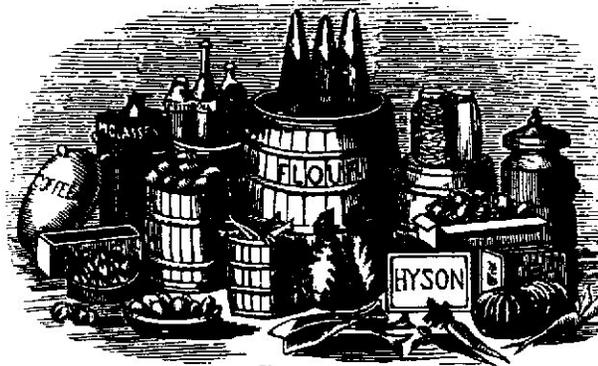


CULINARY HISTORIANS OF ONTARIO

Spring 1995

number 4



- TORONTO REGION -

Tour of Refinery at Ontario's Redpath Sugar

A big "thank you" to Redpath curator Richard Feltoe who spiritedly guided 23 enthusiastic fellow members of CHO-TR through a fascinating 2 1/2 hour talk and tour of the Redpath Sugar refinery on March 3.

We initially met in the Redpath Museum where Richard explained each step of the complex refining process. Fortified with this background information, we were now ready and eager to explore the mysterious realms of the refinery. Among the many highlights of our tour:

- the raw sugar shed where ceiling-high mountains of raw sugar await processing; the shed has a floor size of almost 2 football fields and a capacity for 65,000 metric tonnes of sugar;
- the centrifugal machines (resembling oversized washing machines) which spin raw sugar up to 1,200 RPM to separate solid sugar crystals from syrup and molasses;
- the stringent purification checks involving mechanical strainers and ultra-fine cloth filters to remove foreign residues from the raw sugar;
- the sophisticated computers throughout the refinery for monitoring operations;
- the massive production volume: the refinery produces approximately 1000 tonnes daily (yet at no point during the process does the sugar come into direct contact with human hands!).

It's a sobering thought that for centuries sugar was a luxury item enjoyed primarily by the upper classes. In 1736 the future Hungarian queen Maria Theresa even listed sugar (alongside precious gems) among her wedding gifts! Soon, however, sugar lost that status. Today sugar is a common staple and for many of us it's such an everyday part of our life that we may sometimes take it for granted. Getting a first-hand view of

Last minute idea!!!!

● THE GOOD FOOD FESTIVAL ●

Friday, May 5 -- 6:00 pm
Automotive Building, Exhibition Place

RSVP to Fiona (416) 534-1405.

the refinery at Redpath Sugar helped to reawaken our appreciation for the tremendous effort and complexity involved in producing this amazing "common" food.

Three cheers to Richard Feltoe for an excellent, eye-opening tour. For anyone interested in discovering more about sugar, both internationally and in Canada, and the history of this Ontario company, we recommend reading Richard's excellent *Redpath - The History of a Sugar House* (1991) and *Let Redpath Sweeten It* (1993), (Toronto: Natural History).

Maria da Silva is a librarian, a volunteer at Historic Fort York, and a member of CHO-TR.

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.

CULINARY COLLECTION -- HISTORIC RECIPES #5 and #6

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

LEMON PUDDINGS

Amelia Simmons, *The First American Cookbook, A Facsimile of "American Cookery", 1796*, (New York: Dover Publications, 1984), page 26. 28

Original text:

1. Grate the yellow of the peels of three lemons, then take two lemons, roll them under your hand on the table till soft, taking care not to burst them, cut and squeeze them onto grated peals.

2. Take ten ounces of soft white bread, and put a pint of scalded white wine thereto, let soak and put to No. 1.

3. Beat four whites and egg yolks, and put to above, adding three quarters of a pound of melted butter, (which let be very fresh and good) one pound of fine sugar, beat all together until thoroughly mixed.

4. Lay paste ... on a dish, plate or saucers, and fill with above composition.

5. Bake near one hour, and when baked - stick on pieces of paste, cut with a jaggung iron or doughspur to your fancy, bake lightly on a floured paper; garnish thus, they may be served hot or cold."

Modern Version:

10 ozs.	1 ½ cups	375 mL	soft white bread
1 pint	2 cups	500 mL	white wine
3	3	3	lemons, grated
2	2	2	lemons, juice only
4	4	4	medium egg whites
8	8	8	medium egg yolks
¾ lb.	1 ½ cups	375 mL	butter, melted
1 lb.	2 cups	500 mL	white sugar

1. Soak crumbled bread in scalded wine.
2. Squeeze juice from two lemons into rind. Combine rind and juice with hot bread pulp.
3. Whisk egg whites and yolks together into a pale thick cream.
4. Blend in the whisked eggs, melted butter and sugar.
5. Turn into one deep or two shallow 23 cm (9") unbaked pastry shell(s).

Anon., *The Cook Not Mad*, (James MacFarlane: Kingston, Upper Canada, 1831; Toronto: The Cherry Tree Press, 1972 and 1982), page 34, number 92.

Original text:

"Four eggs, four ounces of sugar, one lemon grated with lemon juice, mix it with four ounces of butter, one cup of cream, baked in a paste."

Modern version:

1	1	1	small lemon
4 ozs.	½ cup	125 mL	unsalted butter, melted
4	4	4	medium eggs
4 ozs.	½ cup	125 mL	white sugar
16 ozs.	1 cup	250 mL	18% or 35% cream
1	1	1	deep 23 cm (9") raw pie shell
			OR
12-16	12-16	12-16	6 cm (2 1/2") raw tart shells

1. Grate lemon and squeeze juice from it.
 2. Melt butter.
 3. Whisk eggs until thick and frothy, about 5 minutes. Blend in sugar.
 4. Add grated lemon rind and juice, melted butter and cream, blending well after each addition.
 5. Prick raw pastry shells with a fork many times to prevent bubbles.
 6. Pour mixture into prepared pie shell or tart shells, about ¾ full to avoid spills.
 7. Bake in a moderate oven, 180°C (350°F), for about 45 minutes for large pudding and 30 - 35 minutes for small puddings, until puffed and lightly browned on top
-
6. Bake in a slow oven, 160°C (350°F), for about one hour or until set.

CULINARY COLLEAGUE #4

Asked for a recipe from a Canadian cook book she'd like to see reprinted here, Liz suggested instead this poem from The Canadian Economist: A Book of Tried and Tested Recipes, By Members of the Ladies' Association of Bank Street Church, Ottawa, (Ottawa, Toronto: 1881).

The Gastronomon is a most honorable art,
High and low, since antiquity's early dawn,
Enriched have its annals and pages with all their
heart.

Canada is the land in which this art flourishes,
And whose soil is fertile in rich materials,
Nature has designed that these most worthy
sciences

And knowledge of eating and living, which thus
tells

Dimly, it may well be, on "National Policies."
In the household, reacts with most potent spells,
And influences minds, even more than riches.
Noble "Lords of Creation," their passion for save-
all dispels.

Epicureans and poets have sung their praises;
Cooks and fair ladies have added to its laurels;
Old and young alike have crowned it with many
graces.

Nuts, oranges, creams and sweet-scented
caramels;
Onions, butter, beef and a variety of sauces
Make a combination, fairy-like weaving their
spells

In this book, that you will discover embraces
Soyer's recipes, and some others which thus
foretells

The end of our acrostic without devices.

Some of Elizabeth Driver's other projects include organizing historical material for researchers:

- National Gallery of Canada: catalogue of historic prints
- Joan Winearls: *Mapping Upper Canada, 1780 - 1867: an annotated bibliography of manuscripts and printed maps*, (Toronto: University of Toronto Press, 1991).
- David Wilcox: catalogue raisonné of David Milne paintings (in progress)

Written by Fiona Lucas.

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

● ELIZABETH DRIVER ●

While living in England in the mid 1970s and editing *Good Housekeeping's Step-by-Step Cook Book*, Canadian-born Elizabeth Driver met Alan Davidson, one of Britain's most inspirational culinary historians*. Through him, Liz joined a team that was compiling a series of bibliographies on British household manuals and cook books. After 8 years, in between starting a family and returning to Canada, she wrote *A Bibliography of Cook Books Published in Britain, 1875 - 1914*, (London: Prospect Books, 1989).

During that project she began to wonder about Canadian cook books. Once home, she realized absolutely no work had been done on them, that they were barely represented in public collections. She enlisted professor Jo Marie Powers of the School of Hotel and Food Administration at Guelph University (who will be CHO's Culinary Colleague next time) to navigate the bureaucratic maze. Together, in 1990 they launched the research for the first comprehensive bibliography of Canadian cook books. There are thousands of titles to record, some written by professional cooks and home economists, some by housewives, and literally dozens compiled by various ladies' clubs for their fundraising.

As the sole field researcher, Liz has gone to every province, visiting every major library and archive. Only Ontario and Québec aren't complete. What has been most gratifying, she says, is being invited into the homes of many individual collectors, mostly women, who serve her their favourite dishes from Canadian cookery books. Some of them have been handed down through several generations. Liz feels that, even though they can't always articulate it, these women have realized instinctively that cook books are an essential expression of our culture.

* He founded Prospect Books, specialist in food history and reprints of period cook books, and the annual Oxford Symposium on food history.

If you are interested in contributing funds to this major research project on Canadian cook books, please send a cheque or money order to: Professor Jo Marie Powers, School of Hotel and Food Administration, University of Guelph, Guelph, Ontario N1G 2W1.

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

-- part two of four --

When fresh lemons weren't 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, page ix) said they were "perpetually wanted in cookery". The first part of this series dealt with preserved lemons: pickles, syrup, candied peel.

ESSENCES and EXTRACTS

The words essence and extract are often interchangeable today, but a distinction was once made between them. Some of the confusion arose from French versus British cooking terminology and, I suspect, the wish to simplify commercial terms.

1. True lemon essence is the light, colourless essential oil extracted from the rind, "so called because... in [it is] the odour or fragrance, or as the old chemists call it, the essence of [the] vegetable...". (A. Rees, *Cyclopaedia*, vol. 25, 1819) It is used for culinary, medicinal, perfumery and household purposes. Here's a Cup Cake recipe calling for it: *The Cook Not Mad*, (Upper Canada, 1831), no. 113: "Four cups of flour, three of sugar, two of butter, one of milk, small tea spoonful [sic] of pearlash, spoonful of ginger, essence of lemon".

The earliest import of bottled essence of lemon into Upper Canada I've identified was on May 19 1804, in an advertisement in *The Upper Canada Gazette*. It continued to be available throughout the century. For example, on May 4, 1887, in Barrie, Mr. Hunter sold one bottle for 10¢ and another for 15¢ -- were they different sizes or was he favouring a special customer?!

Essential oil was extracted in two ways:

- i) When the peel was steeped in water, alcohol or ether, the oil floated to the surface, and was then skimmed off. A similar process could happen at home: *Dominion Encyclopedia*, (Montreal, 1878), p. 233: "To Extract Essential Oil from Wood, Barks, Roots, Herbs, etc. - Take [article], put it into a bottle, and pour upon it a spoonful of ether; keep in a cool place for a few hours, and then fill the bottle with cold water; the essential oil will swim upon the surface and may be easily separated."
- ii) After mechanically rasping the whole fruit, the rind was squeezed between glass plates.

2. Homemade lemon essence was also called lemon sugar. Housewives who didn't buy it, could make their own by saturating sugar with the essential oil from fresh lemons:

i) *The Home Economist*, (Ottawa: 1881), p. 370: "Rasp the lemons very thin, to a quarter of a pound of raspings allow one pound of sugar, powdered as finely as possible. Mix well till it is all of a colour and well incorporated, press it down into small jars, tie white paper over it, and then leather or bladder. In one month it will be ready for use."

i) Henry Richards, *Canadian Housewife's Manual* (Hamilton, 1860) p. 218: "the rind of a lemon being rubbed with some lumps of [sugar] to take the essence".

3) Lemon extract, until about the mid 19th century, was the pulp's juice evaporated to a concentrate. When a small ratio of alcohol was added or a thin layer of olive oil to exclude air, it was preserved for long distance travel. The earliest import for this item I discovered was also in an *Upper Canada Gazette* advertisement, June 11 1803. It too continued to be available, but gradually "extract" took on other meanings.

4. Lemon quintessence was the essential oil dissolved in brandy, wine, gin or rectified spirits. Mrs. Kingsmill, *Regimental Cookbook*, c. 1839, Upper Canada manuscript, p. 34: "Oil of lemon: one drachm, rectified spirit: 2 ounces, introduced by degrees until the spirit kills and mixes with the oil. Punch or sauces of any kind may be flavoured with this as with fresh lemon peel."* By mid century, lemon quintessence was called lemon extract, as in "A nicely flavoured Almond Cake, a Lemon Pie, or Vanilla Ice Cream -- who does not appreciate them? Barnet's Cooking Extracts supply material for making these in their greatest perfection." (*Hamilton Spectator*, Oct. 20, 1862) These are the alcohol-based, slightly oily extracts still made today.

5. Lemon tincture was the rind infused in brandy, wine, gin or rectified spirits. By mid century, tincture of lemon was also called lemon extract.

* Based on Dr. Kitchiner's in *The Cook's Oracle*, 1817, p. 451.

... to be continued next issue.

CULINARY QUERIES

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

1. "Where can I find stoneground flour for reproducing recipes from sources prior to the 1870's?"

Do we have a timely answer for you. Roblin's Mill at Black Creek Pioneer Village is "getting back into the grind" after several years of inoperation. The mill will be ready for grinding by May 13-14 and there is a special event "Dressed to Mill" planned for the opening. For more information call (416) 736-1733. Other Ontario sources include Bellamy's Mill at Upper Canada Village, Morrisburg (613) 543-3704; Backus Historical Complex, Backus Conservation Area, Simcoe (519) 586-7333; and Grain Process Enterprises Ltd., Scarborough (416) 291-3226.

2. Wendy Armstrong oversees the gardens at Old Fort William in Thunder Bay. She would like information regarding "the flower varieties or herbs that could be grown in this area during the period of 1803-1821."

Old Fort William, Vicker Heights P.O., Thunder Bay, Ontario POT 2Z0 (807) 577-8461.

3. CHO-TR has received two letters concerning the use of outside bake ovens:

i) Susan Sager, Curator of Myrtleville House Museum, is interested in "cooking advice, recipes, techniques and resources for outside bake oven usage and hearth programming."

ii) Sara Beck of the MacLachlan Woodworking Museum would love to hear from anyone who has "experience with bake ovens, particularly in the area of outdoor baking techniques and authentic bread recipes."

If anyone can offer assistance to these sites, please contact them at:

i) Myrtleville House, 34 Myrtleville Drive, Brantford, Ontario. N3V 1C2 (519) 752-3216.

ii) MacLachlan Woodworking Museum, The Township of Pittsburgh, P.O. Box 966, Kingston, Ontario. K7L 4X8. (613) 542-0543.

CHO-TR would be happy to print these answers too.

CULINARY CLUB

As of early April our membership stands at 91.

Individuals:

Julian Armstrong, food editor, *The Gazette*, Montreal

Thelma Barer-Stein, publisher, *Culture Concepts*, Toronto

Nancy Cameron, Perth Museum, Perth

Paul Fortier, Stockade Barracks, Prescott

Joyce Gillelan, Weston

Victoria Grant, Toronto

Laura Higgins, Markham Museum, Agincourt

Elizabeth O'Brien, Willowdale

Lorraine O'Bryne, Black Creek Pioneer Village, Toronto

Susan Ramsay, Battlefield House, Stoney Creek

Dean Tudor, Ryerson Polytechnical Institute, Toronto

Mary Williamson, York University, Toronto

Museums:

Lang Pioneer Village, Peterborough

MacLachlan Woodworking Museum, Kingston

Myrtleville House Museum, Brantford

Other groups:

Culinary Historians of Ann Arbor, Michigan

Culinary Historians of New York

Whoever becomes our 100th member gets an additional year of membership free!

● CUISINE CANADA ●

*Canadian Culinary Alliance/
L'Alliance Culinaire Canadienne*

Cuisine Canada is the first-ever national alliance of Canadian culinary professionals. Its mission is to actively promote the growth and study of our distinctly Canadian food culture. The primary objective is to provide a forum for communication among Canadians in all food related professions, businesses, industries, education, media, arts and sciences. Its evolution began with Northern Bounty, the first national symposium on Canadian cuisine, held in September 1993 in Stratford, Ontario. It was a landmark conference, with participants from all corners of Canada and every segment of our culinary community.

For further information: Anita Stewart, 164 Mary St., Elora, Ont. NOB 1S0 tel: (519) 846-0083

CULINARY CALENDAR

Please send CHO-TR information about your upcoming food history or related events.

May

The Gibson House Puddings and Pies Hearth cooking programme for adults explores puddings and pies and their place in 19th century cookery. May 6, 10:00 - 2:00 pm. Pre-registration required. \$20.00 5172 Yonge St., a few steps north of Park Home Ave. and the North York Centre subway station. (416) 395-7432.

The Barracks Banquet Mothers' Day Dinner at Fort Henry Enjoy a taste from the past with Victorian nosegays for Mothers and live entertainment. May 14, 6:00 pm. \$25.00 per person, all inclusive, one free dinner per reservation of 4 or more. For information or reservations call Fort Henry (613) 530-2550.

Muskoka Pioneer Village Friends of Muskoka Pioneer Village Annual Tea May 16, 2:00 - 5:00 pm & 7:00 - 9:00 pm. Brunel Rd., Huntsville, Ont. (705) 789-7576.

Montgomery's Inn Victoria Day May 22, 1:00 - 5:00 pm, 4709 Dundas St. W. Etobicoke. (416) 394-8112.

The Gibson House Queen Victoria's Birthday Sample delicious tastes of festive sweets and desserts cooked in restored 1851 kitchen. May 22, 12:00 - 4:30 pm. Regular admission prices: \$6.00 for family of 4, \$2.50 Adults, \$2.00 Seniors & Students, \$1.50 for Children 2-12. See above for details.

Ontario Historical Society - Picton McCauley Heritage Park Come Into the Garden with Jeanne Minhinnick May 27, Church and Union St., Picton, Ont. (613) 476-3833.

June

The Seagram Museum The Mystery of Matching Wine and Food Brush up on your wine knowledge for your summer entertaining. Instructor Henry Moore takes mystery out of choosing wines to complement food selections. Taste 8 premium wines and try pairing them with food samples ranging from marinated shrimp to caesar salad, poached salmon, grilled chicken and fresh fruit. June 1. \$35.62 To register, call Conestoga College at (519) 748-3516. 57 Erb Street, Waterloo, Ontario.

The Gibson House Use of Herbs in the 19th Century Household Learn to grow and preserve herbs. Discover their uses in cooking and home remedies. June 17, 1:00 - 4:00 pm. \$20.00 Pre-registration required.

Bradley Museum Mad Hatter's Tea Party June 11. Orr Rd. at Meadow Wood Rd. Mississauga, Ont. (416) 822-4884.

Lang Pioneer Village Dairy Festival June 25, 9 km. east of Peterborough, on Hwy. 7, 3 km north of Keene. (705) 295-6694.

Joseph Schneider Haus Settler's Day Come and see what life was like for settlers of Waterloo Region. June 30, 466 Queen St. S., Kitchener, Ont. (519) 742-7752.

July

The Seagram Museum Back to the Grindstone Try your hand at turning grain into flour with an actual grindstone; sew a sack, and see if you have an "eye for rye". July 1,2,3 11:00-5:00 pm. Free.

Campbell House Celebration of Scottish Culture in Upper Canada July 1, 12:00 - 4:00 pm. 160 Queen St. W. Toronto Ont. (416) 597-0227.

Gibson House Cooking with Herbs and Flowers July 15 & 16, 12:00 - 5:00 pm. See above for details.

Dundurn Castle Microcosm Enjoy 19th century crafts, trades & demonstrations. Tours include seasonal cooking demos in kitchen. July 9, 10:00 - 5:00 pm York Blvd., Hamilton, Ont. (416) 546-2872.

CULINARY CREDITS

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

Thanks for this issue to: Maria da Silva and Elizabeth Driver.

Deadline for next issue: June 15, 1995

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

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