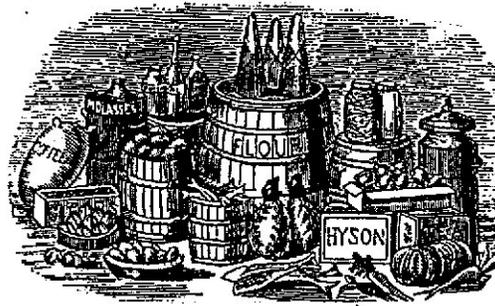


# CULINARY HISTORIANS OF ONTARIO

Summer 1996

number 9



## - TORONTO REGION -

### CONFERENCE COMMUNIQUÉ

Registration forms for *From Rations to Riesling: Remembering Ontario's Food Heritage* continue to arrive daily at Doon Heritage Crossroads. The response is excellent -- thanks for your strong interest. We seem to have really touched a chord with foodies and foodie historians all across Ontario.

This conference is designed to be a professional development day for anyone concerned with our provincial culinary heritage. Workshop themes range from garden to kitchen to museum to gift shop to classroom. They're intended to be practical, specific, applicable -- and fun too, of course! And don't forget that the morning speaker is none other than Sandra Oliver of *Food History News* (see issue #8).

A delicious lunch is being prepared from recipes of the 19th and early 20th centuries. Some featured dishes will be Mulaga-Tawny Soup (*Cook's Oracle*, 1818), Scotch Barley Broth (*Cook's Oracle*, 1818), Squash Biscuits (*New Cook Book*, 1880), English Salad with French Salad Dressing (*Modern Cookery*, 1845) and Cheese Straws (*Home Cook Book*, 1877). Quite a few historic site kitchens are sending preserves, pickles, cakes and breads. We'll eat well.

If you didn't receive a registration package, call Doon Heritage Crossroads at (519) 748-1914.

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 CURL-UPS

#### 1. Christine highly recommends:

After several trips to my library for *Lilies of the Field* by Jennifer Bennett, I finally decided to purchase a copy. Bennett studies the historical relationship between women and plants, beginning with women as the powerful symbol of earth goddess. By chapter 12, we enter the 20th century with women developing a business relationship with plants. With each read, I find new info to savour. Jennifer Bennett is the gardening editor at *Harrowsmith*. She writes with a rich, spiritual style. Reading this book is like having dinner with some old friends.

#### 2. Fiona happily suggests:

Easy to pick up, hard to put down, perfect for cottage reading: that's how I describe *Food: An Oxford Anthology*, edited by Brigid Allen. She has gathered a tremendous assortment of passages from novels, poems, essays, religious tracts, cookbooks and diaries pertaining to food. Sources range from Homer to Laura Ingalls Wilder, from Chaucer to Eliza Acton. She also includes letters from an intrepid 18th century traveller in India named Elizabeth Gwillim who strongly reminds me of Ontario's own intrepid Elizabeth Gwillim Simcoe.

#### 3. Bridget suggests:

If you enjoy baking then you'll love *Ultimate Cake*. Barbara Maher tells the story of cakes with interesting historical anecdotes, beautiful colour photos and includes over 100 recipes. Recipes range from a basic pound cake to the more extravagant Dobes Torta, or a decadent Hazelnut Macaroon Cake. This cookbook is for both amateur and expert bakers.

## COOKERY COLLECTION -- HISTORIC RECIPE # 14

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.

### ICE CREAM

John Farley, *The London Art of Cookery*, London, 9th ed., 1800, pg. 323.

#### Original Text:

" Take twelve ripe apricots, pare, stone, and scald them and beat them fine in a marble mortar. Put to them six ounces of double-refined sugar, a pint of scalding cream and work it through a hair sieve. Put it into a tin that has a close cover; and set it in a tub of ice broken small, and a large quantity of salt put among it. When you see your cream grows thick around the edges of your tin, stir it, and set it again till it grows quite thick. When your cream be all frozen up, take it out of your tin, and put it into the mould you intend it to be turned out of. Then put on the lid, and have ready another tub with salt and ice in it as before. Put your mould in the middle, and lay your ice under and over it. Let it stand four or five hours, and dip your tin in warm water when you turn it out; but if it be summer, remember not to turn it out till the moment you want it. If you have not apricots, any other fruit will answer the purpose provided you take care to work them very fine in your mortar."

#### Modern version:

500 ml	fruit	2 cups
175 ml	sugar	3/4 cups
500 ml	whipping cream	2 cups
2 L	crushed ice	12 cups
500 ml	rock or kosher salt	4 cups

1. Clean and pare fruit. If using fruit that is quite firm, scald the fruit to allow for easy pounding.
2. Pound fruit in a marble mortar until smooth. (A food processor can be used for this step.)
3. Add sugar to fruit.
4. Add cream to fruit and sugar. (It is not necessary to scald the cream because of modern pasteurization.)
5. Sieve the mixture to remove seeds, pulp, etc. and create a smooth creamy fruit puree.
6. Place mixture in a tin or metal (this allows for easier freezing) container with a lid.
7. Put ice in a larger container than the one used for the ice cream and layer crushed ice and rock salt. (Salt lowers the temperature at which the iced mixture freezes and so it produces a smoother resulting ice cream. You can substitute with kosher salt. A ratio of 3 or 4:1 parts of ice to salt is used.)
8. Put ice cream container into the ice and salt.

refridgerator freezer.)

9. Stir ice cream as it begins to set along the sides of the container. It's important to stir the ice cream to help prevent ice crystals from forming. Stir about every 20 minutes. It will take 1 - 2 hours for the ice cream to set.

10. To mould the ice cream, remove the mixture from the container and transfer it to a decorative mould making sure to fill the mould completely.

11. Let ice cream set for several hours either in fresh ice and salt or in freezer. (This is often referred to as mellowing.)

12. To remove ice cream from the mould simply dip in warm water, and as Farley mentions *if it be summer, remember not to turn it out till the moment you want it.*

#### Historic Information:

Ices can be iced waters flavoured with fruit juices and liquors, or they can be ice creams and iced puddings, which include cream or custard and are flavoured with dried fruits, fruit purees, jams, nuts and liquors.

The origin of ices appears to begin with the Italians in the early 17th century. By the middle of that same century, ices had spread to Versailles in France and then to the other courts in Europe.

The British first learned of ices from French translations. The earliest British recipe appears in *Mrs. Eales' Recipes*, 1718, and in 1751 Hannah Glasse added ices to a new edition of *The Art of Cookery Made Plain and Easy*.

Ice cream became especially popular in the North America in the late 18th and early 19th centuries. By 1846 the crank freezer had been patented by William G. Young.

Today, ice cream, frozen yogurt, sherbert, sorbet, and gelati have become mainstays in many household freezers.

Submitted by Bridget Wranich

## CULINARY COLLEAGUE #7

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

### • DOROTHY DUNCAN •

Dorothy Duncan has a "consuming passion" to research Ontario's food traditions.

What makes this culinary colleague so interesting is that for over 30 years she has continued to find Ontario's culinary history worth talking about. Dorothy's commitment to this field has been rewarded through professional appointments and awards from her peers.

Her interest in heritage foods began in 1962 as a part-time teacher guide at Black Creek Pioneer Village in Toronto. Later, as Curator, her duties included researching Ontario's food traditions so staff could demonstrate and interpret appropriate activities on site.

Of course, many people recognize Dorothy Duncan as the Country Fare editor for *Century Home*. In 1982 they asked her to write an article about Canadian food traditions. Her insightful articles have promoted the use of historic recipes and cookbooks within the home and the museum community.

The Ontario Historical Society, where Dorothy acts as Executive Director, has sponsored several historic food workshops, seminars and conferences (Consuming Passions I & II). In her role at the OHS, Dorothy is constantly aware of special trends that are evolving so that the organization can continue to assist and support members with their programmes. Especially when government support for heritage appears to be dwindling, the OHS has

taken a leadership role within the heritage community.

In 1993, culinary professionals from all across our country met and "shared their intimate understanding of Canada's culinary past, present and future" in a conference entitled *Northern Bounty*. Dorothy Duncan was invited to speak on the regional cuisine of Ontario and her paper, "Cuisines in Transition", recognized how cultural influences have affected our diet.

When asked why she took the opportunity to discuss this issue, Dorothy responded that: "while Ontario's food traditions are changing with dramatic speed, there is still, among many families and many cultural groups, a strong sense of history. Traditional foods are still part of all their celebrations and special days."

Indeed, groups such as the OHS, Cuisine Canada and CHO are endeavouring to meet this growing demand from across the province to retain and revive food traditions.

After 30 years of culinary research, one might be hard pressed to find topics worth researching; yet the varied and rich culinary traditions that Dorothy spoke about at the Northern Bounty conference continue to feed her with new challenges. Currently, Dorothy is researching Chinese and Italian food traditions in Canada.

Let's hope that Dorothy Duncan never satisfies her "consuming passion" for foodways research.

*continued*

*We asked Dorothy for a favourite recipe. This one came to Canada via Scotland with her great grandmother Georgina Murdoch Gibson.*

#### CARROT PUDDING

1 tsp. baking soda	1 cup currants
1/4 cup milk or 1 egg	1 cup sugar
1 cup grated potato	1 tsp. salt
1 cup grated carrot	1 tsp. nutmeg
1 tsp. cinnamon	1 1/2 cups flour
1 1/2 cups suet	
1/4 tsp. ground cloves	
1 cup chopped muscat raisins	

Dissolve the soda in the milk or beaten egg. Mix well with the remaining ingredients and boil in a cloth or covered dish of 3 hours. Serves 12-16.

#### Sauce

2 cups sugar	1/4 lb. butter
3 Tbsps. flour	1/4 tsp. salt
1 tsp. vanilla or 2 Tbsps. brandy	

Brown carefully the sugar, flour, salt and butter in a skillet. Gradually add hot water, stirring constantly until the sauce reaches the consistency of rich cream. Flavour with vanilla or brandy. Serve piping hot.

*Dorothy Duncan continued*

PROFESSIONAL BACKGROUND:

- Executive Director, Ontario Historical Society
- Supervisor, Museums Section, Ministry of Citizenship and Culture
- Museums Advisor, Province of Ontario
- Curator, Black Creek Pioneer Village

CULINARY QUERY #13 ANSWERED

● MOOSE MOUFFLE MYSTERY ●

*In issue #7, Patsy Beeson posed a query about Moose Mouffle. Here's Patsy's second letter.*

The great Moose Mouffle Mystery, or How Does One Cook a Moose Nose?, has been solved! The wonderful Jo Marie Powers (see issue #6), professor at the School of Hotel and Food Administration, University of Guelph, found the answer in the university's Canadian Culinary Collection.

Moose Delicacy

**"Take one moose nose, singe over blazing campfire; hold with long-handled fork to singe. Singe until all hair is removed, then wash clean. Soak in salt and water for 2 hours, then boil in salted water for four hours, or until done. Season with a little onion or garlic and bay leaf in water while cooking. Serve hot or cold with mustard or horseradish. Very delicious!"**

Doc Baker

This recipe is in *Buckskin Cookery: a souvenir cookbook of pioneer recipes donated by old timers and natives of B.C., 1957*. [It can still be ordered from Buckskin Cookery, Box 4272, Quesnel, BC U2J 3J3.] It also has recipes for Moose Head Broth, Moose Crock Preserve, Mooseburger and Pickled Moose. The page with the Moose Delicacy is decorated with a drawing of a moose looking in fear at a lady moose head roasting over the fire. Writes Jo Marie: "I would like to try it, but would have to think of something else while I ate it!"

I also spoke to Bertha Skye of the Six Nations Reserve (Brantford), a Cree from Northern Manitoba. Bertha has been featured in *Canadian Living*, and represented First Nations Peoples at the Frankfurt Culinary Olympics in 1992, where the team won 11 medals. She

learned to cook from her mother and later she cooked at residential schools. Regarding Moose Muzzle, Bertha's method mainly corroborates the recipe above but it's interesting to hear it in her own words: "My mother would cook it at special occasions, Christmas, or New Year's or Easter. It was our caviar. My Dad would cut it up in little bits, so each child would get a little piece - it was a treat. It takes about 3 or 4 hours to cook. You have to take off the end [of the moose nose] and if there's any hair you have to burn [it]. Then you scrape this off and clean it, and boil the whole thing - boil it, boil it, boil it like you would a beaver tail. You just add salt."

Bertha then got 2 moose noses and a beaver tail out of her freezer to show me, which may sound perfectly revolting, but in fact wasn't. I was absolutely fascinated. Being of the belief that it's one's duty not to waste anything of a creature that's been killed, it all seemed right and proper. The beaver tail resembled an old style school strap, being black, flat and smoothly scaly. The moose noses were more astonishing than horrifying, completely covered with short hair and very obviously the nose of a moose.

If offered some, would I eat it? Yes, I probably would.

CULINARY QUERIES #16, #17, #18

1. *Carolyn Blackstock* of The Seagram Museum recently purchased *Twentieth Century Home CookBook* by Mrs. Francis Carruthers. It was published in 1906 in Chicago by Thompson & Thomas. Carolyn would like more information about this resource. If you can offer any help, please contact her at (519) 571-8587.

2. *Laura Higgins* of the Markham Museum is interested in locating a Canadian supplier of cast iron cooking equipment. Tom Rietz, Curator of Doon Heritage Crossroads suggests the Niagara Castings Custom Foundry, P.O. Box 826, 106 Queen Street, Niagara-on-the-Lake, L0S 1J0. 1-800-265-0633.

3. *Melody Wren* of *The Charms of Tea* is writing a book about tea rooms in southern Ontario, scheduled to be published by Boston Mills Press next spring. Melody wonders if our readers could help her locate the "first tea room that was built in Ontario or Canada". Information can be sent to Melody at the address on page 5.

## CULINARY CONTINUATION

### • ORGEAT •

As a follow-up to the query about Orgeat in issue #8, Fiona sat down with a friend to sample the almond-flavoured soda called "Orgeat" at The Second Cup. It's one of a series of syrups that can be added to iced soda water or capuccino; other examples are hazlenut, mandarino and irish cream. My server overdid the ratio of soda to syrup, because all I could taste was almond extract! Remember that originally Orgeat was a sugared milk beverage with pulverized almonds. So, the name lives on.

(Thanks to Elizabeth Nelson-Raffaele of Gibson House for pointing out this culinary continuation.)

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## CULINARY CLUB

### *Individuals:*

Diane Atkinson, teacher, Kirkton  
Joan Derblich, Toronto  
Gary Draper, Stratford  
Molly Green, Kitchener  
Margaret Lucas, Dundas  
Rose Murray, food writer, Cambridge  
Carol Anne Taylor, Caledonia  
Melody Wren, tea writer, Guelph

### *Other groups:*

Campbell House, Toronto  
Los Angeles Culinary Historians

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### *Tea-urn*



## CULINARY COMMUNICATIONS

### • THE CHARMS OF TEA •

If you enjoy tea as much as we do, you'll be thrilled to know about a newsletter totally devoted to exciting things happening with tea.

*The Charms of Tea* newsletter is published 6 times a year by Melody Wren of Guelph. In each issue, tea lovers are treated to articles about tea trends, new tea rooms in the country, what to serve with tea and a calendar of tea events.

A subscription costs \$25.00 (Cdn). You can reach Melody by writing to:

*The Charms of Tea Newsletter*  
P.O. Box 29029  
55 Wyndham Street North  
Guelph, Ontario N1H 8J4

1-800-686-6681

### • COOK BOOK LAUNCH •

Myrtleville House Museum will be celebrating it's 160th Anniversary in 1997 and they are launching an anniversary cookbook. They are looking for vintage recipes which reflect a celebration theme. Recipes can be faxed to (519) 752-9550. The Official Cookbook Launch will be held on Sunday, September 29 from 2:00 - 4:00 p.m. CHO founders Bridget Wranich, Fiona Lucas and Christine Lupton plan to be there too! For more information, contact Susan Sager at (519) 752-3216.

### • FORT HENRY BAKERY NOW OPEN •

The Fort Henry Garrison Bakery opened on June 13, 1996. This is the first time the bakery has been opened since the mid-1980's. The historic bakery is offering soldiers' bread, gingerbread, shortbread and other period products on a daily basis.

## CULINARY CALENDAR

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

### August

**The Gibson House Weekends in August: A Celebration of a Rural Season**

3 & 4 Cures and Concoctions  
10 & 11 Vegetables: Dried, Pickled & Sweetened  
17 & 18 Colours from the Garden: Natural Dyes  
24 & 25 Preserves: Potted Beef & Smoked Fish

**Todmorden Mills Museum Much to do this Summer**

August 10 Herb of the Week  
August 17 Vegetable of the Week  
All programmes included with price of admission. 1:00 - 4:30 pm. Adults \$2.25, Seniors/Students \$1.75, Children \$1.25, Children under 5 free. (416) 396-2819.

**Myrtleville House Museum 9th Annual Cavalcade of Corn**  
Enjoy all the farm fresh corn you can eat. Aug. 11, 11:00 - 4:00 pm. Adults \$3.50, Seniors \$2.50, Students (5-16 yrs.) \$2.00, Pre-schoolers free. 34 Myrtleville Dr., Brantford. (519) 752-3216.

**John R. Park Homestead and Conservation Area Craft Fair & Blueberry Social** Blueberry baking, pick-your-own berries at the farm, outdoor craft demonstrations, live music. Aug. 17 & 18, 11:00 - 5:00 pm. (519) 738-2029.

**Black Creek Pioneer Village Putting By** Kitchens will be filled with delicious smells of traditional jams, jellies, chili sauce and herb vinegars. Cooks will also be drying apples, beans & pumpkins. Aug. 31 - Sept. 2, 10:00 - 4:30 pm. (416) 736-1733.

### September

**Myrtleville House Museum Apple Days** Apple pressing & plenty of homemade apple desserts. Sept. 7 & 8, 11:00 - 4:30 pm. (519) 752-3216.

**Doon Heritage Crossroads Seed Saving Workshop** Learn art and science of seed saving. Sept. 7, 10:00 - 12:00 pm. Cost \$5.00 per person, all materials included. Homer Watson Blvd., Kitchener, Ont. (519) 748-1914.

**Barracks Banquet Celtic Festival** Scotch Eggs, Forfar Bridies, Irish Stew, and Scottish Shortbread will be some of the Celtic foods served. Sept. 7 & 8. Fort Henry, Kingston. (613) 530-2550.

**Black Creek Pioneer Village Seed Saving Workshop** People in Victorian era planned their gardens and crops before Fall's first frost. Sept. 14 & 15. Pre-registration required. (416) 736-1733.

**Doon Heritage Crossroads Cookbooks from the Collection** This cookbook collection will educate you about the food enjoyed by previous generations. Sept. 16, 1:00 - 4:00 pm. (519) 748-1914.

**The Gibson House Apple Days** Enjoy delicious apple treats from the historic kitchen. Sept. 21 & 22. (416) 395-7432.

**Black Creek Pioneer Village 40th Annual Pioneer Festival** Biggest event at village features Mennonite and Pennsylvania-German foods to eat or take home. Sept. 21, 10:00 - 5:00 pm.

**Doon Heritage Crossroads Apple Tasting Evening** Sample many flavours of heritage apples. Sept. 26, 7:00 - 9:00 pm. Cost \$8.00. (519) 748-1914.

**The Gibson House Hearth Cooking Workshop: Bread & Preserves** Enjoy making the two favourite tastes of the harvest season. Sept. 28, 10:00 - 2:00 pm. Pre-registration required. Cost \$20 (all supplies included). (416) 395-7432.

### October

**Black Creek Pioneer Village Fall Fair and Apple Harvest** A heritage agricultural fair featuring apples and Bake it with Apples contest. (pre-registration required for contest), Oct. 5 & 6, 10:00 - 5:00 pm. (416) 736-1733.

**Toronto Historical Board, Colborne Lodge Harvest Festival** Co-hosted with High Park Citizen's Advisory Committee & Toronto Parks and Recreation. Festival celebrates the harvest season in High Park with 19th century picnic lunch (Mrs. Beeton), music, demonstrations and activities. Oct. 6, 12:00 - 5:00 pm. (416) 392-6916.

**The Gibson House Pumpkins, Puddings & Pies** Enjoy fruits of our garden. Oct. 12 & 13, 12:00 - 5:00 pm. (416) 395-7432.

**Toronto Historical Board, Spadina Autumn Tea at Spadina** Enjoy early 20th century afternoon tea. Oct. 20, 12:30, 2:00, & 3:30. Maximum 24 per sitting. Pre-registration required. Cost \$10.00 (included in price is a tour of the house). 285 Spadina Rd., Toronto. (416) 392-6910.

**The Charms of Tea Tea Weekend Workshop** Take a break and enjoy a weekend with a tea theme. Late fall at a resort near Peterborough. Call Jane at (519) 836-2566.

### CULINARY CREDITS

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

Thanks for this issue to: Dorothy Duncan and Patsy Beeson.

Deadline for next issue: September 15, 1996.

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

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