

Fort York National Historic Site • 250 Fort York Blvd, Toronto

SATURDAY, FEBRUARY 21, 2015

8th Annual

Mad for Marmalade, Crazy for Citrus!

Presented by



in partnership with



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 the 8th annual celebration of marmalade and citrus. Enjoy a citrus-themed workshop, lunch, and tastings, the Marmalade Competition as well as a tour of Fort York.

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.

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



ACKNOWLEDGMENTS

Mad for Marmalade, Crazy for Citrus 2015

Organizing Committee

Bridget Wranich, *Program Officer, Fort York, and CHC Co-Founder*
Luisa Giacometti, *Program Chair, CHC*
Michael Elliot, *Chair of Electronic Resources, CHC*
Sarah Hood, *Marmalade Competition Chair*
Kelly Nesbitt, *Administrative Coordinator, Fort York*
Cheryl Dilisi, *Fort York*

Graphic Design and Photography

Mark D'Aguiar, *Graphic Design and Photography*
Jenik Onuk, *Photography Assistant*

Prize Committee

Elizabeth Baird Sarah Hood

Workshop Presenters

Elizabeth Baird	Emily Richards	Chef Gianni Ceschia
Joanne Girimonte	Mya Sangster	Mya Sangster
Teresa Gorys	Chef Giovanni Scarchilli	

Marmalade Competition Judges

Tom Boyd	Charmian Christie	Kyla Eaglesham	Christine Manning
Dana McCauley	Marilyn Rootham	Joanna Sable	Yvonne Tremblay

Lunchtime Demonstration

Executive Chef Gino Marchetti, *Restaurante Boccaccio*

Lunch

Association of Italian Chefs of Canada and Culinary Studio

Speakers

Fina Scropo Loretta Gatto-White

Dessert Course and Refreshments

Researched and prepared by:

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

along with Fort York Volunteer Historic Cooks:

Elizabeth Baird	Brenda Dalglish	Joan Derblich	John Hammond
Ellen Johnstone	Rosemary Kovac	Peggy Mooney	Sherri Murphy
	Mya Sangster	Emma Vincent	

MORNING PROGRAM

9:30 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 Italian-themed Lunch – Chef Gianni Ceschia

12:00 pm

Italian-themed Lunch

Marmalade Competition Judging Ends



AFTERNOON PROGRAM

12:30 pm

Lunchtime Demonstration: Limoncello

Executive Chef Gino Marchetti of Ristorante Boccaccio

1:00 pm

Featured Speaker

Loretta Gatto-White: Co-editor of *Italian Canadians at Table, a Narrative Feast in Five Courses*, will read from her essay, "Where the Lemon Trees Bloom"

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

Fina Scoppo: Award-winning writer and editor, will speak on, *A Zest for Italian Cooking: Making citrus a part of the everyday kitchen*.

3:00 pm

A Taste of Historical Preserved Citrus Peels 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

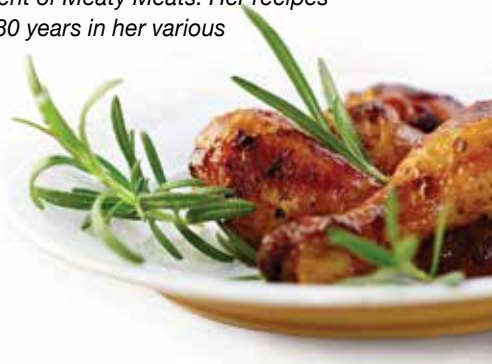
Learn How to Make Organic Citrus Pollo Al Mattone!

Joanne Girimonte

www.meatymeats.com

Learn how to make her grandmother's century old Calabrian Pollo Al Mattone recipe! Calabria—the region of Italy renowned for its hot sun, mix of arid and lush terrain—will be the influence for the flavours in this succulent dish. Participants will prepare the perfect seasoning rub for use with their own complimentary **Meaty Meats Organic Chicken Breast** to re-create the Pollo Al Mattone recipe at home! Participants will sample the delectable Pollo in all its glory and learn the history, techniques, and insights on how to prepare one of the most under-appreciated and ancient Italian dishes.

Joanne Girimonte is co-founder and president of Meaty Meats. Her recipes have been enjoyed by millions over the past 30 years in her various roles developing delectable meat dishes.



Panpepato

Elizabeth Baird

Fruitcake...only from Great Britain and the Commonwealth? Think again. From Italy, an everything-in – almonds, walnuts, honey, wine, golden raisins, candied fruit, chocolate, pepper, sweet spices and lots of fresh orange peel in what could be described as the “ultissimo” fruitcake. Panpepato, a chic year-round treat, as good with an espresso as a shot of something to make you giddy. Participation class with tasting and take-home.

Elizabeth Baird is a marmalade enthusiast, a volunteer Historic Cook at Fort York, National Historic Site and cookbook author.



Crostata di Marmellata

Emily Richards

Emily shares her family recipe in this workshop for this traditional jam tart known for its simple crust that after baking gets softer and richer with flavour. An impressive dessert to make for family and friends.

Emily Richards is a professional home economist and food writer. She has taken her love of food from restaurant and test kitchens to television and teaching kitchens. Emily's latest cookbook “Per La Famiglia” (Fall 2015) celebrates her Italian heritage and love of food and family.



Orange Cheesecakes

Mya Sangster

Join Mya in the 1826 Officers Mess Kitchen for an intimate hands-on workshop. Using an original recipe for Orange Cheesecakes—which are not cake at all, but instead a kind of tart. Learn the history and the traditional techniques to make this most curious “cake”.

Mya Sangster is a volunteer Historic Cook at Fort York National Historic Site and a Culinary Historian



Italian Marmalades

Chef Giovanni Scarchilli

Italian marmalades with tangerines, oranges, lemons and honey—marmellata or confettura—is a tradition found all over the peninsula. It's usually eaten for breakfast on fette biscottate or turned into crostata (jam tart). Marmellata di limoni is made where you find profuse amounts of lemons, such as along Campania's Amalfi coast, where the lemons grow larger and sweeter than anywhere else, and Sicily, where lemons have been growing since the Middle Ages, one of the many exotic and beautiful things brought to the island from the Middle East when it was an Arabic island.

Chef Giovanni Scarchilli has been a professional chef for over 25 years and is currently the President of the Association of Italian chefs. He is also owner of Mt. Vesuvio Restaurant in Brampton.



Citrus Biscotti

Teresa will be showing us the Italian art of making delicious citrus biscotti in this hands-on workshop.

Teresa Gorys has been a pastry maker for many years and knows her Italian sweets. She is the owner of Sweet Obsessions.

Northern and Southern Use of Citrus in Recipes

Chef Gianni Ceschia

The citrus flavours of the south were brought to the north through migration. Gianni will show us two recipes that will highlight the similarities and differences of the two sides of Italy's love of food—a northern delicacy of piccata al limone and a southern dish of citrus flavoured meat rolls.

Gianni Ceschia has held Executive Chef and Chef positions in several restaurants and catering companies in the greater Toronto area since arriving in Canada in 1979. Gianni is known for having founded the Country Kitchen Catering in Woodbridge in 1986 and is the owner/operator of the Culinary Studio since 1999.



How to Make Italian Ice Cream with Lemon and Orange

Chef Paganelli

Italian ice cream has a long history with origins in China and the Arab world. Chef Paganelli will be recounting the history of this treat and showing us how to make refreshing ice cream without cream or milk.

Chef Paganelli's inspiration came from his enjoyment of "mamma's" cooking. Growing up and working beside his mother in the small family business of gastronomy at the age of fifteen, his passion of Northern Italian cuisine flourished and he eventually opened his own restaurant. Gabriele has trained in Bologna and devoted himself to the art of cooking. He owns Romagna Mia restaurant and is the recipient of numerous culinary awards.



WORKSHOP LOCATIONS

Workshop

Crostata di Marmellata

Orange Cheesecakes

Italian Ice Cream

Panpepato

Citrus Biscotti

Organic Citrus Pollo al Mattone

North and South Italian Use of Citrus

Italian Marmalades

Location

South Soldier's Schoolroom

Officers' Mess Kitchen

Centre Blockhouse, Upstairs

Officers' Quarters, Day Kitchen

Orientation Room

East Block House

North Soldiers' Barracks

Centre Blockhouse, Downstairs

See enclosed map of Fort York



MARMALADE COMPETITION



Four 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 one lemon per four 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, pomelo, oroblanco or Buddha's hand, individually or combined.

3. Citrus Preserves

Any spreadable preserve (conserve, chutney, jam, curd, jelly, marmalade, etc.), with any ingredients whatsoever, as long as at least one citrus fruit is a key component.

4. Baking with Marmalade

Home-baked goods with marmalade as an important ingredient.

Marmalade Competition Criteria

Pure Seville Marmalade

Appearance: Attractive colour, clear, little to no foam, few or no bubbles.

Aroma: Pleasing aroma, characteristic of Seville oranges, no off odor.

Taste: Pleasing natural flavour, characteristic of Seville oranges, neither too candy-like nor too bitter, no off taste.

Texture: Set firm enough to hold shape but tender enough to spread. Not rubbery, gummy or syrupy.

Peel: Cut into attractively fine and even pieces, evenly distributed, good proportion of rind to jelly, translucent to clear, tender; not chewy.

Citrus Marmalade

Appearance, Texture and Peel: As above

Aroma and Taste: Pleasing, balanced, natural, with the presence of all key ingredients being apparent but not overwhelming, no off odor or taste

Originality

Citrus Preserves

Appearance: Appropriate to the type of preserve in question. Attractive colour. For jelly, jam, marmalade: clear, little to no foam, few or no bubbles.

Aroma and Taste: As above

Texture: Appropriate to the type of preserve in question.

Originality

Baking With Marmalade

Appearance: Pleasing presentation, embellishment, decoration, shape, size, colour and condition of the visible surface.

Taste: Pleasing flavour appropriate to the type of product in question, pleasing harmony of citrus with other flavours, no off taste.

Texture: Good grain, crumb or crust texture appropriate to the type of product in question. Good distribution and texture of any nuts, raisins, peel, pleasing texture of any filling, icing, etc. Good mouth feel.

Marmalade Content: Marmalade flavour, aroma clearly apparent.

Originality

Competition Prizes

Best in Show Prize: A surprise package that includes a pair of passes to the Paddington movie from Cineplex

First place (all categories): \$25 in a vintage Crown jar

Second place (all categories): *Pucker: A Cookbook for Citrus Lovers* by Gwendolyn Richards (Whitecap Books, 2014)

Third place (all categories): Sticker You dissolvable stickers from Bernardin

Competition Judges

Pure Seville Orange Marmalade

Marilyn Rootham, a registered dietitian, started her family owned and operated preserving company, Rootham Gourmet Preserves, in 1983. The Guelph-based the company produces award-winning preserves for sale, private labelling and corporate gifts.

Yvonne Tremblay, five-time Grand Champion Jam & Jelly Maker (Royal Agricultural Winter Fair), is the author of *Prizewinning Preserves, 250 Home Preserving Favorites* and co-author of *Best of Bridge Home Preserving*.

Citrus Marmalade

Charmian Christie is the author of *The Messy Baker: More than 75 Delicious Recipes from a Real Kitchen*. A regular on CTV, she's appeared on Canada AM, CBC's Steven & Chris and CBC Radio.

Joanna Sable is a Cordon Bleu-trained chef and food consultant who has owned her own catering company and a gourmet canning company, the Bumpercrop; she also works with her mother Myra Sable's Sable and Rosenfeld foods.

Citrus Preserves

Christine Manning's Manning Canning makes a selection of award-winning preserves from local produce. She entered her first award competition at Mad for Marmalade 2013, walking away with two second-place ribbons.

Tom Boyd, who learned canning at his family's country home near Belleville, has won top preserving prizes at the Royal Agricultural Winter Fair, including Grand Champion (2011) and first place for marmalade (2011 and 2014).

Baking with Marmalade

Pastry Chef Kyla Eaglesham won her first baking contest at the age of six. Madeleines: Her Bespoke Pastry Production Kitchen, supplies fine food markets, restaurants, hotels and the public. She appears monthly on CBC's Steven & Chris.

Dana McCauley is a marketing executive who specializes in taking ideas from concept to grocery store shelf. Trained as a chef at the Stratford Chefs School, she has served as a national magazine food editor and a judge on Recipe to Riches.

REFRESHMENTS



Morning

Almond Biscotti

Emily Richards, *Per La Famiglia*, Fall 2015.

Ingredients: flour, baking powder, whole almonds, eggs, sugar, butter, vanilla, almond extract, orange zest.

Lemon Butter (Curd) Tarts

Lemon Butter:

Grace E. Denison, (Lady Gay of Saturday Night), editor, *The New Cook Book, Tested and Proven Recipes by the Ladies of Toronto and other Cities and Towns*, 1906.

Ingredients: Lemon juice and zest, sugar, butter, egg yolks.

Rich Short Pastry

Lake of the Woods Milling Company Ltd., *Five Roses Cook Book*, 1915.

Ingredients: flour, butter, egg yolks, lemon juice.

Pound Cake

Anonymous, *The Lady's Companion*, 1753, page 212.

Ingredients: butter, sugar, flour, eggs, lemon zest, brandy.

Lunch Menu

Prepared by the Association of Italian Chefs of Canada and Culinary Studio

Lemon Spaghetti

Ingredients: Spaghetti, lemon, panna, roast drippings.

Chicken with Orange

Ingredients: Braised chicken breasts, oranges, onions, carrots, celery, extra-virgin olive oil.

Green Beans with Lemon and Almonds

Ingredients: Green beans, slivered almonds, lemon, salt, pepper, olive oil.

Dessert:

Beignet with Orange or Lemon

Ingredients: Orange or lemon, milk, (or half and half), sugar, eggs, flour



Dessert Recipes

Royal Ice Cream

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

Eggs, lemon zest, sugar syrup, cream, orange flower water, preserved citron, lemon and orange peel, pistachio nuts.

Orange Biscuits

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

Blanched almonds, orange zest, egg whites, sugar.

Lunchtime Demonstration



How to Make Limoncello Executive Chef Gino Marchetti

Chef Marchetti will show us how lemon, alcohol, water and sugar creates a delectable aperitif or digestive for the palate during our lunch and will finish off with a refreshing taste of limoncello.

Chef Gino Marchetti, is executive chef of *Ristorante Boccaccio*. Chef Marchetti, is classically trained and studied at the famed *Villa Santa Maria* school in Italy.

Tasting of Historical Preserved Peels with Mya Sangster

A Florendine of Oranges or Apples.
CUT half a Dozen of *Seville* Oranges in two, save the Juice, take out the Pulp and lay them in Water for twenty four Hours, shift them three or four Times, then boil them in three or four Waters, in the fourth put to them a Pound of fine Sugar and their Juice: Boil them to a Syrup, and let them stand in this Syrup in an earthen Pot When you use them cut them in thin Slices. To ten Pippins pared, quartered and boiled up in Water and Sugar, put two of these Oranges, lay them on your Puff-paste in a Dish as before.

A Florendine of Oranges or Apples. Anonymous, *Whole Duty of a Woman*, 1740



TO PRESERVE ORANGES

You must cut your oranges in half and pare them a little round about. Let them lie in water four or five days. You must change the water once or twice a day. And when you preserve them you must have a quart of fair water to put in your sugar, and a little rose water. Set it on the fire and scum it very clean. Put in a little cinnamon and put in your oranges. Let them boil a little while and take them out again. Do so five or six times, and when they be enough, put in your oranges and let your syrup stand till it be cold. Then put your syrup into your oranges.

To Preserve Oranges

Thomas Dawson, *The Good Housewife's Jewel*, 1596.



A Book

These will serue to bake or make tartes all the yere.

To preserue Orenge, Lemmons, and Pomecitrons.

First haue your Orenge finely, and put them into water two dayes and two nights, changing your water thre times a day then perboyle the in thre seuerall waters, the take so much water as you think conuenient for y quantity of your orenge the put in for euery pound of Orenge, one pound & a half of sugar into the water, and put in two whites of Eggs & beat them altogether, then let them on y fire in a b:asse vessel, and when they boile, scum them very clean, and clense them through a Tellye bag, then set it on the fire & put in the orenge. Use walnuts in like manner, and vse Lemmons & Pomecitrons in like sort, but they must lye in water but one night.

To preserue all kind of fruits that they shall not break in the preseruing.

TAke a Platter that is plaine in the bottom and lay Sugar in the bottom, then Cherries or any other fruit, and so betwixen euery row you lay, throw sugar and set it vpon a pots head, and couer it with a dish, and so let it boyle.

FINIS.

To preserve Orenge, Lemmons and Pomecitrons.

A.W., (untitled book), 1591

SPONSORS

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



Canadian Living



whitecap



PENGUIN RANDOM HOUSE



truvia



NUMAGE
TRADING Inc.
Importers & Distributors of Fine Foods



 HarperCollinsCanadaLtd