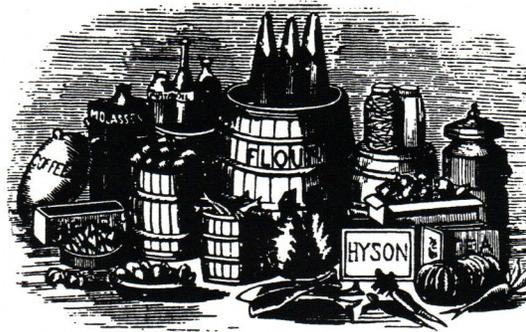


# CULINARY HISTORIANS OF ONTARIO

Winter 1995

number 3



## - TORONTO REGION -

**We're up and running!**

Our first meeting last October was a success! Fourteen members brought thirteen historic and family dishes to share at a potluck dinner in the candlelit kitchen of the 1826 kitchen of the Officers Barracks at Historic Fort York. Believe it or not, two people who met for the first time that night discovered they are third cousins! The "prize" for the most ancient recipe went to Maria da Silva for recreating a dish of lentils from the Roman cook book by Apicius.

It was gratifying how quickly those present began saying "us", "we" and "our". Everyone brought a real enthusiasm, interest and commitment to making Culinary Historians of Ontario succeed. Both the camaraderie among foodie historians and the sense of ownership in CHO-TR developed quickly.

First everyone introduced themselves, then we enjoyed our firsts and got to know one another. As we ate our six delicious desserts, we discussed some ideas for the future. Many ideas for potential places to visit, activities to do, and people to invite as speakers were jotted down. The first activity will be a visit to the refinery and museum at Redpath Sugars.

Please tell your friends about the CHO. Let's all look forward to exploring Ontario's culinary history together!

INVITATION to CHO-TR MEETING  
and TOUR of

• REDPATH SUGARS •  
MARCH 3, 1995

-- see page 6 for details --

### THE POT-LUCK BILL OF FARE

#### FIRSTS:

- **maccaroni soup**, Dr. Kitchiner, *The Cook's Oracle*, 2nd ed., 1818 (Fiona Lucas and Bridget Wranich) -- see issue #1
- northern English **pease pudding** with ham on bread (Richard Feltoe)
- **lentils and a pumpkin dish**, *Apicius de re Coquinaria*, ancient Roman cook book (Maria and Charles da Silva)
- **chicken fricassee**, Hannah Glasse, *The Art of Cookery*, 1796 ed. (Joanna Repka)
- **egg noodles**, Jewish family recipe (Susan Lapell)

#### DESSERTS:

- **soft gingerbread with fruit**, *The Cook Not Mad*, 1831 (Christine Lupton) -- see issue #2
- **custard**, English family recipe, (Barbara and Joseph Vranic)
- Grandmother's **apple pie** (Mya Sangster)
- **date squares**, which Liz described as more Canadian than American (Elizabeth Driver)
- **sour cream and raisin pie**, Mennonite recipe from Edna Staebler (Elizabeth Nelson-Raffaele)
- **fudge** (Doug White)
- **chocolate and macadamia nut loaf**, Portugese family recipe (Maria da Silva)

The *Culinary Historian 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.

## CULINARY COLLECTION -- HISTORIC RECIPES #3 and #4

We invite you to submit recipes to this ongoing column. Historic information can be text and/or picture.

### LEMON BEVERAGES IN ONTARIO

Both of these recipes for hot lemon drinks call for fresh lemons, which were available in Ontario from the early 19th century. (See page 4.)

#### CREAM NECTAR

Melinda Ansley Grantham, *Manuscript Cookbook*, circa 1869, Metro Toronto Reference Library, Baldwin Room.

*Original text:*

2 oz.	citric acid
1 oz.	tartaric acid
1/2 oz.	epsom salts
6 lbs.	white sugar
juice and rind of 5 lemons	
4 pts.	boiling water

Put all in a preserving kettle & let dissolve & come to a boil. Strain through muslin & bottle - corking well.

*Historic information:*

Melinda Ansley Grantham lived in Toronto from 1837 to 1918. According to the back flyleaf of her manuscript, she resided at 80 College Street, when she started to the recipes. Several handwritings appear in it, besides her own.

Citric acid is lemon or lime juice evaporated to a thick syrup, then dried to a powder. It's used here for its intense lemony flavour. Tartaric acid is extracted from the juice of unripe grapes, and its purpose in this recipe is to provide effervescence. Epsom salts is salt of sulphuric acid (magnesium sulphate), a mild purgative. All three acids are crystalline powders that quickly dissolve in water. Many Upper Canadian stores as early as the pre War of 1812 era sold these products. Cream Nectar is a somewhat medicinal drink.

Submitted by Christine Lupton and Fiona Lucas.

#### HOT ITALIAN

CHARLES, *Cheerio! A Book of Punches and Cocktails: How to Mix Them*. New York: The Elf, Publishers Inc., 1930, page 29.

*Original text:*

Pare the rind of four lemons, and squeeze the juice upon the peel, steeping it overnight. Then add half a pound of loaf sugar, a large glass of Sherry wine and a large glass of boiling water. Stir well, add three large glasses of boiling milk, strain through a cloth and serve piping hot.

*Historic information:*

Published in 1930, *Cheerio! A Book of Punches and Cocktails* now stands as an icon of the cocktail era. The popularity of punches and cocktails grew from their humble origins through to the epitome of elegance in the 1920s and 30s, and continues to this day. Unlike punch recipes from the 18th and 19th centuries, this one calls for wine instead of a spirit. This book belonged to a family in the Kitchener area before entering the Seagram collection.

Loaf sugar is refined white sugar. Before being available as loose crystals in a paper bag (like we are so familiar with in Ontario), sugar was manufactured in hard cones called loaves. Available to the European settlers of Ontario right from the 1790s, and increasingly easy to get as the 19th century went by, white loaf sugar was always desirable for the finest baking, although the settlers used a lot of brown sugar.

Recipe submitted by The Seagram Museum, Kitchener.

## CULINARY COLLEAGUE #3

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

### ● PAUL FORTIER ●

*Our colleague for this issue came to our attention because of his unique and very successful Stockade Barracks/ Barracks Banquet project.*

Paul Fortier has worked at a variety of historical sites and parks including Upper Canada Village, Louisbourg, and Forts George (Niagara-on-the-Lake) and Wellington (Prescott). He served as military curator for the Ontario Region of Parks Canada from 1981 to 1989. He has also worked in a number of management positions and special assignments at the National Archives of Canada since 1989.

Stockade Barracks began in 1983 in Prescott, Ontario, when Paul Fortier became aware of an historic building that was in disrepair and in jeopardy. He purchased and began a private restoration of the building. Built in 1810, the Barracks is the oldest surviving military building in Ontario. The structure has been successfully restored to its original appearance as a War of 1812 soldiers' barracks and military hospital. The Stockade Barracks opened to the public in 1990 as a private museum with an audio-visual presentation, furnished rooms and exhibits.

Fortier added even more historic relevance to the Barracks by developing an historic food service programme in 1991 known as the Barracks Banquet. When attending this banquet you are treated as a guest of the officers' mess during the War of 1812 and are served a menu typical of the period by soldier servants. The evening also includes short interpretive presentations by costumed staff consistent with 19th century food service and military life.

The recipes for the menu are sometimes based on several cookbooks of the period such as Hannah Glasse's *The Art of Cookery Made Plain and Easy* (1796 ed.) and a manuscript by Louisa Kingsmill, published as *Regimental Cookbook* by The University of Windsor Press. (CHO-TR will provide more information on this Ontario manuscript in a future issue.) She was the wife of an officer of the Royal Canadian Rifle Regiment. This regiment was stationed in

Montreal, Amherstburg and Prescott, which is where Paul Fortier and his project reside.

There is an early 19th century kitchen that has been fully restored and furnished at the Stockade Barracks. This kitchen is used to experiment with the period recipes used in the Barracks Banquet programme. Sometimes open hearth cooking classes are held in the historic kitchen. These classes include the discussion of techniques, recipes, ingredients and the preparation of a meal by the entire class.

The Barracks also has a large collection of original and reproduction cook books and support materials for food history research.

The Barracks Banquet has recently expanded to include the food service operations at Fort Henry in nearby Kingston. This operation includes the fast food canteen service during the regular operating season from late May to early October and 1860's Barracks Banquet programmes throughout the year.

*Paul Fortier is the Proprietor at The Stockade Barracks/Barracks Banquet in Prescott, and the Barracks Banquet offered at Fort Henry. For more information or reservations call (613) 925-4894 or (613) 530-2550.*

*Compiled by Bridget Wranich and Paul Fortier*



### FOX HUNTING: THE TOAST

Painting by H. Alken, London, 1818.  
(Private collection, Ottawa)

## "PERPETUALLY WANTED IN COOKERY": LEMONS IN 19th CENTURY ONTARIO

-- part one of four --

In CHO-TR's second issue, Carolyn Blackstock of Doon Heritage Crossroads asked when fresh lemons were available in Ontario, and how common were they? For historic kitchens at Ontario's living history museums, this is an important question for avoiding anachronisms. CHO Member Joyce Lewis will answer these types of questions in an essay for this series. When fresh lemons were not available the flavour of lemons was still wanted, so lemons were (and are) preserved in a myriad of ways. They were so popular that Henry Richards in *The Canadian Housewife's Manual* (Hamilton: *The Spectator*, 1860, p. ix) said they were "perpetually wanted in cookery".

### PRESERVED LEMONS

1. **Candied Lemon Peel** Eliza Leslie's *Directions for Cookery* (Philadelphia, 1828) mentions "never throw away the rind of a lemon" (p. 437), revealing a frugal reverence for the fruit. The outer peel was carefully removed, making sure not to include the bitter pith (white layer between peel and flesh). It was then cut into thin strips (not tiny cubes), cooked in sugar and dried. The resulting confection had a very long shelf life and was used in cakes, puddings and other baked goods. Candied lemon and orange peel was often used; they could be combined or used interchangeably. 19th century Ontario newspapers frequently list candied peels in merchants' stock lists and advertisements.

John Farley, *The London Art of Cookery*, (London, 9th ed., 1800), pp. 355-356: "Take either lemons or oranges, cut them longways, take out the pulp, and put all the rinds into a pretty strong salt and hard water for six days. Then boil them in a large quantity of spring-water till they be tender. Take them out, and lay them in a hair sieve to drain. Then make a thin syrup of fine loaf sugar, a pound to a quart of water. Put in your peels, and boil them over a slow fire till you see the syrup and candy about the pan and peels. Then take them out, and grate fine sugar all over them. Lay them on a hair sieve to drain, and set them in a stove, or before the fire, to dry. Remember when you boil either lemons or oranges, not to cover your saucepan."



LEMON (*Citrus Limonum*)  
(*Chambers's Encyclopedia*, 1860 ed.)

2. **Pickled Lemon** "The most popular pickle in India was (and still is) that made of lemons or limes." (David Burton, *Raj at the Table*, p. 221) It was also popular in Ontario. This preserve also had a long shelf life. It was served with cold meats and curries or used as a flavouring for sauces.

Mistress Margaret Dods, *The Cook and Housewife's Manual*, (Edinburgh, 5th ed., 1833), pp. 221-222, no. 365: "Choose six large fresh lemons; pare them thinly; rub them well with plenty of salt till they are saturated with it. Make an opening in the end of each, and put in salt. Bed them in a handful of salt and horseradish, and six bruised cloves of garlick, for a week; then dry them in the oven till quite crisp; boil them in three bottles of vinegar with a half-ounce of cayenne. Add a cupful of the best mustard-seed."

3. **Lemon Syrup** The basic principle is to preserve the juice by combining it with sugar, a natural preservative. This was also available commercially in Ontario; for example, 100 boxes of lemons syrup were up for auction in Toronto, according to *The Globe* of May 29, 1846.

*The Home Cook Book, compiled by the Ladies of Toronto and Chief Cities and Towns in Canada*, (Toronto, 1889), p. 349: "Peel off the yellow rind of the lemon, slice the lemon and put a layer of lemon and a thick layer of sugar in as deep plate; and set on a warm place. This is an excellent remedy for a cold."

All of these ways of preserving lemons and its flavour illustrate the love and popularity of this citrus fruit in 19th century dining.

... to be continued next issue.

Compiled by Bridget Wranich and Fiona Lucas.

## CULINARY QUERIES

What's the meaning of "sace" in this quote in *Authentic Letters from Upper Canada*, (Toronto: MacMillan of Canada, 1953, p. 97)?

Dec. 1832, settler Thomas Radcliffe, Upper Canada, to father Thomas Radcliffe, Dublin:

"The Canadians call potatoes, vegetables, pickles, and preserves, by the indiscriminate appellation of *sace*, and think themselves badly off if they have not *sace* in all its varieties, at every meal."

*Answer:*

Another letter in the same book provides a neat answer. With amazement at the language and attitudes of their new "Yankeeish" servant, cook Bridget Lacy wrote to Mary Thompson in Ireland (Dec. 1832): "*Sace* is everything you could name - potatoes (sic), vegetables (sic), butter, pickles and sweetmeats - they're all called *sace* - only mustard, pepper and vinegar is not", and, it is "everything in the world, but meat...". (p. 135)

According to *The Dictionary of Canadianisms on Historic Principles* (1967), dialectical variants of the word "sauce" include *sarce* and *sass*. *Sace* seems to be another pronunciation, as understood by these two Irish immigrants to Upper Canada. Sandra Oliver in *Food History News* (summer 1989, p. 5) says that various cooked fruits and vegetables can be called "sauce" when referring to 18th and 19th century American foods. But "mustard, pepper and vinegar is not" because they're not cooked. Apparently, New England settlers brought this broad and generic meaning to Upper Canada with them.

Recent English immigrant Susannah Moodie had a similar question, as she reported in *Roughing it in the Bush*, 1852 (New Canadian Library ed., 1989, pp. 101-102): "Sarce! What is sarce?" Her incorrigible neighbour Betty Fye replied: "Not know what sarce is? You are clever! Sarce is apples cut up and dried, to make into pies in the winter.... [I]f you'll give me twenty bushels of your best apples, and find me half a pound of coarse thread to string them upon, I will make you a barrel of sarce on shares - that is, give you one, and keep one for myself."

*Answer from issue #1:*

A source of dried whole turmeric root: **Spice of India**, 262 King Street East, Kitchener N2G 2L1 \$5-6 per pound. (519) 576-2822

## CULINARY CLUB

*As of early January, our membership stands at 77.*

*Individuals:*

Gail Arnott, Toronto  
 Lisa Barty, Battlefield House, Stoney Creek  
 Santou Beurklian, Westfield Heritage Centre  
 Pat Bolland, teacher, Toronto  
 Charles da Silva, Toronto  
 Maria da Silva, Historic Fort York  
 Elizabeth Driver, cookbook bibliographer, TO  
 Irene Dewar, Pickering Museum Village  
 Diane Feltoe, Upper Canada Living History Ass.  
 Richard Feltoe, Redpath Sugar Museum  
 Ruth Gould, Mackenzie House, Toronto  
 Cheryl Hart, Historic Fort York  
 Richard Haynes, Historic Fort York  
 Charlotte Hines, United Empire Loyalists  
 Gwen Jamieson, Smithfield Experimental Farm  
 David Juliusson, Historic Fort York  
 Patricia Kennedy, Toronto  
 Lyn McGowan, Pickering Museum Village  
 Mrs. John Nelson, Islington  
 Catherine Sullivan, Parks Canada  
 Barbara Vranic, Pickering Museum Village  
 Joseph Vranic, Pickering Museum Village  
 Manda Vranic, Metro Archives, Toronto  
 Douglas White, chef, Toronto

*Museums:*

Bellevue House National Historic Site, Kingston  
 Dundurn Castle, Hamilton  
 Niagara National Historic Sites  
 Ont. Agricultural Museum and Library, Milton

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## CULINARY CONTRIBUTION

### ● DECISION ●

In the last issue CHO acknowledged the donation of two cook books from David Wallace of Maryland that had been used by his Toronto family. We asked where we should place them so members could have access to them. At the pot luck on October 24 last year, we decided to keep them at Historic Fort York in an acid free box, rather than donate them to a library in our name. Members are welcome to look at them.

● Marion Harland. *Common Sense in the Household: A Manual of Practical Housewifery*. New York: Charles Scribner's Sons, 1881.

● *Wimodausis Club Cook Book*. 2nd ed. Toronto: 1922.

## CULINARY CALENDAR

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

### February

**George Brown College** *Aboriginal Cuisine* Native chef David Wolfman celebrates inauguration of Aboriginal Cooking Course. Sponsored by Toronto Culinary Guild. Pre-registration required. \$35.00 members, \$42.00 non-members (GST incl.) Feb. 13, 6:00 pm. demo and dining. Hospitality Building, Church and Adelaide Sts., Toronto, Ont. (416) 298-6080.

### March

**CULINARY HISTORIANS OF ONTARIO** *Visit to Redpath Sugars* Ever wondered how sugar cane is turned into white sugar? Official guided tour of sugar refinery, followed by visit to sugar museum hosted by curator Richard Feltoe. Light snacks and coffee provided at beginning of evening. Everyone welcome to bring own sandwiches, or, nearby Town and Country restaurant offers reasonable buffet. Pre-registration required. \$5.00 contribution to CHO-TR; no fee to visit Redpath Sugars itself. Fri. Mar. 3, 7:00-9:30. 95 Queen's Quay East, Toronto. R.S.V.P. to Richard Feltoe by Feb. 24. (416) 366-3561. Everyone is welcome!

**Historic Fort York** *Instead of Spa, We'll Drink Down Ale* Tour soldiers' and officers' barracks, excavated remains of wine cellar, drink samples of late 18th and early 19th century alcoholic beverages (Mulled Wine, Irish Cordial, Scotch Hot Pint, Shrub, Upper Canada Beer), play historic pub games and take home a recipe package. Non-alcoholic small beer, coffee and tea also available. Pre-registration required. \$20.00 (GST incl.) Mar. 5, 1:00 - 4:00 pm. Garrison Rd. off Fleet St., Toronto, Ont. (416) 392-6827 ext. 265.

**The Seagram Museum** *Gourmet Cabaret* Fund-raiser for Kitchener-Waterloo area Big Sisters. Gala evening features multi-course dinner showcasing talents of chefs from area's finest dining establishments. Mar. 6, 6:00 pm. Joan Andrews at (519) 748-0004.

**The Seagram Museum** *Wine Appreciation* Henry Moore, noted wine columnist, lecturer and founder of Montreal branch of International Wine and Food Society, leads advanced review of wine appreciation. Pre-registration required. \$87.46 (GST incl.) Mar. 7-Apr. 4 (Tuesdays) 57 Erb St. W., Waterloo, Ont. Conestoga College at (519) 748-3516.

**Essex Region Conservation Authority - John R. Pa Homestead** *Maple - First Taste of Spring* Mar. 12. Essex Rd. 50, between Kingsville and Colchester on the south shore of Lake Erie, just 45 mins. southeast of Windsor and Detroit. 360 Fairview Ave., Essex, Ont. (519) 738-2029.

### April

**The Gibson House** *Hearth Cooking Workshop for Adults* Hands-on workshop offers participants introduction to fascinating world of open hearth cooking. Registration limited. \$20.00 (GST incl.) Apr. 1. 5172 Yonge St., a few steps north of Park Home Ave. and North York Centre subway station. (416) 395-7432

**The Seagram Museum** *Canadian Whisky Blending* Let Art Dawe, former chief blender of Joseph E. Seagram & Sons., instruct you in art and science of blending whiskies. Participants will nose and taste 10 samples, then create their very own blend as memento of day. Pre-registration required. \$27.50 (GST incl.) Apr. 29, 2:00 - 5:00 pm. 57 Erb St. W., Waterloo, Ont. (519) 885-1857

### May

**Boston University** *Second Annual Interdisciplinary Conference on Food and Culture* May 5-7. Rebecca Alassid, Director of Special Programs, Boston University, 808 Commonwealth Ave., Boston MA (617) 353-9852

### CULINARY CREDITS

- **Fiona Lucas** (416) 534-1405
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- **Bridget Wranich** (416) 690-7062

Thanks for this issue to: Melanie Garrison for setting up a computer macro for the newsletter, Paul Fortier.

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