

*Culinary Historians of Canada in partnership with  
Fort York National Historic Site*

**6<sup>th</sup> Annual**

**MAD FOR MARMALADE, CRAZY FOR CITRUS!**

**Saturday, February 23, 2013**



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

Pages 2-3	Marmalade Program	Page 9	Donors & Gift Bags
Pages 4-5	Marmalade Workshops	Pages 10-12	Recipes
Page 6	Workshop Locations	Page 13	Acknowledgments, 2014 Planning
Pages 7-8	Marmalade Competition		

*Culinary Historians of Canada*

**FORT  
YORK**  
NATIONAL  
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— SITE —

Page 1

## 2013 PROGRAMME

9:00 Registration opens in Fort York Canteen Museum Store

Refreshments start in Blue Barracks

Marmalade Competition entries accepted until 9:55 am

Silent Auction opens

10:00 Welcome and Introductions

**Amy Scott**, Vice President, Culinary Historians of Canada

**Bridget Wranich**, Program Officer for Historic Foodways, Fort York

Judging starts for Marmalade Competition

10:30 Marmalade Workshops start – see map for locations

11:30 Workshops end

Free time to explore the Marmalade Marketplace, Fort York, &  
the Canteen Museum Store

11:45 Florida Citrus Cooking Demo – **Chef Emily Richards**



12:00 Citrus-themed Lunch

Marmalade Competition Judging Ends

1:00 Announcement of Marmalade Competition Winners

1:15 Historical Preserving Methods – **Mya Sangster**

1:30 Modern Safe Preserving Methods – **Chef Emerie Brine**



2:00 Dessert

Marmalade Competition Room Open for Viewing

(over)

2:30 Keynote Speaker **Mark Morton**

"The Fruits of My Labour: Why Apricots are Precocious and Plums are Perfect"

**Mark Morton** is Senior Instructional Developer (Emerging Technologies) at the Centre for Teaching Excellence, University of Waterloo. He is the author of several books, including *Cupboard Love: A Dictionary of Culinary Curiosities*; *The Lover's Tongue: A Merry Romp through the Language of Love and Sex*; *Cooking with Shakespeare* (with Andrew Coppolino)

3:30 Silent Auction Closes

Door Prize Draws

Silent Auction Winners Announced

Closing Remarks

Marmalade Marketplace closes

4:00 Tours of Fort York (optional) – starting at Blue Barracks



## 2013 MARMALADE WORKSHOPS

### Lemon Tart – Sweet Variations

✂ *Slava Iwasykiw, Co-owner & Chef, Lemon Meringue Catering* [www.lemonmeringue.com](http://www.lemonmeringue.com)

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.

### Tips for Blue-Ribbon Marmalade

✂ *Sarah B. Hood, Journalist & Preserving Cookbook Author* [www.sarahbhood.com](http://www.sarahbhood.com)

Author and prize-winning marmalade maker Sarah B. Hood discusses the finer points of marmalade making and strategies for entering your preserves in competition, with advice gathered from online food writers in three countries. Sample two of last year's prize-winning marmalades!

**Sarah B. Hood** is a Toronto journalist. Her latest book is *We Sure Can! How Jams and Pickles are Reviving the Lure and Lore of Local Food*.

### Citrus in 1906 Berlin Ontario

✂ *Carolyn Blackstock* [366dayswiththeberlincookbook.wordpress.com](http://366dayswiththeberlincookbook.wordpress.com)

Find out how citrus was used in one community cook book in 1906 Ontario. Who contributed the citrus recipes for the 1906 Berlin Cook Book? What do they taste like? Sample Mrs. Rittinger's Citron Preserves and Mrs. Bricker's Pear Marmalade plus a few other surprises.

**Carolyn Blackstock** spent 2012 cooking every evening from the 1906 Berlin Cook Book and writing about it in her blog called *366 Days with the Berlin Cook Book*. She's worked at a variety of historic sites and museums in Ontario over the past 25 years.

### Tea and Treats – Notes of Citrus

✂ *Hoda Paripoush, Tea Sommelier, Sloane Fine Tea Merchants* [sloanetea.com](http://sloanetea.com)

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

**Hoda Paripoush** is a Certified Tea Sommelier and director of Sloane Fine Tea Merchants.



## The Magic of Marmalade in Baking

✂ *Jan Main, Culinary Teacher, Toronto District School Board*

Learn how to add pizzazz to your baking with marmalade and candied peel made using the method of receipts from the 18th and 19th centuries from the Fort York kitchens. Loaves, cakes and confectionary will be covered and sampled.

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

## Making Marmalade 101

✂ *Elizabeth Baird, Marmalade Enthusiast*

Learn everything you need to know about making the perfect citrus marmalade, from cutting the peel to getting the perfect set to the jelly. Hands on; please bring a sharp chef's knife.

**Elizabeth Baird** is a Volunteer Historic Cook at Fort York National Historic Site. She is past Executive Food Editor at *Canadian Living* magazine.

## A Florendine of Oranges

✂ *Mya Sangster, Volunteer Historic Cooks*

Explore the making of "a Florendine of Oranges", a tart of apples and candied orange peel, elaborately decorated, with a history stretching back to the 17<sup>th</sup> century.

**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. She is passionate about food history and down hearth cooking.

## Marmalade Roly-Poly Pudding

✂ *Rosemary Kovac, Volunteer Historic Cooks*

Rediscover the lost art of making roly-poly puddings. This traditional English pudding is a dough spread with jam or marmalade, rolled up, tied in a pudding cloth and boiled to perfection.

**Rosemary Kovac** is a Volunteer Historic Cook at Fort York, cooking behind the scenes and researching historic recipes. She has also been a Volunteer Historic Cook at Spadina Historic House & Gardens.

## WORKSHOP LOCATIONS

<b>A Florendine of Oranges</b>	Officer's Mess Kitchen
<b>Marmalade Roly-Poly Pudding</b>	Commandant's Kitchen, Officers' Quarters
<b>Making Marmalade 101</b>	East Blockhouse
<b>Tea and Treats</b>	North Soldiers' Barracks, Soldiers' Barrack Room
<b>Lemon Tart – Sweet Variations</b>	Top Floor, Centre Blockhouse
<b>Citrus in 1906 Berlin</b>	Bottom Floor, Centre Blockhouse
<b>Blue Ribbon Marmalade</b>	South Soldiers' Barracks, School Room
<b>Magic of Marmalade in Baking</b>	North Soldiers' Barracks, Orientation Room

**See enclosed map of Fort York**



# 2013 MARMALADE COMPETITION

All are welcome to enter!

## FOUR MARMALADE CATEGORIES

1. **Pure Seville Orange Marmalade** – Marmalade made exclusively of Seville oranges, or marmalade made primarily with Seville oranges, but can include lemons at a ratio of no more than 2 lemons per 8 Seville oranges.
2. **Citrus Marmalade** – marmalades made exclusively from other citrus fruit such as oranges, lemons, 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 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).
4. **Baking with Marmalade** - home-baked goods with marmalade as an important ingredient.

## COMPETITION RULES

**Individuals may submit one entry in two (2) categories.**

Entries in the preserves categories must:

- have been made within the last 12 months.
- be in standard clear glass jars of 125 mL, 250 mL or 500 mL sold for the purpose of home-preserving, that is, preserving jars with new lids and intact bands or with glass tops with rubber bands.
- be properly sealed. Unsealed jars or products showing signs of spoilage will not be judged.
- have no labels or other identifying marks.
- be accompanied by a copy of the recipe.
- give credit to the recipe source (i.e. family or personal original recipe, or product recipe originating in material provided by a commercial company, or cookbook, or magazine, newspaper or internet source).

Entries in the baking category must:

- have no labels or other identifying marks.
- be accompanied by a copy of the recipe.
- give credit to the recipe source (i.e. family or personal original recipe, or product recipe originating in material provided by a commercial company, or cookbook, or magazine, newspaper or internet source).

## 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 or Clearness:** clear, usually sparkling, transparent, free of sediment, cloudiness, or crystals
- **Colour:** natural orange, yellow or other natural colour depending on 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 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

## MARMALADE COMPETITION PRIZES

	Gold	Silver
Pure Seville	\$25 and Global Paring Knife	Emile Henry Salt Pig
Pure Citrus	\$25 and Global Paring Knife	Emile Henry Salt Pig
Citrus Combo	\$25 and Global Paring Knife	Emile Henry Salt Pig
Baked Goods	\$25 and Global Paring Knife	Emile Henry Salt Pig
Grand Prize	Basket of Cook's Goodies: includes Bernardin jars, olive-wood reamer, microplane grater, & <i>Canadian Living: The Complete Preserving Book</i>	

**Thank you to Browne Ltd., Bernardin and Canadian Living for generously providing the competition prizes.**

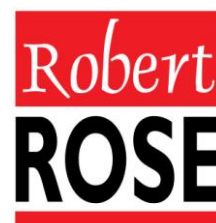


## COMPETITION PRIZES, DOOR PRIZES & GIFT BAGS

Our thanks to these companies for their generosity!



RANDOM  
HOUSE  
CANADA



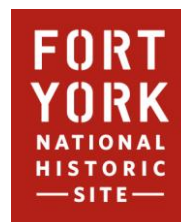
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ARSENAL  
PULP PRESS

All attendees receive a *Canadian Living* bag and a copy of *Canadian Living* magazine, a Bernardin bag with canning lids and headspace gauge, a 9" Cuisinart springform pan, and a Florida Citrus bag with a Florida grapefruit and recipe cards.

*Culinary Historians of Canada*



## MORNING REFRESHMENTS

### *Assorted Historical Marmalades from the Fort York Kitchen*

*Served with toasted English Muffins*

## LUNCH RECIPES

### *Hot Spiced Chicken*

*(Chicken thighs, salt, garlic, cayenne pepper, turmeric, olive oil, onions, cloves, cumin, coriander, tomato puree, water, lemon juice)*

Eccles, Richard, editor, Recipes with a Citrus Twist, (Penrith, UK: Reeds Printers, 2008), p. 23.

### *Chickpea Florida Citrus Infused Couscous Salad*

*(grapefruit juice, orange juice, honey, garlic, couscous, chickpeas, red pepper, cucumber, mint, apple cider vinegar, canola oil)*

Courtesy of Florida Citrus.



### *Mixed Green Salad with Orange Dressing*

*(mixed greens, orange juice, lime juice, sugar, shallots, tarragon, olive oil)*

Eccles, Richard, editor, Recipes with a Citrus Twist, (Penrith, UK: Reeds Printers, 2008), p. 23.

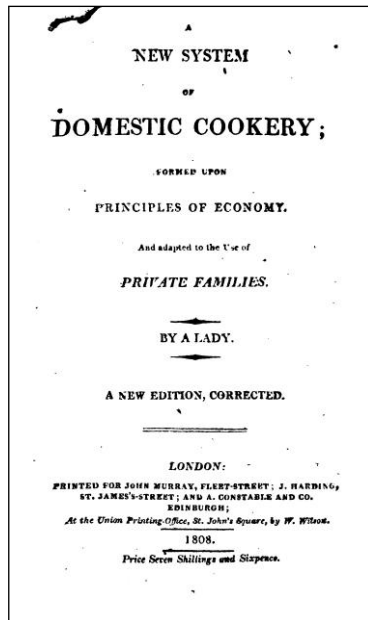
### *Chocolate Florida Orange Brownies*

*(brownies: butter, unsweetened chocolate, Florida orange juice, sugar, eggs, vanilla, all-purpose flour, chocolate chips; sauce: Florida orange juice, orange marmalade, brown sugar )*

Courtesy of Florida Citrus.



## DESSERT RECIPES

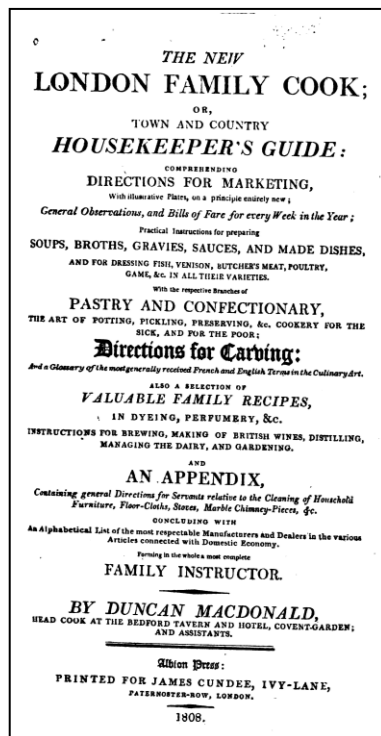


### *Burnt Cream*

Rundell, Maria. A New System of Domestic Cookery. London: John Murray, 1808, p. 191.

### *Burnt Cream.*

Boil a pint of cream with a stick of cinnamon, and some lemon-peel; take it off the fire, and pour it very slowly into the yolks of four eggs, stirring till half cold; sweeten, and take out the spice, &c.; pour it into the dish; when cold, strew white pounded sugar over, and brown it with a salamander.



### *Pound Cake*

MacDonald, Duncan. The New London Family Cook. London: Albion Press, 1808, p. 297.

### *Pound Cake.*

Weigh a pound of flour, one of lump sugar sifted, one of currants, and the rind of two lemons grated; mix all together by rubbing them between your hands; then put a pound of butter into a wooden bowl; set it before the fire to soften, if the weather be cold; when the butter is a little soft, beat it up with the hand till like cream; break ten eggs into a proper sized deep pan; whisk them up till quite frothy; then put one-third of them to the butter, and beat them up with the hand till well mixed; then put in half what is left, and mix till it sticks to the bowl; then put in the remainder, and mix it well up; when it sticks to the bowl you may know it is well mixed, and light; then put in the flour, &c. and mix well together; have cake-hoops or moulds papered, and put them in the oven; the oven should be about the same as when the bread is just drawn; if a larger cake, of course the oven must be rather hotter.

## Pound Cake

Anon. *The Lady's Companion*. London: J. Hodges, 1753, p. 212.

## Another Way

*Take a Pound of Flour, one of Sugar, one of Butter, eight Eggs, Whites and all, the Rind of a Lemon grated, three Spoonfuls of either Sack or Brandy, work your Butter with your Hands till it comes to a Cream, then put in the other Things by Degrees, and keep stirring it till you put it into you Pan, so bake it an Hour and Half in a quick Oven, and cover the Top with Paper.*





## ACKNOWLEDGEMENTS

LUNCH was prepared by PETER ZALEWSKI, Certified Chef de Cuisine, Berkley Hospitality. Dessert course and marmalades researched and prepared by Fort York's Program Officer for Foodways, BRIDGET WRANICH, as well as Volunteer Historic Cooks ELIZABETH BAIRD, JOAN DERBLICH, KRYSTAL FORSYTH, JOHN HAMMOND, ALEXANDRA KIM, ROSEMARY KOVAC, ELLEN JOHNSTONE, JAN MAIN, MYA SANGSTER, & KATHRYN TANAKA.

Many thanks to MARK D'AGUILAR (Volunteer Cook at Fort York) for use of his photographs.

The 2013 Maq for Marmalade, Crazy for Citrus Organizing Committee:

ELIZABETH BAIRD (Volunteer Cook at Fort York), PAT CROCKER (Marmalade Competition Organizer), ELIZABETH DRIVER (CHC Programme Chair), ROSEMARY KOVAC (Volunteer Cook at Fort York), KELLY NESBITT (Administrative Coordinator, Fort York), MYA SANGSTER (Lead Volunteer Cook at Fort York), AMY SCOTT (CHC Vice President & Membership Chair), and BRIDGET WRANICH (Program Officer at Fort York, and CHO Co-Founder). Our thanks to CHERYL DILISI (Museum Store Coordinator, Fort York) and Kelly Nesbitt for handling registration and assisting with event administration.

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

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 programmes, 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.

Would you like to help plan the 2014 program?

Please identify yourself to either Bridget Wranich (416-392-6907 x225) or Amy Scott (416-557-5090).

Mark Your Calendars: February 22, 2014!