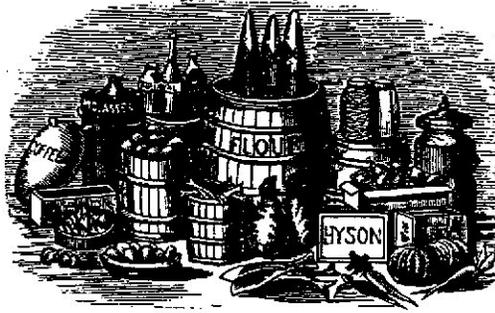


# CULINARY HISTORIANS OF ONTARIO

number 5



summer 1995

## - TORONTO REGION -

*We want to hear your voices!*

Well, it's been a little over a year since our inaugural newsletter and we are so pleased with your responses. We now have 107 members and our membership is still growing. But, with greater reflection we realized that something was missing.

The three of us (Fiona Lucas, Christine Lupton, Bridget Wranich) have been having a lot of fun putting together the newsletters and planning a few special events but have come to realize that our voices are the only voices being heard by the Culinary Historians of Ontario.

With that in mind, we would like your voices to be heard too. We want you to feel you can get more involved if you wish. Let us know what you think of the newsletters. Please feel you can offer computer expertise, or can send in any article, historic recipe, query, or comment. We know our members are doing great things out there but we can't possibly keep up with it all, so perhaps we could spread the word more effectively by using the newsletter.

On that note, it would be great if members would like to be regional correspondents and could help us keep the membership apprised on what's happening in their regions.

If you would like to create or coordinate a special event please come forward. Your insight and connections would be greatly appreciated by the other members. If you have any other

### FALL WINE TOUR

CHO-TR is planning a tour of 3 vineyards in the Niagara region during the month of October.

Details of the event will be sent to members in a flyer during August.

Registration for this event is limited, so members, watch your mailboxes carefully!

suggestions please feel that you can let them be heard.

It would be great to have special events such as lectures, dinners, cooking classes on a regular basis with more members participating and knowing they are a part of the organization.

We would love a newsletter jam packed with members' articles, historic recipes, queries, special events, and regional culinary experiences . . . a newsletter that has a chorus of culinary voices.

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 RECIPE #7

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. Historic information can be text and/or picture.

### CITRON PRESERVES

The Ladies of Galt, *The Early Canadian Galt Cook Book*, (Toronto: William Briggs, 1898), page 388.

*Original text:*

"Remove the skin and soft white inner rind, and cut the citron into various fancy shapes. Weigh, allow one pound of sugar to every pound of citron. Make a strong solution of alum water by dissolving lump alum in hot water. Boil the citron very rapidly in the alum water for thirty minutes, then drain and drop into clear cold water. Do this part of the work one morning, and allow citron to stand in clear water until the next, then boil in fresh water until the fruit has entirely changed colour. At the same time the citron is put on to boil make the syrup in another kettle, allowing one half-pint water, to every two pounds sugar, and a sliced lemon and a small strip of ginger-root to every pound of fruit. Boil all together slowly, to draw out the flavour of the ginger. When the fruit is tender and has changed colour, drain it thoroughly through a colander, and cook in the syrup until it shines; fifteen minutes is, as a rule, long enough. . .".

*Modern version:*

1 lb.	3 cups	675 mL	citron peel
1.5 tps.	1.5 tps.	7 mL	alum
1 pt.	2 cups	500 mL	hot water
1 pt.	2 cups	500 mL	cold water
1 pt.	2 cups	500 mL	water
1/2 pt.	1 cup	250 mL	water
1 lb.	2 cups	500 mL	white sugar
1	1	1	lemon, sliced
1 tsp.	1 tsp.	5 mL	ginger root, peeled

1. Remove skin and rind from citron and cut into "various fancy pieces".
2. Dissolve alum into hot water.
3. Rapidly boil citron in alum water for 30 minutes.

4. Drain and place citron pieces into cold water. Let stand overnight.
5. Boil fruit in fresh water until it entirely changes colour.
6. In a separate pot, slowly boil water, sugar, lemon and ginger until it reaches a syrupy texture.
7. Drain citron and add to sugar mixture. Cook for 15 minutes.
8. Bottle in sterilized jars.

*Historical information:*

The citron is a type of striped green watermelon that measures 6 - 8 inches in diameter and weighs about 10 pounds. The interior of the fruit is of a very seedy white or yellow flesh. Vines often reach 12 feet or more, with about 6 melons per plant.

Unlike other melons, citrons grow reliably even during unseasonably cool summers, which combined with the fact that they will keep well until March or April in a root cellar, made this an indispensable source of fruit.

As the Domestic staff at Doon Heritage Crossroads soon discovered early in the preparation of this fruit, many published recipes did not generally distinguish between the citron melon and the citron which is related to the orange and lemon. After much research, it was discovered that the lemon-like citron was usually candied, while the citron melon was used as a sweetmeat.

Citron Preserves originate from an area cook book and is frequently prepared at Doon. This sweet preserve can be eaten with a main course or as dessert. It's visually appealing when canned in clear glass jars.

*Submitted by Carolyn Blackstock and Bob Wildfong of Doon Heritage Crossroads, Kitchener.*

## CULINARY COLLEAGUE # 5

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

### • CAROL FERGUSON •

Carol Ferguson came to our attention because of her award winning contributions to Canadian/ Ontario cuisine.

Her love of food began on the Canadian prairies in the baking pantry of her Scottish granny's kitchen. Carol loved to watch her granny make the cakes, scones and shortbread served for the important ritual of tea.

In keeping with these early experiences and a natural curiosity about what was happening in the rest of the world, Carol attended the University of Manitoba and graduated with a degree in Home Economics. When she finished school, there were many opportunities available for people with her education and interests. In the late fifties food in Canada was experiencing a tremendous growth spurt, so it was an ideal time to start a career.

Her career began in Toronto, Ontario, with Canada Packers. Carol worked with Sally Henry in the test kitchen and together they went on the road with cooking classes. Their time in the test kitchen was mainly used for "no fail" pie crusts, which can still be found on lard packages today and some "one bowl" cake recipes. There was a real demand for fast and easy cuisine.

At this time in her career she met a chef who influenced her and the views she had on cuisine. Carol had an opportunity to assist Dione Lucas in the 1960's at the Art Gallery of Ontario when they hosted cooking shows presented by various cooks and chefs. Lucas was teaching French cooking and the experience left Carol with tastes she could never forget.

The next step in her career was when she joined *Canadian Living* magazine as food editor. The main objective she and her staff focused on was that the reader always came first. They also wanted to expand the culinary world of the average Canadian by introducing tastes and ingredients from the various regions of Canada as well as the rest of the world. The recipes were well tested, always made with fresh readily available ingredients and were quick and simple to make. This philosophy made *Canadian Living*

very popular throughout Canada.

In turn it brought about the development of a series of cookbooks beginning with *The Canadian Living Cookbook* (Telemedia Publishing/Random House, 1987) authored and edited by Carol, as well as ten subsequent cookbooks which she contributed to.

One of Carol's most interesting projects is the cookbook entitled *A Century of Canadian Home Cooking: 1900 through the 90's* (Scarborough: Prentice Hall Canada, 1992) which she co-authored with Margaret Fraser and covers the 20th century in Canadian cooking. They pursued this project mainly because there were lots of books published covering 19th century cuisine and present day cookery but the 20th century was often ignored. It was important to Carol and her colleague that 20th century home cooking be studied. As stated in the preface "homecooking is a direct reflection of social and cultural history, of regional and family ties and our collective identity as Canadians." The book also includes an extensive bibliography of 20th century cookbooks which is invaluable to anyone studying food history.

Carol has just recently authored a cookbook titled *Really Cookin'* (Don Mills: Maxwell MacMillan Canada Inc., 1994) which was developed especially for novice cooks. It has become popular because of its simplicity and straight forward approach to cooking.

Carol Ferguson has a strong grasp on Canadian cuisine and its regional variations. She feels strongly that our Canadian culinary identity is unique and has many strengths.

At the end of this interview Carol was asked to comment on a statement she made in her contribution to *Northern Bounty* (Toronto: Random House of Canada, 1995) a book based on a food conference held in Stratford Ont. in 1993. She stated that "there comes a time for stronger stuff" when considering Canadian cuisine. She responded by saying that we need to shout and let it be heard that we have great pride in our cuisine.

This message is being carried and hopefully heard with the help of organizations like Cuisine Canada and the Culinary Historians of Ontario.

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

-- parts three and four of four --

*Lemons were so popular that Henry Richards in The Canadian Housewife's Manual (Hamilton: The Spectator, 1860, page ix) said that they were "perpetually wanted in cookery". The first two parts of this series dealt with preserved lemons: pickles, syrup, candied peel, essences and extracts.*

### FRESH LEMONS

Just when did fresh lemons first arrive in Upper Canada (now Ontario)? No absolute date can be confirmed, but by checking several historic sources a time can be inferred. In general, lemons were available soon after European settlement: Kingston and Niagara were founded in the 1780s, York (Toronto) in 1793. Fresh lemons were probably available here before the War of 1812.

Upper Canada's neighbour Lower Canada (now Québec) imported them from the mid 1600s on, according to *The Taste of History, The Origins of Québec's Gastronomy* (Canadian Parks Service, 1989, p. 9).

By 1796, when Amelia Simmons wrote the first American cook book, *American Cookery*, lemons were readily available in season throughout the new American republic. But 3 years earlier, Elizabeth Simcoe didn't refer to them in her now-famous Upper Canadian diary, although she does mention shaddock, a type of West Indian orange (M. Quayle Innis, *Mrs. Simcoe's Diary*, Toronto: Macmillan, 1965, p. 79). She would've known lemons, for they were an ordinary ingredient in good British cookery.

Thus both American and British immigrants wanted lemons so they could continue producing their cuisines. Merchants imported them as soon as possible, along with other desirable ingredients. Quantities of fresh lemon and lime juice were available from about 1800, when they were first included in grocers' lists. The fresh lemons themselves probably started to arrive soon after, possibly packed in barrels of water. The first inclusion in a grocer's advertisement we've found so far is in the *Toronto Banner* of December 19, 1850. Shipments appear to have been erratic for the first decades, but by the 1850s were made on a more regular basis,

In her own receipts, early Niagara settler Hannah Jarvis wanted lemons several times. (G. Troyer, *Every Comfort in the Wilderness*, Toronto: Green Dragon Press, 1994) The first entry in

Louisa Kingsmill's 1839 *Regimental Cook Book* (U of Windsor Press) needed not just 2 lemons, but 2 dozen! *The Cook Not Mad* (Kingston, 1831) and *The Frugal Housewife Manual* (Grimsby, 1840), Canada's first 2 printed cookery books, both called for lemons.

As Henry Richards wrote in 1860, lemons were "perpetually wanted in cookery". He advised cooks that "if cheap, buy lots and prepare them, especially those [living] in the country". Remember that those lemons weren't from California or Florida, like today, but from the West Indies and the Mediterranean.

### KEEPING LEMONS FRESH

- Sarah Josepha Hale, *The New Household Receipt-Book*, (New York: Long and Brother, 1853): "To Keep Oranges and Lemons: Take small sand and make it very dry; after it is cold, put a quantity of it into a clean vessel; then take your oranges [and lemons], and set a laying of them in the same, the stalk-end downwards, so that they do not touch each other, and strew in some of the sand, as much as will cover them two inches deep; then set your vessel in a cold place, and you will find your fruit in high preservation at the end of several months."

- *Farmer's Advocate*, Ontario, Nov. 21, 1863, p. 63: "Apples, oranges and lemons keep longest wrapped close in paper, and kept in a cool, dry place".

- *Dominion Encyclopedia*, Toronto, 1878, p. 233: "To Keep Fruits Fresh:" Combine rosin, tallow, melted beeswax; rub first with pulverized chalk, then dip in solution, allow to set, pack away in barrels or boxes on cool shelf. "Unequaled for preserving apples, pears, lemons, etc."

- *Standard Cyclopedia of Recipes*, Chicago, 1901, p. 399: "Lemons keep nicely for weeks and even months by placing them in a tight cask and covering them with cold water, which should be changed weekly."

*Compiled by Fiona Lucas with Joyce Lewis.*

## 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. In our last issue, Sara Beck of the MacLachlan Woodworking Museum and Susan Sager of Myrtleville House Museum asked our readers for some assistance in their search for information on "outside bake ovens". These queries were placed on the Carleton Freenet and the following people E-mailed their responses:

➡ "An archeology team at the Johnstown Flood Museum, Johnstown, PA, have been excavating the Wagner-Ritter home which is a 180 yr. old house in the mill district. They have found the foundations of an outside bake oven which may have been used for communal "utilities" that everyone had an assigned day of the week for. . . I don't know how far the research had gone on this, but it might be a resource for you".  
Mike (mkarki@aol.com)

➡ Nancy Roatcap of the Carleton Freenet suggested using the book *Bread Ovens of Québec*, by Boily & Blanchette. This book can be ordered through a local book store or you could write to:

Ovencrafters,  
5600 Marshall Petaluma Road,  
Petaluma, Ca. U.S.A. 94952

2. Cathy Blackburn of Joseph Scheider Haus Museum is interested in locating menus that the Masons, Oddfellows and Orange Order may have used at summer events during the 1870s or 1880s. These foods will be served at an exhibit opening in August. If you can offer any assistance, please phone Cathy at (519) 742-7752.

3. Christine Lupton of CHO-TR is eager to locate related historic food discussion groups that are available on the Internet. Please E-mail her at [chrilupt@village.ca](mailto:chrilupt@village.ca)



## CULINARY CLUB

*As of mid July our membership stands at 107.*

### *Individuals:*

Jeanine C. Avigdor, Etobicoke  
Joyce Crook, East York  
Jill Forbes, West Hill, Toronto  
Sandra Oliver, *Food History News*, Maine  
Susan Pilon, University of Toronto  
Kathleen Powell, St. Catherines  
Daniel Robert, Scugog Historical Museum  
Penny Skehan, Uxbridge-Scott Historical Society  
Margaret Visser, Toronto  
Wanda Young, Saskatchewan

### *Museums:*

Todmorden Mills, East York  
Spadina (Historic House), Toronto

### *Other groups:*

Chicago Culinary Historians  
Dove Cottage Press, Gananoque

*Congratulations to Susan Pilon for becoming our 100th member! Although Susan doesn't win a new car or a luxurious vacation in the south of France, she does get a year of membership free!*

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## CULINARY COMPUTERS

To those members who wish to "surf the net" for historic food information, there is presently a "rec.food.historic" discussion group available on the National Capital Freenet/Carleton Freenet that is well worth accessing. At any given time, one can find such diverse topics as "Tudor Recipes", "Hard Tack" and "pre 17th century oils", to "What the heck is Baby Corn, anyway?" being discussed by readers from around the world. Additional discussion groups include "rec.food.cooking", "rec.food.preserves" and "rec.food.recipes". If you would like more information regarding the Carleton Freenet, you can write to them at:

National Capital Freenet,  
c/o Carleton University  
1125 Colonel By Drive,  
Ottawa, Ontario.  
K1S 5B6

or E-mail them at: [ncf@freenet.carleton.ca](mailto:ncf@freenet.carleton.ca)

## CULINARY CALENDAR

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

### August

**The Gibson House August Weekends** Learn about methods of preserving foods for winter.

5-6 *Jams and Jellies*  
12-13 *Conserves & Bottled Fruit*  
19-20 *Potted Beef & Smoked Fish*  
26-27 *Vegetables: Dried, Pickled & Sweetened*

5172 Yonge St., just steps north of Park Home Ave. and N. York Ctr. Subway Station. (416) 395-7432.\*

**Bradley Museum Cornfest** August 7, Orr Rd. at Meadow Wood Rd., Mississauga, Ont. (416) 822-4884.

**Royal Botanical Gardens / Dundurn Castle Herb Faire** Outdoor sale of herbs & herb products. August 12. For more information call the RBG at (905) 527-1158.

### September

**Josef Schneider Haus** Prepare for Winter 466 Queen St. S. Kitchener, Ont. (519) 742-7752.

Weekend themes in Sept. include:

2-4 *Sweets and Sours*  
9-10 *Schnibbles & Schnitfels*  
16-17 *Apple Schnitzing Bee*  
23-24 *Corn Husks & Kernels*  
30-Oct.1 *Brews & Beverages*

**Lang Pioneer Village Applefest** Enjoy fresh apple cider and demonstrations of assorted apple recipes. Sept. 17. 1:00 - 5:00 p.m. Keene, Ont. (705) 295-6694.

**The Gibson House Apple Days** Enjoy apple recipes, games & tastes. Sept. 23 & 24. \* See above for additional information.

**Black Creek Pioneer Village Apple Weekend** Enjoy cooking demonstrations. Enter the Apple Pie Baking Contest. Sept. 30 & Oct. 1. To register contact village at (416) 736-1733.

**The Gibson House Bread & Preserves** Adult workshop Sept. 30, 10-5 p.m. Pre-registration required. Cost \$20.00. \* See above for more information.

**Dundurn Castle 8th Annual Harvest Home** This event features baking & preserving contest open to public. Special challenge contest for other historic sites for best Apple Jelly. All entries are to follow historic recipes and be presented in an historic manner. Pre-registration required. Sept. 30 - Oct. 1. 12:00 -4:00 p.m., 610 York Blvd. E., Hamilton, Ont. (905) 546-2872.

**Seagram Museum Grape & Grain Harvest Festival** See how grape harvest is crushed and pressed into juice. Enter home-made wine competition (Sat.) & best bread competition (Sun.) Sept. 30 & Oct. 1. 57 Erb. St. Waterloo, Ont. (519) 885-1857.

**Doon Heritage Crossroads Apple Tasting** Sept. 28, 12-4 p.m. R. R. # 2, Kitchener, Ont., (519) 748-1914.

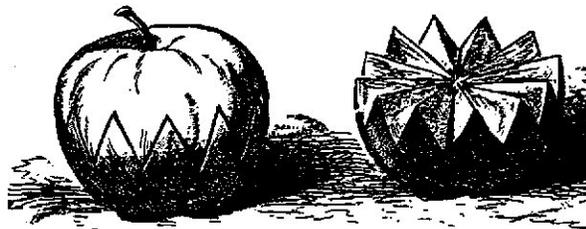
### October

**Muskoka Pioneer Village The Great Pumpkin Trail** Oct. 31, Brunel Rd., Huntsville, Ont. (705) 789-7576.

**Barracks Banquet Thanksgiving Feast** Enjoy a traditional Thanksgiving Banquet in Fort Henry's heritage setting with live period music and entertainment. Oct. 9, 6:00 arrival and dinner at 7:00. Info. & reservations: (613) 530-2550.

**Montgomery's Inn Harvest Home** Observe open hearth cooking demonstrations, pickle & preserve contest, apple & pumpkin pie competition. Oct. 15, 4709 Dundas St. W. Etobicoke, Ont. (416) 394-8112.

**Spadina (Historic House) Edwardian Tea** Enjoy tea and historic goodies in east sunroom of elegant house. \$8.50 (G.S.T. incl.) Reservations required. Sun. Oct. 22, 12:00 - 5:00 p.m. 285 Spadina Rd., Toronto, Ont. (416) 392-6910



### CULINARY CREDITS

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

Thanks for this issue to:

Carol Ferguson, Carolyn Blackstock, Bob Wildfong, Joyce Lewis

Deadline for next issue:

September 15

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

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