

Fort York National Historic Site • 250 Fort York Blvd, Toronto  
SATURDAY, FEBRUARY 22, 2014

7th Annual

# Mad for Marmalade, Crazy for Citrus!

Presented by



in partnership with

*Culinary Historians of Canada*



Refreshments | Workshops | Lunch | Speakers | Marketplace | Marmalade Competition



## HOST INFORMATION

**Fort York National Historic Site** in partnership with the **Culinary Historians of Canada** welcomes you to our 7th annual celebration of marmalade and citrus. Enjoy a marmalade-themed workshop, lunch, and tastings, the Marmalade Competition as well as a tour of Fort York.

[fortyork@toronto.ca](mailto:fortyork@toronto.ca)

### Fort York National Historic Site

Fort York is home to Canada's largest collection of original War of 1812 buildings and 1813 battle site. Located in the heart of downtown Toronto, Fort York is open year-round and offers tours, exhibits, period settings, and seasonal demonstrations. During the summer months, the site comes alive with the colour and the pageantry of the Fort York Guard. Fort York also provides a wide variety of education programmes for groups of all ages.

Upcoming Fort York historic cooking classes include **Roasted Meats and Made Dishes** on March 23, and **English Puddings** on April 13. (pre-registration required)

This fall we will be commemorating the 100th anniversary of the **Great War** with a special food symposium. Please check back for more information.

[www.toronto.ca/fortyork](http://www.toronto.ca/fortyork)

### Culinary Historians of Canada

The Culinary Historians of Canada (CHC) is an organization that researches, interprets, preserves and celebrates Canada'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, CHC educates its members and the public about the foods and beverages of Canada's past. Founded as the Culinary Historians of Ontario in 1994, CHC welcomes new members wherever they live.

[www.culinaryhistorians.ca](http://www.culinaryhistorians.ca)

*Culinary Historians of Canada*



## ACKNOWLEDGMENTS

### Mad for Marmalade, Crazy for Citrus 2014

#### Organizing Committee

Bridget Wranich, *Program Officer, Fort York, and CHC Co-Founder*

Betsy Aziz, *Vice President, CHC*

Elizabeth Baird, *Volunteer Cook, Fort York*

Michael Elliot, *CHC*

Pat Crocker, *Marmalade Competition Chair*

Kelly Nesbitt, *Administrative Coordinator, Fort York*

Mark D'Aguilar, *Graphic Design and Photography*

#### Workshop Presenters

Elizabeth Baird

Rebekka Hutton

Slava Iwasykiw

Alexandra Kim

Jan Main

Christine Manning

Hoda Paripoush

Mya Sangster

Laura Slack

#### Marmalade Competition Judges

Jocie Bussin

Charmian Christie

Pat Crocker

Nettie Cronish

Sarah Hood

Julian Sleath

Yvonne Tremblay

Sandra Watson

#### Lunch

Peter Zalewski, *Certified Chef de Cuisine, Berkley Hospitality*

#### Speakers

Jennifer McLagan

Kathy Wazana

#### Dessert Course and Marmalades

*Researched and prepared by:*

Bridget Wranich, *Fort York's Program Officer for Foodways*

*along with Fort York Volunteer Historic Cooks:*

Elizabeth Baird

Brenda Dalglish

Mark D'Aguilar

John Hammond

Joan Derblich

Ellen Johnstone

Alexandra Kim

Rosemary Kovac

Jan Main

Emma Vincent

Peggy Mooney

Sherri Murphy

Mya Sangster

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### Would you like to help plan Mad For Marmalade 2015?

Please contact

Bridget Wranich: 416-392-6907, ext. 225

**Mark your calendar for next year's event: February 21, 2015**

## MORNING PROGRAM

### 9:00 am – 10:00 am

Registration opens in Fort York Canteen Museum Store

Refreshments in the Blue Barracks

Marmalade Competition entries accepted until 9:55 am

### 10:00 am

Welcome and Introductions

- Michael Elliot, *Emcee*

- Fiona Lucas, *President, Culinary Historians of Canada*

- Bridget Wranich, *Program Officer for Historic Foodways, Fort York National Historic Site*

Judging begins for Marmalade Competition

### 10:30 am

Marmalade Workshops Begin (see map)

### 11:15 am

Workshops end

Free time to explore the Marmalade Marketplace

### 11:45 am

Door Prizes

Introduction to Moroccan-themed Lunch – *Bridget Wranich*

### 12:00 pm

Moroccan-themed Lunch

Marmalade Competition Judging Ends



## AFTERNOON PROGRAM

### 1:00 pm

Featured Speaker

Kathy Wazana – *“Citrus in Moroccan Cuisine”*

### 1:30 pm

Door Prizes

### 1:45 pm

Announcement of Marmalade Competition Winners

### 2:00 pm

Dessert

Marmalade Competition Room Open for Viewing

### 2:30 pm

Keynote Speaker

Jennifer McLagan

*“Bitterness: The bitterness of citrus and marmalade depend not only on the fruit, but also our culture, the spoon we use, and the music we listen to. An explanation of an under-appreciated taste, it’s history, how we perceive it and why it should be celebrated.”*

### 3:00 pm

A Tasting of Georgian Creams with Mya Sangster

### 3:30 pm

Final draw for Door Prizes

### 3:45 pm

Closing Remarks and Final Announcements

- *Michael, Fiona, Bridget*

### 4:00 pm

Tours of Fort York National Historic Site, starting from the Blue Barracks

### 4:30 pm

Marketplace Closes



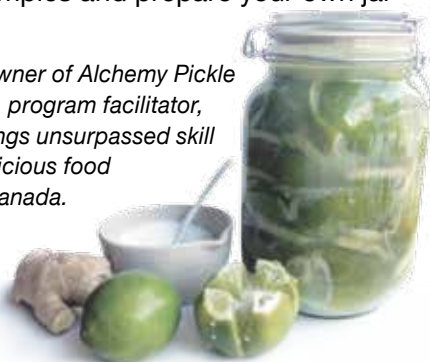
## MARMALADE AND CITRUS WORKSHOPS

### Preserved Limes

**Rebekka Hutton**, Alchemy Pickle Company  
[www.alchemypicklecompany.ca](http://www.alchemypicklecompany.ca)

Often found as an ingredient in traditional North African dishes such as Tagine, preserved limes (or lemons) are simple to prepare using just salt and spices and a little time. Natural, or lacto-fermentation uses salt as a preservative, holding this flavourful condiment for months in the fridge. Taste a few samples and prepare your own jar to ferment at home!

**Rebekka Hutton** is the pickle maker and owner of Alchemy Pickle Company. Rebekka's experience as a cook, program facilitator, fundraiser, tour guide and urban farmer brings unsurpassed skill and passion for sharing knowledge and delicious food to help grow the good food movement in Canada.



### Orange Loaves

**Mya Sangster**, Volunteer Historic Cook,  
Fort York National Historic Site

This hands-on workshop in the 1812 Officers' Mess Kitchen is a beautiful example of cooking with oranges in the 18th and 19th century. Orange Loaves are a unique recipe in which delicious orange custard is cooked and served in a whole orange.

**Mya Sangster** is a retired school teacher. She has been a volunteer historic cook at Fort York for almost fifteen years, and often mentors new cooks. Mya is passionate about food history and down hearth cooking.



### Take a Walk Down Marmalade Lane

**Christine Manning**, Manning Canning  
[www.manningcanning.com](http://www.manningcanning.com)

Join Christine Manning, award-winning jam maker, as she walks you through a variety of marmalades. Learn firsthand, how a fine peel versus a thick cut peel can impact the flavour of your marmalade. Open up your imagination as you taste combinations like lime and cilantro marmalade and orange-onion marmalade with sage and thyme.

**Christine Manning** is owner of Manning Canning, an award-winning jam maker and a marmalade enthusiast!



### Orange Gingerbread

**Alexandra Kim**, Volunteer Historic Cook,  
Fort York National Historic Site

Join Alexandra in the 1815 Servant's Day Kitchen and explore the making of this classic hard gingerbread, taken from the 1831 cookbook, *The Cook Not Mad: or Rational Cookery*, and experiment with two recipe variations.

**Alexandra Kim** is a museum professional with a background in historic dress but with a love of historic foods and recipes; both interpreting them and sampling the results!



## Pleasures of Candied Peel and Marmalade

Jan Main, Culinary Teacher,  
Toronto District School Board

From 1812 to 2012 and onwards, marmalade and citrus have had a magnificent history. This hands-on class will explore the pleasures of candied peel and marmalade in sweet and savory dishes such as; Moroccan Oranges, Apple Fruitcake and Sherried Pork with Orange and Lemon. A variety of garnishes, glazes and sauces will be demonstrated.

*Jan Main is a senior baking teacher in the culinary program at Danforth Collegiate and Technical Institute. As well, Jan is a published author, caterer and cooking teacher in her business, Jan Main's Kitchen.*



## Marmalade 101 with Myer Lemons

Elizabeth Baird, Marmalade Enthusiast and Volunteer Historic Cook,  
Fort York National Historic Site

Learn how to make a stunning jar of marmalade, a little different from the classic Seville. This is a hands-on class. Please bring a small cutting board, a sharp chef's knife and 750ml plastic container with lid. Participants take home a jar of marmalade plus makings for a small batch to take home.

*Elizabeth Baird is a volunteer historic cook at Fort York National Historic Site. Elizabeth is past Executive Food Editor at Canadian Living magazine.*



## Workshops Back By Popular Demand from 2013!



## Tea and Treats – Notes of Citrus

Hoda Paripoush, Tea Sommelier, Sloane Fine Tea Merchants with  
Laura Slack, Chocolate Artist, [www.lauraslack.com](http://www.lauraslack.com)

A guided tasting of historic cakes and citrus-infused truffles paired with teas that bring out the citrus notes.

*Hoda Paripoush is a certified tea sommelier and director of Sloane Fine Tea Merchants.*

*Laura Slack is a Toronto-based artisan chocolatier and pastry chef. By combining aesthetics with premium all natural ingredients, Laura's goal is to create edible art from the world's finest chocolate.*



## Lemon Tart – Sweet Variations

Slava Iwasykiw, Co-owner & Chef,  
Lemon Meringue Catering

Rise to the challenge in balancing the tartness of the most versatile citrus fruit—the lemon—the sweetness of the sugar, and the creaminess of the butter, crafting a classic lemon tart. Come and arouse your taste buds!

*Slava Iwasykiw is chef and co-owner of Lemon Meringue Catering Inc. since 1984 and former co-owner of the highly acclaimed restaurant Lemon Meringue.*

## WORKSHOP LOCATIONS

Workshop	Location
Preserved Limes	<i>South Soldier's Schoolroom</i>
Orange Loaves	<i>Officers' Mess Kitchen</i>
Take a Walk Down Marmalade Lane	<i>Centre Blockhouse, Downstairs</i>
Orange Gingerbread	<i>Officers' Quarters, Day Kitchen</i>
Pleasures of Candied Peel	<i>Orientation Room</i>
Myer Lemon Marmalade	<i>East Block House</i>
Tea and Treats	<i>North Soldiers' Barracks</i>
Lemon Tart—Sweet Variations	<i>Centre Blockhouse, Upstairs</i>

See enclosed map of Fort York



## MARMALADE COMPETITION

### Five Marmalade Categories

All are welcome to enter!

#### 1. Pure Seville Orange Marmalade

Marmalade made exclusively of Seville oranges, or marmalade that includes lemons at a ratio of no more than two lemons per eight Seville oranges. Bitter oranges, other than Seville, do not belong in this category.

#### 2. Citrus Marmalade

Marmalades made exclusively from other citrus fruit such as oranges, lemons, citron, grapefruit, limes, mandarins, tangerines, clementines, pomello, individually or combined.

#### 3. Citrus Combo Preserves

Preserves made from citrus fruit(s) and a fruit and/or vegetable (for example, Carrot Orange Marmalade, Pear and Lemon Conserve, Red Onion-Orange Marmalade, Citrus Zucchini Marmalade, Peach Orange Conserve, and Cranberry Orange Chutney). These preserves must include both citrus juice and peel (small amounts of citrus do not qualify). Marmalade combos that include flavourings such as chocolate, whiskey or vanilla belong in this category.

#### 4. Baking with Marmalade

Home-baked goods with marmalade as an important ingredient.

#### 5. Professional/Artisanal Marmalade

Either pure Seville or Citrus marmalade professionally bottled and sold.

**NOTE:** this category is excluded from entering 'Best in Show' award.



## Marmalade Competition Criteria

According to the National Center for Home Food Preservation,

*"Marmalades are soft fruit jellies with small pieces of fruit or citrus peel evenly suspended in a transparent jelly."*

**The jelly part and the citrus/fruit/vegetable component of the preserve will be judged according to the following criteria:**

### A: Judging Criteria for the Jelly Part of the Preserve:

- **Clarity of Clearness:** clear, usually sparkling, transparent, free of sediment, cloudiness, or crystals.
- **Colour:** natural orange, yellow or other natural colour depending on the fruit used.
- **Pack:** ¼-inch headspace, free from air bubbles and foam.
- **Consistency:** firm enough to hold shape but tender enough to spread, not rubbery, sticky, gummy nor syrupy.
- **Flavour:** characteristic of the base fruit, not too sweet or too tart.

### B: Judging Criteria for the Citrus, Fruit or Vegetable Part of the Preserve:

- **Colour:** pieces of fruit are translucent to clear.
- **Pack:** rind/fruit evenly distributed in jelly (not all at the top or bottom) with a good proportion of fruit to jelly.
- **Texture/Consistency:** rind/fruit pieces hold their shape, are not chewy and are tender enough to spread on toast or baked goods.
- **Flavour:** natural flavour, characteristic of Seville oranges, other citrus, fruit or vegetable, not too sweet nor too tart.

### C: Judging Criteria for Baking with Marmalade Category:

- **Appearance:** pleasing shape, crust, colour and condition of the outside surface.
- **Texture:** good grain and crumb texture for the type of product, good crust.
- **Flavour:** a pleasant overall orange/citrus flavour.

## Competition Prizes

**Best in Show Prize:** Emile Henry Lasagna Dish

**First Place Winners,** each category: Jars, each with \$25 in loonies

**Second Place,** each category: Copy of *Setting a Fine Table*



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Thank you to the following sponsors  
for generously providing the competition prizes.





## REFRESHMENTS



### Morning

#### Lemon Muffins

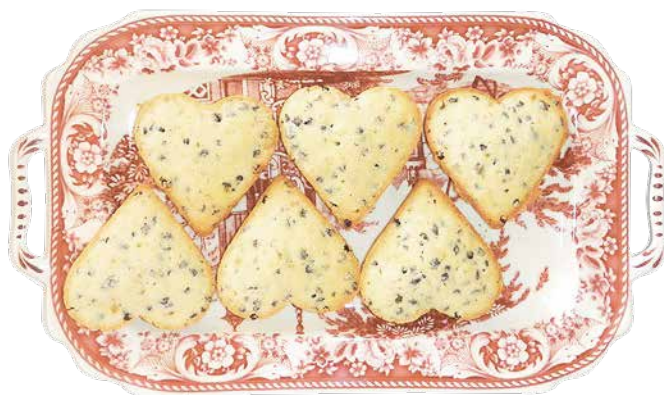
Richard Eccles, ed., *Recipes with a Twist*, Penrith, UK: Reeds Printers, 2007, pg. 84.  
Lemons, nutmeg, eggs, sugar, canola oil, white flour, yoghurt, baking soda.

#### Peel Cake

Lake of the Woods Milling Company Ltd., *Five Roses Cook Book*, 1913, pg. 107.  
Brown sugar, butter, eggs, sour milk, raisins, candied orange peel, nutmeg, cinnamon, baking soda, flour.

#### Heart Cakes

Charlotte Mason, *The Ladies Assistant*, 1787, pg. 402.  
Butter, sugar, eggs, brandy, currants, candied orange peel and citron, flour.



## Lunch Menu

### Chicken with Preserved Lemons and Olives

Adapted from Claudia Roden, *Tamarind & Saffron*, Toronto: Penguin Books Canada Ltd, 2000, pg. 100.

Chicken thighs, olive oil, onion, garlic, saffron pistils, ginger, cinnamon, salt, pepper, fresh coriander, flat-leaf parsley, preserved lemons, green olives.

### Vegetarian Chickpea and Squash Stew

Recipe courtesy Aida Mollenkamp

Olive oil, onion, garlic, cumin, cinnamon stick, salt, pepper, butternut squash, red potatoes, vegetable broth, chickpeas, diced tomatoes, saffron pistils, preserved lemons, green olives.

### Couscous

Adapted from Claudia Roden, *Tamarind & Saffron*, Penguin Books: Penguin Books Canada Ltd, 2000, pgs. 168-169.

Couscous, water, salt, saffron, cinnamon, apricots, fresh coriander.

### Orange and Chopped Dates Salad

Paula Wolfert, *Couscous and other Good Food from Morocco*. New York: Harper & Row, Publishers, Inc., 1973, pg 82.

Romaine lettuce, navel oranges, lemon juice, sugar, salt, cinnamon, orange flower water, dates, almonds.

### Marrakesh Mint Tea

Courtesy of Sloane Tea Company



## Dessert Recipes

### Dried Apple Pie

Amelia Simmons, *The First American Cookbook*, 1796.

Dried apples, cranberries, raisins, sugar, lime juice, candied orange peel, cinnamon.

### Pastry

Anonymous, *The Whole Duty of a Woman*, 1740.

Flour, butter, eggs, water.

### Lemon Ice Cream

Frederick Nutt, *The Complete Confectioner; or The Whole Art of Confectionary*, 1789.

Lemon peel and juice, sugar, water, whipping cream.



## TASTING OF ORANGE CREAMS WITH MYA SANGSTER

### To make Orange-Cream.

**T**AKE four Oranges, and grate the Peels into a Pint of Water, then squeeze the Juice into the Water, beat the Yolks of four Eggs very well, and put into the Water; sweeten it very well with double-refin'd Sugar, press all hard through a strong Strainer, set it on the Fire, and stir it carefully all one way, 'till 'tis as thick as Cream, then pour it into your Glasses.

Mary Kettilby, *A Collection of above Three Hundred Receipts in Cookery*, 1724

### To make Orange Cream.

**T**AKE a pint of the Juice of Sevil Oranges, and 'put to it the Yolks of six Eggs, the Whites of four, beat the Eggs very well, and strain them and the Juice together; add to it a pound of double-refined Sugar beaten and sifted; set all these together on a soft Fire, and put the Peel of half an Orange into it, keep it stirring all the while, and when 'tis almost ready to boil, take out the Orange-peel, and pour out the Cream into Glasses or China Dishes.

Eliza Smith, *The Compleat Housewife*, 1739



### ORANGE CREAM,

TAKE the juice of four Seville oranges, and the out-rind of one pared exceeding fine, put them into a tossing-pan with one pint of water, and eight ounces of sugar, beat the whites of five eggs, set it over the fire, stir it one way till it grows thick and white, strain it through a gauze sieve, stir it till it is cold, then beat the yolks of five eggs exceeding well, put it in your tossing pan with the cream, stir it over a very slow fire till it is ready to boil, put it into a bafon to cool, and stir it till it is quite cold, then put it into jelly glaffes: send it in upon a falver with whips and jellies.

Elizabeth Raffald, *The Experienced English Housekeeper*, 1769

### To make Orange Cream.

TAKE and pare the rind of a Seville orange very fine; and squeeze the juice of four oranges; put them into a stew-pan, with half a pint of water, and half a pound of fine sugar, beat the whites of five eggs and mix into it, and set them on a slow fire; stir it one way till it grows thick and white, strain it through a gauze, and stir it till cold; then beat the yolks of five eggs very fine, and put into your pan with the cream; stir it over a gentle fire till it is ready to boil; then put it in a bafon and stir it till it is cold, and put it in your glaffes.

To

E. Taylor, *The Lady's, Housewife's and Cookmaid's Assistant*, 1778



## SPONSORS

Our thanks to the following companies for their generosity in providing Competition Prizes, Door Prizes and Swag Bags

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**Cuisinart**



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