by volume, and they measured by weight and instinct/taste/family tradition. But that's part of what makes it an 'historical experience'. I want to know the difference, to ask about it, to tell you what my grandma did and you tell me what your grandma did. An experience I had at Black Creek Pioneer Village involved staff interpreting a cake that was just baked. When the demo began, people were listening from the parlour and outside the windows. Of course we wanted to taste the cake made previously by the demonstrator. Would more than 30 people walk across a large site on a rainy day just for a free bite? It must have been for the 'historical experience' as well, a taste of the past. So many of us asked questions: How hot is the oven? How do you know how much of each ingredient to add? Why so many eggs? How large were they then? Cane sugar or beet sugar? Were lemons available? Did this family live close enough to Toronto to get exotic foodstuffs? It's amazing how much we wanted to know and how much we strained our ears for the answers.

About recipes: Definitely the original recipe. If the cook can make a nice dish with less salt, we'd be glad to know how and compare it with the original. But, it's the interpreter's dish more than the original cook's. The interpreter has added to modern culinary history and family tradition; if he/she used his/her methods on site, or calls them authentic, the visitor's historical experience is distorted. If the visitor detects that, it ruins the visit and the site may not be recommended to friends. Of course if there's documentation that the family preferred less salt, then the recipe should be modified to suit their tastes. But you should tell us that.

Marilyn Penner, CHO member

YOUR TURN AGAIN! DOES ANYONE DISAGREE WITH THE ORIGINAL EDITORIAL OR THIS RESPONSE?

Culinary Calendar

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

February

North African Cuisine

Chez Soleil (519) 271-7404

February 1 - 22 (Tuesdays) 7 - 10 pm

Moroccan & Tunisian cuisines are an exotic marriage of cooking styles that were influenced by France, Portugal and Italy. Healthy with fresh fruits, nuts, pulses, grain, fish & spices.

Class size - 6 students 4 wks. - \$ 140.00

Non-refundable deposit of \$40.00 required.

Victorian Sweets

Colborne Lodge, High Park, Toronto

(416) 392-6916

Weekends in February

Tour Colborne Lodge and discover how a Victorian cook prepared candies, biscuits and cakes. Sample a sweet treat in the historic kitchen. Free with admission.

March

Conscientious Vegetarianism

Chez Soleil (519) 271-7404

March 7 - 28 (Tuesdays) 7 - 10 pm

Designed for those who believe in changing the health of the world by changing their diet.

Travel to a different destination each week.

Class size- 6 students 4 wks. - \$ 140.00

Non-refundable deposit of \$ 40.00 required.

Bob Wildfong Visits Stratford-Perth Museum

Stratford-Perth Museum (519) 271-5311

Tuesday March 21 7:30 pm

Calling all Gardeners. Think about summer and come to the museum to hear Bob talk about planning & planting a heritage garden.

Cost \$7. Pre-registration required.

French Bistro

Chez Soleil (519) 271-7404

March 9 - 28 (Thursdays) 7 - 10 pm

Dishes from hearth and home, hearty and rustic cuisine.

Class size - 6 students 4 wks. - \$140.00

Non-refundable deposit of \$ 40.00 required.

April

Medieval Feasts and Celebration

University of Toronto (416) 978-2400

April 1 9 - 5 pm

One day symposium in which experts share knowledge of cookery, tables & table manners, music & other forms of mealtime entertainment in the Middle Ages .

Irene Kabala, Ph.D candidate, John Hopkins University, authority on medieval art & dining practices.

Cost \$ 75. Pre-registration required.



An Introduction to Hearth Cooking

The Gibson House Museum (416) 395-7432

Saturday, April 15 10 - 2 pm

Try your hand at hearth cooking, using tools and techniques of the 19th century. Cost \$25

(includes supplies) Pre-registration required.

Culinary Credits

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Thanks for this issue to Carolyn Blackstock, Marilyn Penner
Steve Penfold, Tracy Macdonnell & Dave Teichroeb

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