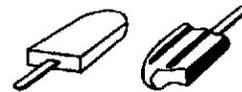


The Culinary Historians of Ontario

Summer 2000 Number 25



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.

CHO NEEDS TO MOVE TO A NEW LEVEL
and we invite you to come with us.

Saturday 23 September
Montgomery's Inn meeting room

1:00 – 5:00

CHO started in spring 1994 under the collective direction of Fiona Lucas, Christine Ritsma (then Lupton) and Bridget Wranich. We have worked well together, with some help from others in the historic culinary community of Ontario. For six years we have produced a quarterly newsletter – amazingly this is issue #25! Our most stunning moment was the conference in September 1996, *From Rations to Riesling: Remembering Ontario's Culinary Heritage*, in partnership with Doon Heritage Crossroads in Kitchener. We have sponsored and participated in many meetings since then. The proceedings of our workshop *Puddings Boiled, Baked and Steamed* at Gibson House in North York will be ready in the autumn, thanks to Elizabeth Nelson-Raffaele.

But times change. Our lives are different than when we started in 1994. We would like to see other interested and committed members of our community assume some leadership in CHO.

Let's meet to renew our commitment to Ontario's culinary history, but also reinvigorate ourselves through brainstorming, planning regular sessions and maybe even forming special committees. The newsletter needs inspiration and regular columnists. And we need to expand our membership base beyond the current 120 or so. Many others out there would love to join us if they only knew CHO existed! PR anyone?

Bring some brain foods for brainstorming! Nibbles only. We'll provide the coffee, tea and juice.

Please RSVP to Fiona at (416) 534-1405.

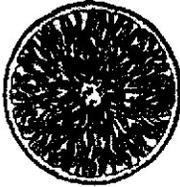
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Cookery Collection

This is another in our series of the modern equivalents to recipes used at our conference *From Rations to Riesling: Remembering Ontario's Food Heritage* held back in September 1996 at Doon Heritage Crossroads, Kitchener. It is a favourite and can be easily halved or doubled.

History

Some of the first marketed non-alcoholic drinks appeared in the 17th century in Paris as a mixture of water and fruit juices that were sweetened. Lemonade was one of the beverages most commonly sold on the streets by vendors. The Compagnie de Limonadiers was formed in Paris in 1676 and granted a monopoly for the sale of its products. Most of the members sold coffee, chocolate, tisanes, wines, flower waters and lemonade.



Another Excellent Lemonade by R.R. The Author of the Book

Robert Roberts, *The House Servants Directory*, facsimile of 1827 edition, (Waltham, Massachusetts: The Gore Place Society, 1977), no. 57, pg. 103.

Original

Take one gallon of water, put it to the juice of ten good lemons, and the zests of six of them likewise, then add to this one pound of sugar, and mix it well together, strain it through a fine strainer, and put it in ice to cool; this will be a most delicious and fine lemonade.

Modern Equivalent

16 cups	water	4 L
4	lemons, juice	4
6	lemons, juice & zest	6
2 cups	white sugar	500 mL

Take 6 lemons and grate or zest them being careful to just take the outer yellow skin, leaving the pith (white layer) behind. Remove the juice from the grated or zested lemons, as well as the 4 remaining lemons. (Don't worry about seeds getting into the juice). Add the zest, juice and sugar to the water. Stir until the sugar is dissolved. Strain the lemonade. Serve chilled.

LAMENTATIONS & PRESERVATIONS

We lament the passing of the historic building that housed La Scala for so many years, but celebrate the preservation of historic glass tablewares and cookery books in 2 wonderful projects.

La Scala Restaurant

La Scala was a lovely black and white brick building, gracious and welcoming in a late Victorian red and gilt way. Built in 1879 as a private house, it was such a fixture at the modernized corners of Charles & Bay, that it was quite a shock to go by on the bus one day and notice the southeast corner boarded up. Turns out a green glass condo is going up in its place.

La Scala was a culinary destination for many years, wining and dining most of Toronto's elite and those looking for a special evening. Father and son John and Charles Grieco opened it in 1961 with a sophisticated north Italian menu that didn't include spaghetti. The cutlery was monogrammed *LS*, bought at auction when the Lord Simcoe Hotel on University Ave went under. Grandson John, now a chef in New York, had hoped one day to reopen **La Scala**.

The building became another restaurant, but unhappily it was looking derelict in recent months. Even so it still reflected some of its former glory. Hence the shock to see it disappear.

Sadly, another Toronto historic building bites the dust.

Patterns In Light Exhibit

Todmorden Mills Heritage Museum and Arts Centre, representing Toronto's industrial history, and the **Outreach Services of the Royal Ontario Museum** are together sponsoring a wonderful exhibit of glass called *Patterns In Light: The John and Mary Yaremko Glass Collection*.

The exhibition includes rare and outstanding examples of early Canadian and American (circa 1870 – 1930) pressed and cut glass tablewares. They are drawn from the extensive collection of glass donated to the ROM in 1981 by former Solicitor General of Ontario, John Yaremko, and his wife, Mary.

The exhibit opened in June and continues until 10 September this year. Hours are Monday to Friday 11:00 to 4:30, Saturday and Sunday 12:00 to 5:00.

Recommended!



Cookery Book Bibliography

As many of you know, **Liz Driver** is working on *A Bibliography of Canadian Cook Books, 1825-1950*. Her publisher is U of T Press. The manuscript will shortly be in production and the finished volume is expected to be available within the next twelve months.

The project desperately needs funds. Anyone who wishes to make a tax-deductible donation to the project should write a cheque made out to *Massey College (Canadian Cook-books Project)* and send it to:

*Canadian Cookbooks Project
(c/o Liz Driver)
Massey College
University of Toronto
4 Devonshire Place
Toronto, Ontario M5S 2E1*

U of T will issue tax receipts.

Please and thank you!!!!



CHO MEMBER

This is our first attempt to organize the diverse interests and talents of our members into an easy-to-use guide that our members have quite an eclectic mixture of food interests. This directory is also designed to provide a query and don't know whom to ask. We would like to thank all those that contributed to this directory and

Cindy Brouse, Registration Coordinator
Royal Ontario Museum
100 Queen's Park, Toronto, ON M5S 2C6
Tel: (416) 586-5670 Fax: (416) 586-5668
cindyb@rom.on.ca
Connoisseur of one pot pasta dishes.

Pat Crocker, owner of Riversong Herbs & Naturals
R.R. # 1 Hanover, ON N4N 3B8
Tel: (519) 364-5554 Fax: (519) 364-5157
pcrocker@riversongherbals.com
Culinary expertise in herbs, culinary and medicinal.
Cookbook writer.

Gary Draper, Department of English
St. Jerome's University
Waterloo, ON N2L 3G3
Tel: (519) 884-8111 gdgraper@watarts.uwaterloo.ca
Gary humbly suggests that he has no special expertise to offer, just a general interest in food history and collecting cook booklets.

Elizabeth Driver, Bibliographer
26 Wayland Ave., Toronto, ON M4E 3C7
Tel: (416) 691-4877 liz_driver@hotmail.com
Interested in history of Canadian and British cookbooks.
Writer of two cookbook bibliographies: *A Bibliography of Cookery Books Published in Britain, 1875-1914*, and forthcoming *A Bibliography of Canadian Cookbooks, 1825-1950*.

Diane Gallinger, Assistant Director
Jordan Historical Museum
3802 Main St., Jordan, ON L0R 1S0
Tel: (905) 562-5242 Fax: (905) 562-7786
jrdnhres@vaxxine.com
Interest in 1830s Mennonite foodways, especially hearth cooking and reproduction kitchenware.

Melanie Garrison, Re-enactor
King's Regiment of the Canadas
6 - 228 St. George St., Toronto, ON M5R 2N5
Tel: (416) 392-6907 ext 100
mgarrison@city.toronto.on.ca
Re-enactor since 1992. Interested in 18th c food history and social dance.

Patricia Humphrey
38 Corning Rd., Toronto, ON M2J 2L7
Tel: (416) 493-8151 pahumphrey@yahoo.com
Patricia has a Certificate of Haute Cuisine from George Brown College (1980) and is a good (modern) cook.

Peter Iveson, Garden Lecturer
1204 -- 141 Davisville Ave., Toronto, ON M4S 1G7
(416) 487-7406 (evenings)
Lectures to horticultural groups and is interested in Creole and Bavarian cookery.

Amy Jones, Head Gardener, Doon Heritage
Crossroads; owner of Heritage Herbs
86 McLean School Rd., St. George, ON N0E 1N0
Tel: work (519) 748-1914 home: (519) 448-1075
ctjones@exculink.com
Interest in heritage vegetables, herbal jellies, vinegars and teas. Heritage Herbs grows over 150 varieties of herbs and vegetables, most of them heritage varieties.

Joyce C. Lewis, Guide/Demonstrator, Gibson House
and Hutchison House; Board Member at The Grange
16 Walmsley Blvd, Toronto, ON M4V 1X6
Tel: (416) 483-7879 Fax: (416) 483-7879
pjandjoyce@sympatico.ca
Expertise in historic cooking; plus research in letters, diaries and merchant account books of 19th c; lectures to interested groups.

Fiona Lucas, Senior Interpreter, Museums of the City
of Toronto; Co-founder, CHO
1227 College St., Toronto, ON M6H 1C1
Tel: (416) 534-1405 lucasf@sympatico.ca
Researches, speaks and writes on Ontario's culinary history; instructs heritage cookery classes. Collects historic and reproduction cookery books.

Shirley Lum, A Taste of the World-Neighbourhood
Bicycle Tours & Walks Inc.
P.O. Box 659, Stn. P., Toronto, ON M5S 2Y4
Tel: (416) 923-6813 Fax: (416) 925-0554
info@TorontoWalksBikes.com
Web site: www.TorontoWalksBikes.com
Conducts guided culinary tours of Toronto on foot or on bike. Interested in peeling back layers of Toronto's history while introducing people to cultural offerings.

DIRECTORY

The purpose is not to showcase the "culinary queens and kings" of our group, but instead, is meant to illustrate historic foodways network for those that require assistance with programming, workshops or maybe just have a encourage others that forgot, or were too shy, to send in their info and we will include it in our next newsletter.

Elizabeth Nelson-Raffaele, Curator,
Gibson House Museum
21 Condor Ave., Toronto, ON M4J 3M5
Tel: (416) 406-0146 elizabeth.nelson@sympatico.ca
Expertise in Ontario food history, especially Scottish.
Teaches historic cooking classes; collects historical cookbooks.

Jo Marie Powers, U of Guelph, retired professor,
Hotel and Food Administration
R.R. # 6 Guelph, ON N1H 6J3
Tel: (519) 822-3086 Fax: (519) 822-6534
jpowers@uoguelph.ca
Expertise in Canadian food history; has taught food history courses and led workshops.

Christine Ritsma, High School Teacher;
Co-founder CHO
207 Albert St., Stratford, ON N5A 3K7
Tel: (519) 272-1949 critsma@orc.ca
Interests include historic beverages. Presently researching 1830s kitchens in Ontario. Conducts food history workshops for high schools and museums.

Mya Sangster, Lead Volunteer Historic Cook,
Historic Fort York
377 Bessborough Dr., Toronto, ON M4G 3L3
Tel: (416) 423-1237
Teaches down hearth historic cooking classes. Collects reproduction cook books.

Amy Scott, Volunteer Historic Cook
Mackenzie House
651 Broadway Ave., Toronto, ON M4G 2S8
Tel: (416) 421-3363 amy.scott@utoronto.ca
Interested in British and North American foodways, particularly Scottish, c 1785-1860. Knowledgeable in iron range cookery.

Sandy Stevens
67 Alton Ave., Toronto ON M4L 2M3
Tel: (416) 463-6649 Fax: (416) 463-2088
gryffyn@interlog.com
Interests: 19th c household management & cooking in England and N America; food anthropology; collects antique cookbooks and household management guides.

Dean Tudor, Wine Writers' Circle
51 Gothic Ave., Toronto, ON M6P 2V8
Tel: (416) 767-1340 Fax: (416) 979-5216
dtudor@acs.ryerson.ca
Wine knowledge with a general historical background.

Manda Vranic, Exhibit & Outreach Technician,
City of Toronto Archives
154 Soravren Ave., Toronto, ON M6R 2E5
Tel: (416) 397-0048 mvranic@city.toronto.on.ca
Interest in 19th c and early 20th c vegetable gardening.

Bob Wildfong, President, Seeds of Diversity
16 Roslin Ave., North Waterloo, ON N2L 2G3
Tel: (519) 837-9528 bob@seeds.ca
Seeds of Diversity is a national non-profit organization dedicated to the conservation of heritage plants.

Mary Williamson, Adjunct Faculty, Graduate Art History Dept., York U, Fine Arts Bibliographer (retired)
207 Glencairn Ave., Toronto, ON M4R 1N3
Tel: (416) 481-3895 Fax: (416) 484-0345
maryfw@yorku.ca
Avid collector of pre-1950 Canadian cookbooks, American and British cookbooks used by 19th c Canadian cooks.

Bridget Wranich, Historical Interpreter,
Historic Fort York; Co-founder, CHO
431 Main St., East York, ON M4C 4Y1
Tel: (416) 69-7062 malagonto@myna.com
Teaches historic cooking classes, lectures, does historical recipe experimentation and programme development.

Melody Wren, The Charms of Tea
55 Wyndham Street, Box 29029, Guelph, ON N1H 8J4
Tel: (519) 836-0620 melody.wren@sympatico.ca
Tea writer. Offers seminars/workshops on tea history, rituals, traditions and health benefits. Author of two new tea books, "Tea and Your Health", "My Tea Party".

... CHO MEMBER DIRECTORY cont.

JOSEPH SCHNEIDER HAUS MUSEUM

466 Queen St. S., Kitchener, ON N2G 1W7
 Tel: (519) 742-7752 mckathy@region.waterloo.on.ca
 Schneider Haus is a Pennsylvania German Mennonite homestead restored to 1850s with an active foodways programme. Special historic foodways theme weekends, four-square garden; reconstructed bakehouse/drying house/smoke house.

Susan Burke, Manager/Curator

Considerable research on foodways of Pennsylvania-German farmstead. While preparing for reconstruction of outbuildings conducted inventory of all existing outbuildings in Waterloo County.

Jan Melaga, Teacher/Interpreter

Research into Pennsylvania-German bread making and baking. Experimented with yeasts and breads in woodstove and brick bake oven. Trains staff to consistently produce historically accurate rye breads.

Roberta Grosland, Weekend Interpreter

Responsible for brews and beverages. Has produced elderberry, dandelion, parsnip wines, fruit cordials, ginger beer.

Simon Taylor, Teacher/Interpreter

Supervises garden. Knowledgeable about heritage varieties of vegetables and herbs grown in four square garden.

WOODSIDE NATIONAL HISTORIC SITE

528 Wellington St. N., Kitchener, ON N2H 5L5
 Tel: (519) 571-5684 Fax: (519) 571-5686

Victorian house commemorates life and career of William Lyon Mackenzie King, Canada's longest-serving prime minister. Home during his formative years, 1886-1893. Restored to 1890s. Operated by Parks Canada. "Welcome National" cook stove.

Carolyn Blackstock, Education Co-ordinator

Carolyn_Blackstock@pch.gc.ca

Experienced in woodstove cooking. Familiar with 1891 and 1914 time periods. Collects original and reproduction cookbooks. Interested in mock foods.

Carrie Herzog, Graduate Student, Uof Waterloo

carolynheroz@hotmail.com

Interested in barbecuing and its culture in Canada and vegetarianism in Britain, Canada and United States.

Robert Roe, Curator, Ontario Hunter Education Instructor

robert_roe@pch.gc.ca

Interests include wild game hunting, road kill retrieving (it is possible!), cleaning and cooking of meat; woodstove use and maintenance.

ANNOUNCEMENT! A New Canadian Newsletter - *The Food & Nutrition Chronicles*

"Avoid the necessity of a physician, if you can, by careful attention to your diet. Eat what best agrees with your system, and resolutely abstain from what hurts you, however well you may like it. A few days' abstinence, and cold water for a beverage, has driven off many an approaching disease."

Maria Lydia Child, *The American Frugal Housewife*, 1833

The Food and Nutrition Chronicles will focus on the diverse and vast amount of information available in the fields of food, nutrition and the culinary arts. It celebrates great food, good nutrition and the partnerships between them.

Newsletter Highlights: a calendar of events in Canada, the US and Europe; food/nutrition sources and resources; cookbook/nutrition and health book reviews, fascinating food history, trivia and tidbits; profiles of places, people and organizations promoting partnerships between great food and good nutrition; articles on a variety of relevant and interesting topics; food and nutrition on the web; and much more.

Subscription Information: 10 times per year (double issues July/Aug and Dec/Jan), 10-12 pages (depending on season and content), 1-year subscription is \$35 Canadian, \$30 Canadian students with valid student card.

Contact: Janice Daciuk, MS RD, Editor/Publisher, *The Food & Nutrition Chronicles*, 70 Lake Street, Grimsby, Ontario L3M 2G7. (905) 945-9115. fnchronicles@aol.com.

Ask for your free Chronicles Sampler! First full-length issue will be September 2000. We hope you'll join us!

QUESTIONS AND ANSWERS

WHAT'S THE
DIFFERENCE BETWEEN
APPLE CIDER, HARD
APPLE CIDER AND
VINEGAR?

Asks **Helen Booth**, Director of the Jordan Historical Museum. jhmtchin@vaxxine.com.

* CHO approached **Rob Roe**, Curator of Woodside, Kitchener, to offer us his vast and legendary experience with *hard cider*: "In order to make hard cider, take one barrel or large container (a wine maker's bottle will do). Fill it with raw apple juice and leave sit for 3months as it will start to go bad on its own due to the natural yeast from the apples. To jumpstart the process, add some Champagne yeast, but this is not necessary. Cover the bung or top of the bottle with a one way valve. Drill a hole in the cork and cover with cling wrap held in place by a rubber band. After 3 months decant, drink, [get silly] and fall down. A dead cinch!"

* *The Food Lover's Companion*, Sharon Tyler Herbst, page 99: *Apple cider* or, as it is usually referred to "sweet cider", is made from pressing the juice from apples. *Apple cider vinegar* is made from hard apple cider.



Several issues ago **Ron Taylor** inquired about a good recipe for *fish & chips*. According to the *Oxford Companion to*

Food this dish may be considered a national dish of England. Fried fish was standard street food in London by the 1840s or even earlier. By the 1860s there were over 300 fish and chip shops in London. We can assume that they arrived in Toronto/ Ontario soon after. There are no references to fish & chips in early 19th century British cookbooks, probably because it was street food, not homemade. Most historical recipes for frying fish don't dip them in batter, but instead rub them in flour, wash them in egg and coat them in breadcrumbs. Chips are referred to simply as potatoes fried, broiled or as the "French cookery" of potatoes. We hope CHO members can provide more information. One recipe for beer batter fish and chips is in William Bonnell, *The Sherlock Holmes Victorian Cookbook* (Toronto: Macmillan Canada, 1997) pp. 96-97.

WHAT COMMERCIAL
EDIBLE OILS WERE
AVAILABLE IN THE 19TH
CENTURY?

Asked **Maggie Goldsmith** of Joseph Schneider Haus (Autumn 1999, No. #22). Staff at this living history site were experimenting with an historic pickle recipe at the time.

* CHO member, **Joyce Lewis**, saw this query and looked through a variety of different primary documents and diaries to find clues that might shed some light on this perplexing question.

I) Catharine Parr Traill in her *Canadian Settler's Guide*, 1855, reprinted by McClelland & Stewart from the 5th edition, Toronto, 1969, pp. 110-115, gave a chapter to *corn* and wrote as if growing corn in the Rice Lake region was quite common.

II) John Howison, *Sketches of Upper Canada*, Edinburgh, 1921, p.233. "... Indian corn is much cultivated in the western parts of the Province and yields largely, if it is not injured or destroyed by late frosts."

III) R. L. Gentilcore, ed., *Historical Atlas of Canada*, Toronto, 1993, Vol II, plate 14, shows significant corn-growing areas in Western Ontario, along the Lake Erie shore and a little into what might be the Rice Lake area in 1851.

IV) Robert Gourlay, *Statistical Account of Upper Canada*, London, 1822, Vol. I, pp. 294-295: "The inhabitant Indians of Orford Township [on the River Thames] in the Town of New Fairfield. . . . In regular seasons more than 4000 bushels of Indian corn was raised here. The cleared flats amount to about 350 acres of the best soil. Of this, some part, after yielding corn after 20 years, is now sowed in wheat."

* **Christine Ritsma**, CHO, came across an interesting reference to edible oils in Joseph Pickering's, *Inquiries of An Immigrant*, London: Effingham Wilson, 1832. He mentions in his travels throughout the Long Point/London area of Upper Canada, that: "*rape or cole-seed* (a small patch of which I have seen looking tolerably well), ... would answer well on this soil ... for its seed, as oil mills are introduced into the province..." (pp. 65-66.) And: "*Sunflowers* also have been sown for their seeds for poultry and *oil*, and I think are deserving notice, as they grow remarkably luxuriant, evidently produce a large quantity of seed per acre, and require little trouble into their cultivation." (p. 65)

Culinary Calendar

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

August

Summer Teas at Woodside
Woodside National Historic Site
(519) 571-5684



Thursday afternoons in August
Sip your afternoon tea in the garden by the lily pond as you listen to classical music. Reservations please.

Simcoe Day at the Gibson House
The Gibson House (416) 395-7432
August 7 12 - 5 pm Free admission.
Enjoy homemade ice cream.

Summer at Schneider Haus: Pickling & Preserving
Joseph Schneider Haus (519) 742-7752
August 20 - 25 10 - 5 pm

Summer on the Farm
The Gibson House (416) 395-7432
Weekends in August 12 - 5 pm
19th century cookery demonstrations include preserving fruits, vegetables, meat and fish.

September

Dance and Dance-Ability
Historic Fort York / Fort York Regency Dancers
(416) 392-6907 ext. 100
September 15 7:30 pm
In 1813 British Blockhouse, instruction in authentic steps from early 19th century English Country dances. Historic refreshments. Age 12 & up. Registration required.

Harvest Festival
Todmorden Mills Heritage Museum & Arts Centre
(416) 396-2819

September 24 12 - 5 pm
19th century autumn festival includes period entertainment and demonstrations of tasks in preparation for winter.

Buon Appetito! Italian Foodways in Ontario
Ontario Historical Society (416) 226-9011
34 Parkview Ave., Willowdale, ON M2N 3Y2

September 8
6:00 pm - Reception / cash bar
7:00 pm - Dinner at Mastro's Ristorante.
Publication party for OHS's newest book on Ontario foodways. Cost \$50 before Aug. 1. \$60 after Aug 1
Includes partial tax receipt and a copy of the book.

October

Harvest Festival
Colborne Lodge (416) 392-6916

October 1 12 - 4:30 pm
Purchase items from The Victorian Picnic Tent, featuring some of Mrs. Beeton's 1860 picnic bill of fare, including pickled tongue sandwiches, cabinet pudding and stewed fruit. The market features a local honey producer, homemade pumpkin pies, pickles, corn roast, hot cider and more.

Traditional Thanksgiving
Woodside National Historic Site (519) 571-5684

October 7 - 9 10 - 5 pm
Woodside is decorated in 1890's style for Thanksgiving. Watch a traditional dinner being prepared at the boyhood home of William Lyon Mackenzie King.



Culinary Credits

Fiona Lucas (416) 534-1405
Christine Ritsma (519) 272-1949
Bridget Wranich (416) 690-7062

Thanks for this issue to Liz Driver, Rob Roe & Joyce Lewis.

Our address is: c/o C. Ritsma
207 Albert Street
Stratford, Ontario, Canada
N5A 3K7

E-mail: lucasf@sympatico.ca
critsma@orc.ca
malagonto@myns.com

\$12 (Cdn.) annual subscription.

Deadlines for entries for October 2000 issue —
September 15, 2000

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