

Culinary Chronicles

THE NEWSLETTER OF THE CULINARY HISTORIANS OF ONTARIO

AUTUMN 2007

NUMBER 54



Crookneck Squash



Nasturtium Capers



Nutmeg Melon

(Photographs courtesy of Mary Williamson)



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New President's First Message

2007–2009 Slate of CHO Officers

I am delighted to continue offering my services to CHO, now in my new capacity as President. I look forward to our group's further growth, with the help of the Officers, Chairs, Committees, and all the current and future Members. The new Board has some ambitious plans, which we will bring to your attention in future newsletters, newsflashes, programs and development activities. We welcome Joan Moore onto the Board of CHO as the new Chair of Membership. Joan lives in Markham who retired from a business career in favour of teaching culinary arts. She has been a member of CHO for many years. Her particular area of interest is the food history of Jamaica and Black Canadians.

| | | | |
|----------------------|---------------|--------------------------------|-------------|
| New President: | FIONA LUCAS | New Chair of Membership: | JOAN MOORE |
| New Past President: | LIZ DRIVER | New Chair of Programmes: | LIZ DRIVER |
| Returning Vice-Pres: | AMY SCOTT | Returning Chair of Newsletter: | FIONA LUCAS |
| Returning Secretary: | MAGGIE NEWELL | Returning Chair of Outreach: | AMY SCOTT |
| Returning Treasurer: | BOB WILDFONG | Returning Chair of Electronic: | LIZ DRIVER |

Financial News

CHO continues to be financially healthy. Please see the Revenue and Balance Statements included as an insert of this issue of *Culinary Chronicles*. Our second annual silent auction of cookbooks at the AGM again brought in a good amount of money. Similar to last year, we raised \$485. Everyone went away happy with loads of wonderful books. Again, we sold every book and there were so many of them! Most were the shortlisted books for this year's Cuisine Canada Culinary Book Awards (whose winners are listed on page 11), donated by Liz Driver. Other books were donated by Rosemary Kovac and Mary Williamson. It was Mary who encouraged CHO to hold a silent auction. In other good news, we have received a Heritage Organization Development Grant from the Ministry of Culture of \$783 for next year! Thanks to Bob Wildfong for securing this for us again.

Errata

From CHO member Marg Fraser comes this correction: "I notice on page 14 of the latest *Chronicles* that Elizabeth Baird 'has been Food Editor of *Canadian Living* magazine since it began in 1975.' This is wrong. Carol Ferguson was the first food editor of the magazine and held that position for at least ten years. While Elizabeth has been front and centre – and doing a great job for the magazine – she wasn't the first food editor. She did, however, contribute many articles as one of the food writers, until Carol moved on."

Our apologies to Carol!

Marg Fraser and Carol Ferguson were both prolific Canadian food writers; back in 1992 they co-wrote *A Century of Canadian Home Cooking, 1900 to the 1990s*.

November 2006

COOKBOOK CAPER

Ontario Historical Society

John McKenzie House

34 Parkview Ave, Toronto

416 226-9011, ohs@ontariohistoricalsociety.ca

Sunday, November 25, 1 to 4 pm

The OHS's annual cookbook sale features hundreds of old and new books, food magazines, and collectible kitchen equipment. Every year new treasures are available! For the fifth year, CHO contributes to this popular OHS fundraiser by offering a tearoom, where bargain hunters can relax with tea and delicious sweets. Donations of cookbooks or cooking equipment are welcomed. Free admission. Also, volunteers are needed, for which they receive a first look at the books. For more information or to donate some books, please contact the OHS at 416 226-9011.

Rising Expectations

Janet Kronick

Janet studied history at Concordia University in Montreal. A career in Social Work for over 15 years taught her to cook for large numbers on a tiny budget. An avid cook on her own terms, she finally found a culinary avenue through the historic kitchen at Dundurn Castle five years ago.

For the past two years Dundurn National Historic Site in Hamilton, Ontario, has offered “As the Dough Rises,” a workshop exploring historic bread making, flours, yeast starters, and chemical leavening agents, which challenges participants to review modern obsessions with technology by discussing life in the early- to mid-19th century. For those who purchase bread, making it can seem intimidating. We try to demystify the process and help them discover how magical baking bread is. Here is some of what we show.

Grist for the Mill

The longtime preference for white bread came from the notion that superfine white wheat flour was of higher quality. Flour mills commanded a higher price to mill a finer grade of flour for light bread and superior pastry. Fine white flour was more expensive, thus limiting its use to those who could afford it.

Coarsely ground wheat flours contained more



Two loaves of freshly baked bread are ready to be removed from the oven of Dundurn Castle's iron range.

(Photograph courtesy of Janet Kronick)

bran, which increased their life. In *The Canadian Settler's Guide* (1855), Catharine Parr Traill wrote under the heading of Shorts or Canaille: “This is the common name given to the inferior flour which is separated in bolting, at the mill, from the bran and fine flour, and is seldom used in a mixture in bread. This is not economical management: for mixed with fine flour, it makes sweet good bread; and many a loaf made from it I have seen, when other flour was scarce. The bread is closer in texture, and does not rise as light as brown bread with a mixture of bran in it; but still is by no means to be despised. As unleavened cakes, it is perhaps more agreeable than raised bread” (pp 95, 96). Hearth-baked loaves made from coarser grains were flatter, denser and crustier, and suitable for tearing, eating out of hand, or dipping into soups and stews.

By the century's end, instead of millstones that ground the grains, most mills were using small high speed iron rollers that tore them more

uniformly. Though these highly efficient rollers removed the spoilage-prone germ, much of the vitamin content was lost as well. This technology led to bleached and enriched flour that improved consistency while sacrificing flavour. Today, our nutritional understanding of unrefined whole grain foods does not interpret refined as better. For historical accuracy unbleached flour is used at Dundurn.

Many types of bread were also made from cheaper



Janet “in action”: teaching cooking workshops in the historic kitchen of Dundurn Castle.

(Left photograph courtesy of Janet Kronick; right photograph courtesy of Ed Lyons)

grains, such as rye and corn meal. We prepare a variety of other breads, such as a cornmeal and rye blend once called “brown bread.” Workshop participants are offered these recipes to try, which also accommodates the wheat allergies.

Need a Raise?

Historically, yeast or “barm” could be obtained from a brewer, distiller or baker, and starters were made in a bowl or crock in the kitchen using potatoes and/or hops as the base. Air is full of wild yeast spores that gather if the starter jar is left open in a kitchen where bread is often made. Once starter yeast was available, a portion was always saved to begin the next batch.

In *A Gentlewoman of Upper Canada*, Ann Langton wrote on December 11, 1837, of her servant’s method of breadmaking: “Our Mary’s method is to boil hops in the water before mixing her rising, and to add a little maple sugar. This has the effect of making the rising keep a week or ten days, and there is not the necessity of the fermentation taking place too soon. You may therefore bake several loaves in succession from the same rising, and the last will be as good as the first. In case of failure there was always a frying-pan cake to resort to, namely, unfermented dough baked in one cake about half an inch thick. I fancy it is bad taste, but I am very fond of these cakes, and were I keeping house myself alone, should occasionally have one for variety.”

At Dundurn we make a basic yeast starter from

unbleached flour and water, with a few raisins because of the natural yeast on their surface. We keep it in a jar, feeding it every day like a pet. (See Milk Yeast recipe on next page.) Keeping it going is tricky, but it adds great flavor to bread. In the workshops, participants make their own starters to take home but also prepare dough with a previously prepared starter we supply. They are warned that the starter dough, placed in large zipped plastic bags for transportation, can explode out of the bag if they are not going straight home!

North Americans love modern, reliable, up-to-date methods and easily accepted industrialized goods that reduced drudgery or unreliability. Baking chemicals such as pearlash and saleratus were marketed as convenient, cheap, reliable and effective replacements for less reliable yeast and costly eggs. Pearlash was a refined potash product, sometimes still available in German Canadian food shops. Saleratus is a combination name: sal = salts and eratus = aerating. Essentially it is an early form of baking soda. In 1857 the *Oxford English Dictionary* referred to it as bicarbonate of potash. By the 1830s soda was used in effervescing drinks and shortly thereafter for baked goods, as it apparently tasted better than pearlash (*FHN*, 1992, IV, 2: 5). Cream of tartar is bitartrate of potassium or tartaric acid and was the acid component of many baking powder combinations. The word cream came from its appearance at one stage in its making, while tartar derived from an ancient Spanish /

Portuguese / Italian word for dregs from the wine barrels from which it was collected (*FHN*, 1992, IV, 3: 2).

Baking powders depend on both an acid and an alkali which, when combined, emit a gas that forces bubbles through the dough. It took about a century to settle on the chemical agents used today, but by the mid-19th century they were manufactured for culinary purposes and could be purchased and mixed at home (*FHN*, 1992, IV, 2: 3). In the various recipes offered at our workshops, we always include a soda bread for tasting with our home made preserves.

Technique: No Knead to Get Upset

Some people think much time and patience is required to make bread. In reality bread is not time-consuming: the initial burst of activity to make the dough leaves plenty of time for other activities. The only equipment needed is a bowl, spoon and bake pan. This is simple compared to making a cake.

We hope workshop participants continue to satisfy their curiosity by trying the historic recipes supplied, and perhaps discovering how the simplicity of breads made with some form of grain, water, and yeast, combined with their own judgment and experience, yields simply delicious basic foods.

References

Isabella Beeton, *Book of Household Management*, London: S.O. Beeton, 1862, par 1722.

The Cook Not Mad, Watertown, NY: Knowlton & Rice, 1831.

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A Gentlewoman in Upper Canada: The Journals of Anne Langton, Toronto: Irwin Publishing, 1950.

Sandra L. Oliver, "Early Chemical Leavenings, part 1: Pearlash & Saleratus," *Food History News*, autumn 1992, IV, 2: 2–5; "Early Chemical Leavenings, part 2: Baking Soda, Cream of Tartar, and Early Baking Powders," *FHN*, winter 1992, IV, 3: 2–4.

Catharine Parr Traill, *The Canadian Settler's Guide* (1855), Toronto: McClelland and Stewart, 1969.

Milk Yeast

Compiled by Elizabeth Hall,
Practical American Cookery and Domestic Economy, 1857

"Milk Yeast (or emptyings) is made by mixing half the quantity of milk you need for your biscuit, with a teaspoon full of salt and a little flour, and setting it in a warm place. When light, mix it with the rest of the milk, and use it directly for the biscuit. It takes a pint of this yeast for five or six loaves of bread. It is nice for biscuit, but is not generally liked for bread. Some persons prefer to save a small quantity of dough from each baking, by drying it or otherwise, for the next baking."

Dundurn's Modern Interpretation

Ingredients:

½ cup warm milk ½ cup flour

Method:

Combine flour and milk in jar and let sit overnight. The next day, add two tbsp of flour and four tbsp water. Repeat this process each day for five days. On the fifth day it is ready for use. To keep starter active, you must "feed" it everyday.

Soda Bread

Isabella Beeton,
The Book of Household Management, 1862

"Ingredients. – To every 2 lbs. of flour allow 1 teaspoon of salt, 1 teaspoonful of salt, 1 teaspoonful carbonate of soda, 2 breakfast cupfuls of cold milk.

"Mode. – Let the tartaric acid and salt be reduced to the finest possible powder, then mix them well with the flour. Dissolve the soda in the milk, and pour it several times from one basin to another, before adding it to the flour. Work the whole quickly into a light dough, divide it into 2 loaves, and put them into a well-heated oven immediately, and bake for one hour. Sour milk or buttermilk may be used, but then a little less acid will be needed."

Continued on page 15

Memories of B.C.'s Soft Fruits

Margaret Lyons

Born Keiko Margaret Inouye in British Columbia, Margaret attended McMaster University in Hamilton, ON, from where she earned an Honorary Doctorate of Letters many years later. She joined CBC as a radio journalist, later becoming Vice President of English Radio. After retirement she has volunteered in different heritage preservation activities. She has been a member of CHO for many years.

The article on B.C. Tree Fruits Ltd. by Mary Leah de Zwart and Linda Peterat in the summer edition of *Culinary Chronicles* brought back memories buried for over sixty years. Before the last World War, there was a flourishing soft fruit industry in the lower Fraser Valley, where I grew up. Most of the soft fruit farmers were Japanese Canadians, a culture wiped out by government edict in 1942. This was the infamous ethnic cleansing of the Japanese Canadians living along the coastal region of B.C. After Japan attacked Pearl Harbor in December 1941 they were felt to be a security risk, and together with the Japanese Canadian fishers and city dwellers were stripped of their property and transported to road camps and sugar beet farms on the prairies and in Southern Ontario.

What happened to the fruit production in the middle of the war? I was a teenager and too involved in my family's misery during this mass evacuation to ponder this question then. You cannot impound thousands of fishing vessels and stop the tending of fruit fields of thousands of farms without immediate effect. It does not appear to have concerned the politicians who were caught up in the hysteria and, of course, the Japanese Canadians themselves had other worries. Until now, I have never considered the question.

Our properties were sold off by the Custodian of Enemy Properties, usually at fire sale prices. There must have been serious disruptions until suitable fishers and farmers took over. Many communities never recovered. The Custodian's job was to dispose of these properties, not to ensure continuing food supplies. Many coastal fishing communities became ghost towns, and weeds and brush must have taken over the fruit fields.

Fifty years later, we were driving along the Lougheed Highway on the north side of the Fraser through the string of farms which once had been the Niagara of British Columbia. Fruit farms used to border the highway. They were gone. My home town of Mission City was at the eastern end of this string and not yet a dormitory suburb of Vancouver.

When we stopped where I thought our farm had been, there were no buildings or fields. Only scrub bush, nearly as wild with tangled undergrowth as the land cleared by my grandfather and father during the First World War. On a hill, which was the only visible landmark of our farm, was a RCMP helipad and nearby a pub advertising "Springwater Beer." This spring must have been the water source where my father planted wasabi, a sort of horseradish. He grated this hot root, which bears no resemblance to the green powder served in Japanese restaurants today. His wasabi was a special treat for our friends and relatives. I could not locate the spring nor the tiny clear creek which was one of the hundreds of feeder streams into the mighty Fraser. My toddler brother used to "fish" there for the wandering baby salmon and sturgeon with his imaginary friend.

Disappeared from view. Gone too, the view of the broad river where tugboats would tow huge booms of logs downstream, where every spring and early summer screaming gulls would follow the schools of greasy candlefish called oolichan, and later the many varieties of salmon. Today this once-despised oolichan provides a gourmet oil served in First Nations restaurants in Vancouver.

My family was among the earlier pioneers to launch the soft fruit industry in Mission City. By



William T. Hashizume, *The Japanese Community in Mission – A Brief History, 1904 – 1912*, Scarborough, ON, 2003.

parents, who were mainly Buddhists, came to the concerts to applaud their children's achievement.

The co-op ran a jam and canning factory, and also shipped barrels of fruit preserved in hydrogen sulphide to Britain. The factory supplied members with two- and four-pound tins of preserves at cost, which helped the farm wives at the busiest time of the year, but also discouraged individual preserving. I remember no family recipes for canning or pickling, although one family recipe we all recall with great longing is my grandmother's sundried cherries. She

took the plumpest Bing cherries, which I picked from her tall trees, boiled them quickly in thick sugar syrup to preserve the colour, pitted them, and sundried them beside the summer kitchen. She spread the sticky fruit on white tea towels and covered them in mosquito net to keep off the flies. They were watched carefully, to be put away at just the right stage of chewiness with a dusting of fruit sugar. She carefully doled them out to us when we visited during the fall. They seldom lasted until Christmas, but by then we were caught up in the food preparation for New Year.

The communities, the soft fruit farms, the jam factory, all gone. Today the soft fruit farms are on the south side of the River.

Some questions were never asked, so I suspect were never answered. What was the size of the loss to the B.C. economy? How did the towns and villages replace the huge part of their tax base lost when the Japanese Canadians were evicted? Did the jam factories of the UK miss our barrels of strawberries, raspberries and blackberries? Some interesting footnotes to Canadian history.

the late 1930s, some one hundred Japanese Canadians were the majority of the soft fruit farmers. They grew British Sovereign strawberries, Cuthbert raspberries, loganberries, blackberries, and gooseberries. Some farms had apple, cherry and chestnut trees. One even grew hops.

They formed an agricultural producers' co-operative and joined with other Fraser Valley communities for orderly marketing across the prairies. These "nokai" also served the community with other social services, such as building and maintaining community centres. They hired teachers to teach basic Japanese to the children and simple ESL for diligent adults. The most important educational function was the kindergarten to teach preschool children basic English so they would be on equal terms with their English-speaking neighbours when they entered public schools. One teacher was a former Baptist missionary who gave her pupils a head start with their reading and writing when they entered Grade One. They were able to join the school choir because she taught the children English through lusty singing of "Jesus Loves Me," and at Christmas "Silent Night." The

The Mousseau Family

Phillip Joel Grandmont

Joel holds a BA in English Literature from Queen's University in Kingston, Ontario, and a diploma in Culinary Management from George Brown College in Toronto. Currently, he is a cook in Toronto. This imaginative piece was submitted for "Applied Food History" in 2006, a course taught by Liz Driver.

The year is 1910. Jean-Paul Mousseau is a young French-Canadian of 25 from outside of Montréal. He married a young Irish girl named Marie Nolan seven years ago. Marie's grandfather, Raymond, was orphaned during his passage from Ireland in 1849 while escaping the worst years of the potato famine. He found sanctuary in Montréal's Roman Catholic community, but clung to his Irish roots. Her father, Finnegan, maintained this link with the "old country," but was unable to prevent his daughter from adopting the language and some of the customs, especially foodways, of her own motherland, Canada.

Jean-Paul's family has been in Canada since long before the Conquest in 1760; they have farmed along the St. Lawrence River for generations. In the new century though, the family's traditional farmland was becoming crowded from years of subdividing between inheritors and family members. The promise of inexpensive land, coupled with the discoveries of silver at Cobalt in 1903 and gold at Porcupine in 1909, led young Jean-Paul to take a gamble by establishing a small farm in rural Northern Ontario.

Jean-Paul and Marie make a small amount of money selling produce, eggs, dairy, and some meat (mostly pork) at market. Because of the short growing season, Jean-Paul spends most of the winter working trap lines to supplement their income and provide meat through the winter. Though the family doesn't have gas light or a gas stove, Marie is thrilled to have a wood burning cook stove, the "Canada" of 1863, an old but dependable stove purchased by one of the wealthy silver prospectors in 1903 and sold to the Mousseaus at less than half price.

Jean-Paul and Marie have four children, although three others died in infancy: Dominique, Phillip, Marie-Rose and the eldest, eight-year old Raymond, who has started to be helpful around

the farm. Life is tough, but the Mousseaus are happy.

SEPTEMBER 1910

It has been a reasonably good season for produce. The family has saved some money and are preparing for the difficult winter ahead. Marie and the children have taken advantage of the fruits of a northern summer by collecting and preserving the blueberries, strawberries, raspberries, and crab apples. The root cellar is stocked with cabbage, root vegetables, pickles of all sorts, dried beans and peas. Some pigs have been slaughtered, and the pork has been either sold, or salted, smoked or brined, though some has been eaten fresh. They are still enjoying maple syrup from the spring thaw, and the lakes supply the occasional fish, especially on Fridays.

Breakfast:

| | |
|---|--------------------|
| Fresh Blueberry Pancakes with Maple Syrup | |
| Apple Sauce | Fried Pork Cutlets |
| Potatoes O'Brien+ | Milk and Coffee |

Main Meal:

| | |
|-----------------|----------------|
| Baked Pumpkin | Fried Fish |
| Vegetable Soup | Cucumber Salad |
| Milk and Coffee | |

FEBRUARY 1911

After a wonderful Christmas and New Year, Jean-Paul and Marie anxiously await spring. The root cellar is still in good condition, but their family's diet is becoming limited. Luckily the children are healthy. Though they still has some meat left from the pigs ("tip to tail"), Jean-Paul's trap line is keeping fresh meat on the table and providing a little money to buy some luxuries like brown sugar and corn syrup, because the maple syrup is finished. Pork and Beans is a staple at dinner-time and Marie has brewed some Spruce Beer to ward off scurvy. Most of their vegetables

are pickled. Marie is still sometimes able to make Sugar Pie, a favourite from home in Montréal. Raymond (now nine) and his sister Marie-Rose (eight) sometimes go ice fishing and manage to get some fish. Marie and Jean-Paul are confident that even a late spring will not present a difficulty.

Breakfast

| | |
|--|---------------------|
| Oatmeal Porridge with Cream and Corn Syrup | |
| Toast with Jam | Salt Pork and Beans |
| Bacon | Smoked Fish |
| Beignes° | Milk and Coffee |

Main Meal

| | |
|---|----------------|
| Ragout de boulettes et pattes (sometimes game)* | |
| Pickled onions, cucumbers, cauliflower | |
| Salt Pork and Beans | Stewed Cabbage |
| Boiled potatoes | Bread |
| Coffee | Spruce beer |
| Tart au sucre◇ | |

+ Potatoes with Onions and Herbs

° Doughnuts ◇ Sugar Pie

* Stewed Pork Leg with dumplings

Source Material

Beulah Barss, *The Pioneer Cook: A Historical View of Canadian Prairie Food*, Calgary: Detselig Enterprises, 1980.

Pierre and Janet Berton, *Pierre and Janet Berton's Canadian Food Guide*, Toronto: McClelland and Stewart, 1974.

Carol Ferguson and Margaret Fraser, *A Century of Canadian Home Cooking: 1900 through the 90s*, Scarborough: Prentice Hall Inc., 1992.

Sarah T. Rorer, *Robin Hood Cookbook* (1915), introduction by Liz Driver, Vancouver: Whitecap Books, 2003.

Course Package CMDI 2040, "Applied Food History," George Brown College, Autumn 2006, compiled by Liz Driver.

Much of this assignment is speculation based on my own childhood and youth in Northern Ontario, some time spent living in Chicoutimi, Québec, various classes in Canadian history at Queen's University, stories from my Grandparents (who grew up during the 1930s in Montréal River, Manitoulin Island, Rouyn Noranda, and Montréal), and my own romantic imagination.

"Drawing the Oven"

From *The American Boy's Book of Sports and Games: A Practical Guide to Indoor and Outdoor Amusements*, originally published in 1864, reprinted by The Lyons Press in 2000.

Maggie Newell found this while doing some research on games for the schoolyard and summer camp.

"Several boys seat themselves in a row, clasping each other round the waist, thus representing a batch of loaves. Two other players then approach, representing the baker's men, who have to detach the players from each other's hold. To attain this object, they grasp the wrists of the second boy, and endeavour to pull him away from the boy in front of him. If they succeed, they pass to the third, and so on until they have drawn the entire batch. As sometimes an obstinate loaf sticks so tight to its companion, that it is not torn away without bringing with it a handful of jacket or other part of the clothing, the game ought not to be played by any but little boys."

James Chatto Appointed as Writer in Residence

On November 4 at Grano Restaurant in Toronto, James Chatto was named the first Joseph Hoare Gastronomic Writer in Residence for the Stratford Chef School.

James Chatto is the award-winning writer about food and restaurants for *Toronto Life*, and wine and spirits for the LCBO's *Food & Drink*. His books include *The Man Who Ate Toronto: Memoirs of a Restaurant Lover* (1998), and *A Matter of Taste* (with Lucy Waverman, 2005).

Joseph Hoare (October 1, 1940 – October 29, 1997) was Food Editor at *Toronto Life* magazine. The position of Joseph Hoare Gastronomic Writer in Residence at the Stratford Chef School has been created to honour his memory. Just as a writer in residence at other institutions, such as libraries or universities, serves as an inspiration and guide for students in their literary writing, James Chatto will do the same for chef school students with their culinary writing.

Buying Cookbooks from Canada's "Shopkeeper to the Nation"

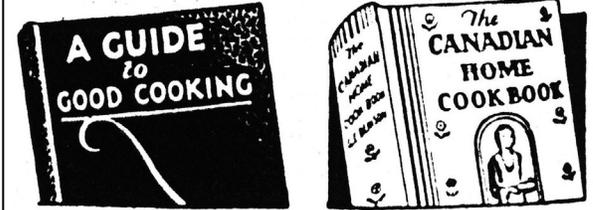
Mary F. Williamson

Mary is a retired Adjunct Professor who writes often for Culinary Chronicles.

In the last issue of *Culinary Chronicles*, Liz Driver noted that *The Joy of Cooking* was embraced in Canada many years after its 1931 debut in the United States. Because I had been thinking about checking old Eaton's mail-order catalogues to find out which cookbooks Eaton's thought Canadian housewives would buy, this seemed a good moment to do it. But going through the microfilm version of the catalogues every year from 1884 to 1976 was too much. I decided, therefore, to simply check from 1931 to exactly 50 years ago, 1957, covering the halcyon first 27 years of *Joy* and its early Canadian editions. Eaton's was interested only in mass sales, and these titles probably represent the cookbooks most likely found at that time in rural kitchens across Canada. Women might have heard about them on the radio and read about them in magazines.

Out of 28 individual cookbooks offered by Eaton's from 1931 to 1957, only six were original Canadian titles. A couple were American cookbooks masquerading as Canadian, with no changes other than giving them new titles. Beginning in the early 20th century, the top seller by far was *The Boston Cooking School Cook Book*, which to my amazement was consistently offered right through to 1951. *The Joy of Cooking* in "a new and revised edition" was advertised in the catalogues beginning in 1944. According to Liz, a Canadian edition had been published just two years earlier and it had already achieved best seller status in the United States. *Joy* continued to be offered through 1955, and I have no evidence for whether it was the Canadian or American edition. But the company's purchasing practices suggest that it might have bypassed McClelland and Stewart entirely, and brought copies in at a lower cost directly from Bobbs-Merrill.

The two most popular Canadian titles were Nellie Pattinson's *Canadian Cook Book* and *Three Meals a Day* by Jessie Read, advertised by



B1-6-1388. A Guide to Good Cooking. A collection of good recipes received from over 15,000 housewives in Canada. Carefully tested and approved by expert authorities. Illustrated. Price **40c**

B1-6-1389. The Canadian Home Cook Book, 537 pages containing tested recipes, edited by Grace E. Dennison. Well illustrated in color and Black and White. Price, each **75c**

Eaton's from the mid-1930s to mid-40s. *The New Galt Cook Book* and *Five Roses' Guide to Good Cooking* were offered to Eaton's customers in 1931, and *The Canadian Home Cook Book* by Grace Denison (first published in 1903 as *The New Cook Book*) in 1933.

Eaton's infuriated booksellers by undercutting the publishers' prices, and at times reissuing books under the Eaton's name. American cookbooks were sold by the company at prices far lower than Canadian cookbooks of equal size. Just like today, the economies of vast print runs in the United States translated into affordable and popular American titles. Many are familiar today, such as *Good Housekeeping Cook Book*, *Better Homes and Gardens Cook Book*, and *Betty Crocker's Cook Book*. For me, a real discovery was *The Mennonite Community Cook Book* by Mary Emma Showalter featuring "1400 appetizing recipes gathered from yellowing old notebooks in Mennonite kitchens all over the U.S.A. and Canada." It was published in Philadelphia in 1950 before Edna Staebler had appeared on the scene, and includes several Mennonite women in Ontario who contributed recipes for such delicacies as Pork and Vegetable Stew with Dumplings, Canadian Summer Sausages, Open-Face Peach Pie, Fruit Relish, and Chocolate Drop Candies. There is a copy in the Toronto Reference Library.

Canadian Culinary Book Awards 2007



November 2, 2007 – (GUELPH, ON) Some of Canada's top food professionals spent their summer testing recipes and evaluating culinary books from more than 50 entrants and now Cuisine Canada and the University of Guelph are proud to announce the winners of the 10th annual Canadian Culinary Book Awards.

Cuisine Canada is a national alliance of Canadian culinary professionals who share a common desire to encourage the development, use and recognition of fine Canadian food and beverages. The University of Guelph has for more than 140 years contributed to Canadian cuisine through its programs in agriculture, food science, hospitality and tourism management, and is the home of one of Canada's best cookbook collections.

Winners in the **English Cookbook Category** are:

- **Gold:** *Vij's: Elegant and Inspired Indian Cuisine* by Vikram Vij and Meeru Dhalwala (Douglas and McIntyre, Vancouver)
- **Silver:** *Lucy's Kitchen: Signature Recipes and Culinary Secrets* by Lucy Waverman (Random House Canada, Toronto)

Winners in the **English Special Interest Category**, books about food, but not cookbooks, are:

- **Gold:** *Bitter Chocolate: Investigating the Dark Side of the World's Most Seductive Sweet* by Carol Off (Random House Canada, Toronto)
- **Silver:** *Red, White, and Drunk All Over: A Wine Soaked Journey from Grape to Glass* by Natalie Maclean (Doubleday Canada, Toronto)

Winners in the **English Canadian Food Culture Category**, books that best illustrate Canada's rich culinary heritage and food culture, are:

- **Gold:** *Canadians at Table: Food, Fellowship, and Folklore: A Culinary History of Canada* by Dorothy Duncan (Dundurn Press, Toronto)
- **Silver:** *Hearth and Home: Women and the Art of Open Hearth Cooking* by Fiona Lucas (James Lorimer & Company Ltd., Publishers, Toronto)

Winners in the **French Cookbook Category** are:

- **Gold:** *À table en famille: recettes et stratégies pour relever le défi* by Marie Breton and Isabelle Emond (Flammarion Québec, Montréal)
- **Silver:** *Nutrition gourmande: propos et recettes* by Isabelle Huot and Thierry Daraize (Les Éditions Publistar, Outrement, Québec)

Winners in the **French Special Interest Category**, books about food, but not cookbooks, are:

- **Gold:** *Couleur champagne* by Chrystine Brouillet and Guénaél (Flammarion Québec, Montréal)
- **Silver:** *Cuisiner avec les aliments contre le cancer* by Richard Béliveau and Denis Gingras (Les Éditions du Trécarré, Outrement, Québec)

Winner in the **French Canadian Food Culture Category**, the book that best illustrated Canada's rich culinary heritage and food culture, is:

- **Gold:** *Au Pied de Cochon: L'Album* by Martin Picard (Restaurant Au Pied De Cochon, Montréal)

The Canadian Culinary Book Awards are sponsored by Delta Chelsea Hotels, CanolaInfo, Chicken Farmers of Canada, and Harbinger Communications.

CHO Program Review: “Waterloo County Cookfest” Doon Heritage Crossroads, Kitchener

Linda Kenny

Linda is a retired elementary principal who joined CHO two years ago. She volunteers as a Historic Cook at Montgomery's Inn. She and her husband both enjoy attending CHO activities.

Doon Heritage Crossroads is a living history museum located in Kitchener, Ontario. Doon recreates rural life in Waterloo County, circa 1914. It is comprised of more than 25 structures, some of which are restored buildings that have been donated and relocated from places in Waterloo County and other south-central Ontario locations. Others are reconstructions based on original buildings. Some of the buildings are the Waterloo Township Hall, the Petersburg Grand Trunk Railway Station, and the Peter Martin House, which was opened in 1988 after a restoration project that involved the Old Order Mennonite community. Many of the tradespeople who worked on the restoration are direct descendents of the Peter Martin who built the house in 1820. Doon Heritage Crossroads celebrates its 50th anniversary in 2007.

“Waterloo County Cookfest” was an interesting event co-sponsored by Cuisine Canada and the Culinary Historians of Ontario on Saturday, May 5, earlier this year. The weather co-operated beautifully as it was sunny and mild when we met in front of the Hall of Fame. At 11:00 we were led on a wonderful garden tour with Bob Wildfong, Doon Heritage Crossroads' Historic Gardener (and CHO's Treasurer and Seeds of Diversity's Executive Director). The garden is modeled on an early 20th century Mennonite one, so many of its attributes have religious significance. Bob is very knowledgeable about the garden and the wide variety of edible and medicinal plants it contains. After our garden tour we were invited into the Peter Martin farmhouse, where we were treated to herbal teas made with products from the garden and an informative tour of the historic house.

There was also a behind-the-scenes look at the Waterloo Regional Curatorial Centre that several participants looked into.

At noon we all entered the lower level of the Hall of Fame, where we enjoyed an excellent 1914 Waterloo County Lunch. The meal was capably prepared by members of Liaison College's Culinary School using local cookbooks. Chef Brian Clifton's menu paid tribute to the best recipes published in the early 1900s from celebrated local cooks. Used for this special luncheon were *The Berlin Cookbook* (1906), *The Canadian Farm Cookbook* (1911), and *The New Cookbook* by the Ladies of Toronto (1903). The menu reflected the ingredients that were readily available in the early 1900s, as well as the culinary styles of the era. It was a wonderfully tasty meal that would have satisfied even the most hardworking farmer. It was served buffet-style, and included Chicken Broth with Golden Drops, brown and whole wheat breads, Maple Baked Ham, Gohate (veal meatloaf), Pickled Red Cabbage, Asparagus Vinaigrette, Scalloped Potatoes, and Pound Cake with Rhubarb Marmalade. Tea and coffee were also available. Liz Driver, then CHO President, congratulated Chef Clifton on his excellent choice of dishes and his authentic interpretation of them.

After our delightful lunch, Liz Driver presented a Waterloo County Cooking Seminar and Cookbook Appraisal. Liz's talk was both informative and interesting. She was congratulated on the imminent publication of her culinary bibliography, *Culinary Landmarks*, as well as being the recipient of a prestigious prize for her work, the 2007 Marie Tremaine Medal from the Bibliographic Society of Canada. The afternoon ended with door prizes and another optional behind-the-scenes visit to the Curatorial Centre.

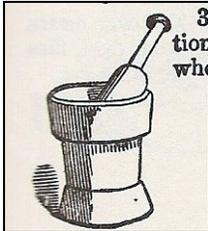
CHO Program Review: Mary Williamson and Fiona Lucas “Frolics with Food”

Lori Jamieson

Lori was a lapsed member of CHO who is now back in the fold.

Her identity remains a mystery, but the author of *The Frugal Housewife's Manual*, published in Toronto in 1840, could certainly cook. With a Martha Stewart-esque interest in all of the ingredients, techniques and food presentation, her slim volume of 72 recipes and 28 entries of gardening advice was a bit different than some other British and American books available at the same time.

Known only as “A.B. of Grimsby,” the author of English Canada’s first home-grown cookbook captured the culinary landscape of the Niagara region of Ontario in the 1830s. Through her writing, we know something of the variety of ingredients that were available in the kitchen of an established farm: cinnamon and nutmeg, brandy and wine, poultry and other domestically raised meats, lemons, orchard fruits, cane molasses, and maple molasses. The recipes for jams, pickles, and catsups show us that life was not all a bland potato hash. They also sketch out the available equipment: jelly molds and pickle crocks, nutmeg graters and apple corers, weigh scales and a mortar and pestle.

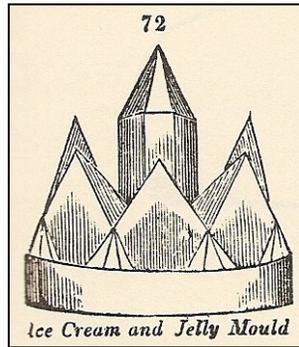


CHO members gathered round two of the hearths at Montgomery’s Inn in Etobicoke on September 27

to learn about A.B. and to put some of her recipes to the test. Fricassee Pie was a meat and potato pie seasoned with broth and baked in a pastry crust that was served with boiled turnips and two tomato catsups, one smooth and one chunky. A Bird’s Nest Pudding of apples in custard was baked in the bake kettle. Liz Driver and several Volunteer Historic Cooks from the Inn supervised the preparation of the recipes and offered pointers on cooking in the open hearth. Also on the menu were A.B.’s caraway-flavoured shortbread cookies called Shrewsbury

Cakes, and a Black Cake with currants, that were brought by Fiona Lucas and Mya Sangster.

While the foods were cooking and baking on the hearths, Mary Williamson and Fiona Lucas

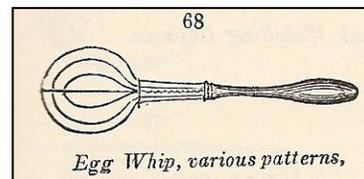


presented an illustrated talk on A.B.’s world, her publisher, her contemporaries in culinary writing, and her role in bringing a Canadian flavour to cookbook writing. They also explored the gardening section

of A.B.’s book, noting that she had borrowed from an 1835 manual originating in the Shaker community of Mount Lebanon that was sold with their seed packets. Mary and Fiona are collaborating on research about *The Frugal Housewife Manual*, with more work planned.

The tasting session, always the apex of a CHO meeting, did not disappoint. The meal was served in style in the dining area of historic Montgomery’s Inn, replete with tea and cider.

Although Mary and Fiona do not know how many were printed, only two original copies of *The Frugal Housewife's Manual* survive: one at McMaster Library and the other at the Toronto Reference Library.



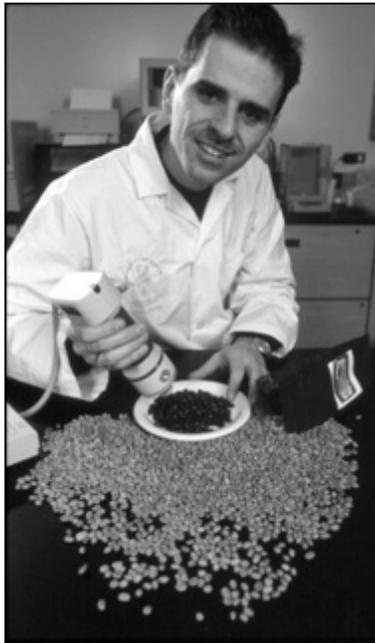
Illustrations from
The American Home Cook Book, 1854

(Courtesy of Mary Williamson)

CHO'S AGM: Exotic Foods From Home and Afar

Maggie Newell

Maggie is CHO's Secretary, and often writes program reviews for Culinary Chronicles.



Professor Marconi

(Photograph courtesy of the University of Guelph)

analyze and authenticate exotic foods.

One exotic is Indonesia's Kopi Luwak coffee, which is as famous for its method of processing as it is for its flavour. The name Kopi Luwak combines the words for coffee and civet. The civet (of the mongoose family) eats coffee berries in pursuit of the fruit pulp surrounding the beans. The indigestible bean passes through the stomach and gastrointestinal tract, and is eliminated in the scat, which is harvested from the forest floor. The beans are washed and roasted to make coffee. Dr Marconi was asked to investigate how passing through the civet's digestive system changed the beans, and to confirm that this is what makes them so special. Identifying the chemical processes also makes it possible to determine if a sample bean is the genuine article. Authentication proves when these expensive coffee beans are

Following the business meeting at CHO's Annual General Meeting on September 10, Dr Massimo Marconi took us on an illustrated tour of food delicacies of unusual origins, and treated us to a rare coffee. Professor Marconi is a food chemist in the Science Department of the University of Guelph. In his work he is often asked to

real. Kopi Luwak coffee is sold for \$600.00 a pound, but generally only a quarter pound at a time to wealthy connoisseurs on a waiting list.

To begin his work on the beans Dr Marconi went to the rainforest to collect samples of scat with beans in them and control samples of beans off the bushes. He took the precaution of using a bio-containment hood, but to his surprise, he discovered that the washed beans that had passed through the civet had a lower bacteria count than the control beans. He realized that limited bacteria can survive in the civet's digestive system. Through careful examination he observed that the gastrointestinal juices had etched the beans' surfaces, and gotten into them to break down the proteins. Lactic acid bacteria aids in digesting the coffee cherry. The proteins in the bean are altered by the intrusion of the gastric juices, and when the beans are roasted the reaction between the sugars and proteins is also altered. He concluded that this accounts for the unique difference in flavour.

In a similar vein Dr Marconi also explained how in Morocco argan oil is processed with the assistance of goats. To feast on the fleshy fruit that surrounds the argan nut, the goats climb the thorny trees. The undigested nuts are collected and washed before being pressed for its oil.

Another example of a food of unusual origin is Bird's Nest Soup. An industry has grown up in Malaysia around collecting the nests of a very small swallow called a swiftlet. Originally these nests were harvested from the wild in caves. Today people in towns are building bird houses on house tops to attract the swiftlets to nest. The nests are made of the males' special saliva. Devotees swear to the health benefits of this soup. The chemical explanation for this may be its large quantity of specific protein, which is known to kill bacteria.

Dr Marconi's talk was met with great interest and

enthusiasm; keen questions from the audience threatened to force him completely off course. He did, however, manage to bring us back to ground with a discussion about a food of unusual origins common in Canadian kitchens: he asked us to reflect on the origin of honey. The honey bee is equipped with two stomachs, one of which is for collecting nectar for future storage in the hive. The enzymes in the bee's stomach work their magic, and the resulting honey is regurgitated into the comb to provide food for the bees. Bee keepers intercept the honey and process it for human consumption by extracting it from the comb and pasteurizing it, a process that does little to alter the original honey.

Sometimes the exotic is closer to home than we think!

Another Joy Memory

I enjoyed reading comments about *The Joy of Cooking* in the summer newsletter. My mother has an old copy, and I remember poring over it and thinking about such exotic items as fresh shellfish and persimmons that never made it to Southern Ontario in the fifties. When I got married I bought my own copy, a later edition. I've made good use of it in the forty years since then; in fact, I recently had it rebound as it was soon going to fall to pieces. It's by no means my only cookbook, nor even the one I use most often, but it will always have a place on my shelf.

Linda Badcock, Historic Sites Officer
Tourism, Culture and Recreation, St. John's, NF

Continued from page 5

Dundurn's Modern Interpretation

Ingredients:

| | |
|-------------------|-----------------------|
| 7-8 cups flour | 1 tsp cream of tartar |
| 1 tsp baking soda | 1 tsp salt |
| 4 cups cold milk | |

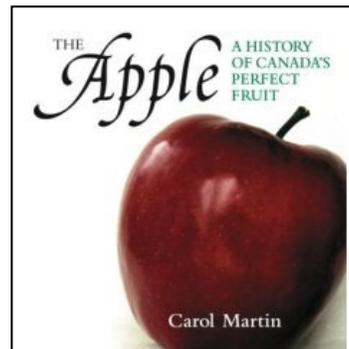
Method: In a large bowl combine salt, cream of tartar, baking soda. Add flour slowly and mix well. Add milk; blend until it is a sticky mass. Pour batter into two greased baking tins, split the dough. Bake at 350°F for 45- 60 minutes.

Dean Tudor's Book Review

CHO member Dean Tudor is Journalism Professor Emeritus at Ryerson University; his wine and food reviews can be accessed at <www.deantudor.com>.

Carol Martin, *The Apple: A History of Canada's Perfect Fruit* (Toronto: McArthur and Company, 2007), 161 pages, ISBN 978-1-55278-679-6, \$24.95.

Carol Martin, a former publisher and editor, once with the Canada Council, is now a full-time gardener. She previously authored books about rural Ontario, including *A History of Canadian Gardening* (2000). This is a straight ahead account of the history of apples in Canada, beginning with Champlain and his saplings in Québec City up through Sir George Simpson (Hudson Bay Company) and apple seeds out west. And then into the 20th century. Cultivated apples, she says, were a success in Canada because of their sweet and healthy addition to a boring diet. They were better than the native crabapples, could be dried for year-long eating, converted to cider (both hard and soft). Any wastage could be composted. Canadian apples have long been exported to both the United States and Europe. Martin has provided great photos from the past, focusing on orchards, people, and named varieties. She has a dozen recipes from diverse named sources, but only a handful of apples are best for cooking (cortland, spy, mutsu, gravenstein, ida red). 2,000 named cultivars grow in Canada, but fewer than two dozen of these names are recognizable. It is just too bad that the apple "industry" is tanking, especially so in the drink area (Chinese imports).



www.culinaryhistorians.ca

On our website you will find a bibliography of Canadian food history, back issues of *Culinary Chronicles*, and links to culinary sites and to cookbook collections. Also posted are CHO's Constitution, reviews of recent CHO events, notices of upcoming events, a membership form for downloading, and much more. Our home page features changing illustrations, courtesy of Mary F. Williamson. CHO thanks the University of Guelph for maintaining our website.

ABOUT *CULINARY CHRONICLES*

Submissions: We welcome items for the newsletter; however, their acceptance depends on appropriateness of subject matter, quality of writing, and space. All submissions should reflect current research on Canadian themes. The Editor reserves the right to accept or reject submissions and to edit them. The Editor's new contact information is 416 781-8153 or fionalucas@rogers.com.

| | | |
|-------------------------|--|------------------------------|
| Upcoming themes: | Winter 2008, Number 55 – Dairy Industry in Canada | Publication Date: February 1 |
| | Spring 2008, Number 56 – Children's Food in Canada | Publication Date: May 1 |
| | Summer 2008, Number 57 – Breakfast | Publication Date: August 1 |
| | Autumn 2008, Number 58 – Rations in Worlds War One and Two | Publication Date: November 1 |
| | Winter 2009, Number 50 – Teaching Canadian Food History | Publication Date: February 1 |

Other possible future themes and topics on the Editor's list: Canadian pasta; cookies; African-Canadian foods; community vegetable gardens; the diaspora of French-Canadian foodways; meals, mealtimes, definitions of meals; manuscript recipes; Inuit foodways; and so many more possibilities. Do you have a suggestion? Please contact the Editor if you wish to write on an upcoming theme.

Newsletter Committee: Fiona Lucas, Ed Lyons, Liz Driver. Thank you to Phillip Joel Grandmont, Carrie Herzog, Lori Jamieson, Linda Kenny, Janet Kronick, Margaret Lyons, Dean Tudor, and Mary F. Williamson.

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MISSION STATEMENT

The Culinary Historians of Ontario is an organization that researches, interprets, preserves and celebrates Canada's and Ontario's culinary heritage, which has been shaped by the food traditions of the First Nations peoples and generations of immigrants from all parts of the world. Through programs, events and publications, CHO educates its members and the public about the foods and beverages of Canada's past. Founded in Ontario in 1994, CHO welcomes new members wherever they live.

MEMBERSHIP INFORMATION

Members enjoy the quarterly newsletter, *Culinary Chronicles*, may attend CHO events at special member's rates, and receive information on food-history happenings. Members join a network of people dedicated to Ontario's culinary history.

Membership fees:

\$30 Cdn for One-Year Individual, Household and Institution

\$55 Cdn for Two-Year Individual, Household and Institution

American and international members may pay in American dollars.

Membership year: January 1 to December 31

Website: www.culinaryhistorians.ca

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