

Culinary Historians of Ontario

Winter 2004 – Number 39

Gone to Market Toronto's St. Lawrence Market Celebrates 200 years!

WHEREAS great prejudice hath arisen to the inhabitants of the Town and Township of YORK, and of other adjoining Townships, from no place or day having been set apart or appointed for exposing publicly for Sale, Cattle, Sheep, Poultry, and other Provisions, Goods and Merchandize, brought by Merchants, Farmers, and others, for the necessary supply of the said Town of YORK; AND WHEREAS great benefit and advantage might be derived to the said inhabitants and others, by establishing a Weekly Market within that Town, at a place and on a day certain for the purpose aforesaid – KNOW ALL MEN, That I, PETER HUNTER, Esquire, Lieutenant governor of said Province, taking the Premises into consideration, and willing to promote the interest, advantage and accommodation of the Inhabitants of the Town and Township aforesaid, and of others His Majesty's Subjects within said Province, by and with the advice of the Executive Council, thereof, have ordained, erected established and appointed and do hereby ordain, erect, establish and appoint, A PUBLIC OPEN MARKET, to be held on SATURDAY, in each and every week during the year, within the said Town of YORK...for the purpose of exposing for Sale, CATTLE, SHEEP, POULTRY and other Provisions, GOODS, and MERCHANDIZE, as foresaid.

This declaration in the *Upper Canada Gazette* on October 26, 1803, gave birth to what we now know as St. Lawrence Market, which is celebrating its 200th year of operation. On November 1 the provincial government unveiled an anniversary plaque in the North Market.

The first market day was Saturday, November 5, 1803, at the corner of New and Market Streets. It was completely open air for many years; in 1820 an advertisement in the *Gazette* sought tenders for a market house. In 1824 the square was closed in on three sides with a picket fence.

In 1803 the people of York did not need to be reminded that eating is, as Anita Stewart says, “an agricultural act.” Prior to the establishment of the market there was no formal meeting place or date for farmers and townspeople to come together and transact business. A farmer with surplus potatoes had no established place to take them. Combing through the earliest issues of the *U C Gazette* one finds advertisements for imported goods at local shops. Alcohol is an early and frequent entry in these advertisements, but produce is all but invisible. One amusing exception is the announcement that honey could be purchased at the *Gazette's* offices. Perhaps an editor with a sweet tooth was coaxed into an informal arrangement?

Once an official market was established it was easier for authorities to regulate prices. During the conflict with the US the price of one pound of butter was set at one shilling, three pence. In 1814 the magistrates set the prices for the military authority to pay for various staples. In 1822 the price of a pound of butter had dropped to about a third of the 1814 price - 7½ pence.

continued on page 7

OUR NEW ADDRESS:

Culinary Historians of Ontario
260 Adelaide Street East, Box 149
Toronto, ON M5A 1N1

Located at historic Toronto's First Post Office.

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Recipe for Mid-Winter: "Genuine Scotch Marmalade"

Eliza Acton, *Modern Cookery for Private Families*, Lewes, England: Southover Press, 1993, page 438. [Non-facsimile reprint of 1855 edition, with introduction by Elizabeth Ray.]

Take some bitter oranges, and double their weight of sugar; cut the rind of the fruit into quarters and peel it off, and if the marmalade be not wanted very thick, take off some of the spongy white skin inside the rind. Cut the chips as thin as possible, and about half an inch long, and divide the pulp into small bits, removing carefully the seeds, which may be steeped in part of the water that is to make the marmalade, and which must be in proportion of a quart to a pound of fruit. Put the chips and pulp into a deep earthen dish, and pour the water boiling over them; let them remain for twelve to fourteen hours, and then turn the whole into the preserving pan, and boil it until the chips are perfectly tender. When they are so, add by degrees the sugar (which should be previously pounded), and boil it until it jellies. The water in which the seeds have been steeped, and which must be taken from the quarters apportioned to the whole of the preserve, should be poured into a hair-sieve, and the seeds well worked in it with the back of a spoon; a strong clear jelly will be obtained by this means, which must be washed off them by pouring their own liquor through the sieve in small portions over them. This must be added to the fruit when it is first set over the fire.

Eva's Modern Equivalent

| | | |
|---------|----------|---|
| 2.5 lbs | 1 kg | Seville oranges (= 6 or 7 good-sized fruit) |
| 5 lbs | 2 kg bag | granulated sugar |
| 10 cups | 2.5 L | water |

Scrub oranges in warm soapy water, rinse thoroughly and dry. Score peel of each orange into quarters and separate from fruit. Scrape excess white pith from peel if desired. Slice each quarter into thin strips and chop strips into half-inch chips. Place prepared peel into large enamelled preserving kettle. Finely chop orange segments, reserving all pips. Place pips into bowl, cover with ½ cup water, and set aside to soak overnight to form a thick clear jelly from its natural pectin. Add chopped pulp to peel. Bring remaining 9½ cups of water to boil and pour into preserving kettle; soak peel and pulp overnight. In morning, empty jelly into sieve held over kettle and squeeze pips with back of spoon. Rinse all jelly clear of pips using some of fruit mixture, and discard pips. Stir jelly into fruit and bring to boil; reduce heat and simmer uncovered for 2 hours until peel is soft and translucent. Stir in sugar; when dissolved increase heat to maximum. Boil hard, stirring frequently, until jelly sets, approximately 15 minutes. Remove from heat and place in sterilized jars following manufacturer's instructions. Makes 10 to 12, 8-oz jars.

Eva's Historical Notes

The Scots are known for their appreciation of a good orange marmalade, hence the English cookbook writer Eliza Acton titled her recipe to tip off her readers that this is the real stuff! From the 1490s a conserve of *marmelo* (quince, a fruit full of natural pectin) called *marmelada* was being exported to the continent from Portugal. Soon any fruit, such as pears and peaches set with pectin-rich apples, were being made into "marmalades." The Dundee grocer James Keiller and his wife Janet are often erroneously credited with the invention of orange marmalade in the late 1700s, even though English and Scottish manuscripts from the 17th century carry the recipe, albeit in a smooth conserve form. It is more likely that the Keillers were the first to produce it commercially on a large scale in its shredded-peel form. The bitter Seville orange, not the sweet orange, should be used to make Acton's marmalade; they are recognized by their bright orange colour, dimpled stem end and cratered skin. They are rich in natural pectin. For a short period in January and February they are available in Ontario. Historically they were imported from Spain, but today most of the fruit grown for the North American market comes from Arizona.

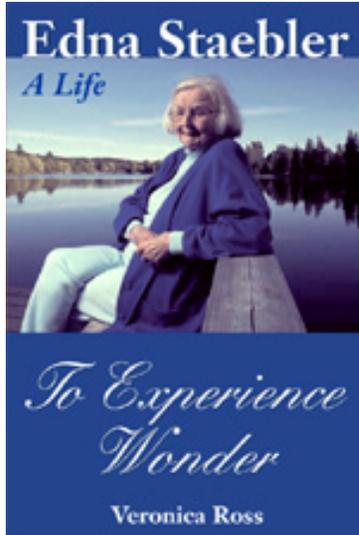
For more on marmalade see C. Anne Wilson, *The Book of Marmalade: Its Antecedents, Its History and Its Role in the World Today*, London: Constable and Company, 1985.

Eva MacDonald is Chair of CHO's Programme Committee.

PASSAGES

Happy Birthday Edna

Edna Staebler will turn 98 on January 15. A biography is now in bookstores.



CHO salutes Edna on the occasion of her birthday and the appearance of an important biography of her life. She wrote many books, including *Food That Really Schmecks* (1968). She received a lot of recognition, starting with the Canadian Women's Press Club Award in 1950 for outstanding journalism. Among the awards associated with her culinary writing are the Silver Ladle Award from the Toronto Culinary Guild in 1991 and Cuisine Canada's first highest honour, The Edna, named for her in 2000. She established The Edna Staebler Award for Creative Non-Fiction in 1991 for the first or second book of a Canadian writer. And, since 1995, Schneider Haus in Kitchener has awarded the Edna Staebler Research Fellowship to a local historian undertaking original research. In 1996 she received the Order of Canada.

See Christine (Lupton) Ritsma's talk with Edna in our second issue, Autumn 1994, and Rose Murray's brief bio at www.cuisinecanada.ca/html/ednastaebler.html.

Veronica Ross, *To Experience Wonder: Edna Staebler, A Life*, Dundurn Press, 2003, 328 pages, ISBN 1550024620, \$35.

Alan Davidson, 1924 – 2003

Diplomat, prolific food writer, novelist, publisher, editor, founder of Prospect Books, *Petits Propos Culinaires* and Oxford Symposium on Food and Cookery

Alan Davidson died in England on December 2, at age 79. He was the founder of Prospect Books (1979), which specialized in food books, especially reprints of old cookery books, and its associate semi-academic journal *Petits Propos Culinaires* (1979), aka *PPC*, with Elizabeth David and Richard Olney. He also founded the annual Oxford Symposium of Food and Cookery at St. Anthony's College. He wrote the essential reference book *The Oxford Companion to Food* (1999), and several books on seafood: *Mediterranean Seafood* (1972), *North Atlantic Seafood* (1979), *Seafood of South East Asia* (1979), plus others. His last book was *Trifle*, with Helen Saberi (2001).

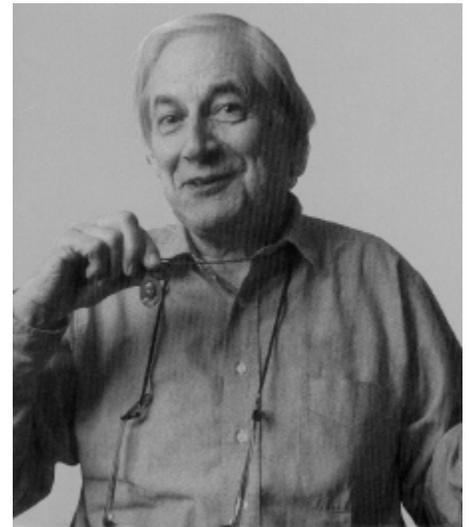
Davidson's career was as a diplomat, first in Washington, where he met his wife Jane Macatee, and then in The Hague, Cairo, Tunis, Brussels, and Laos. Mrs Davidson participated equally in many culinary projects, particularly Prospect Books and *PPC*.

"[He] was an engaging polymath in all matters of food. A writer of distinction, he was not just interested in cookery, but also its lore, ethnography and history, as well as the taxonomy of edible species." As Ambassador to Laos, "an especially turgid, yet delicate, negotiation with the Pathet Lao [communist insurgents] was transformed by his queries about snakehead fish that swim in the rice paddies, unstopping a happy vein of reminiscence from the opposition leader." "His mindset was questing pragmatism, leavened by surreal puckish humour."

Tom Jaine, obituary, *The Guardian*, December 4. (See <http://books.guardian.co.uk/obituaries>)

"A reader doesn't go to Mr Davidson's *Companion* to find the essentials so much as to be delighted and painlessly instructed, to share his wide-ranging intelligence and come round to his view that food is the most satisfying study of all."

John Allemang, obituary, *The Globe and Mail*, December 20, p F9.



This was Upper Canada – not the Old South!

To be sold,
A Healthy, strong Negro WOMAN,
 about 30 years of age; understands
 Cookery; Laundry, and the taking
 care of Poultry. N. B. She can Dress
 Ladies Hair.—Enquire of the Printers.
 York, Dec. 20, 1800.

For sale, for three years, from the 29th
 of this present month of July,
A Negro Wench,
 Named Chloe, 23 years old, understands
 washing, cooking, &c. Any gentleman
 wishing to purchase, or employ her by
 the year or month, is requested to apply
 to
ROBERT FRANKLIN,
 at the receiver general's,
 Newark, July 25, 1795. 34ff.

Culinary historians who research the foods of early Ontario look at recipes from Anglo-American, French and German sources. But how often do we consider dishes that emerged from the kitchens of slave cooks who came here from the Thirteen Colonies with Loyalist refugee families? The cooks' origins were in Africa, and their cooking surely reflected these origins, albeit filtered through the demands of their white owners. The above advertisements for slaves who "understand cookery" were published in the *Upper Canada Gazette* in 1795 (Newark/ Niagara on-the-Lake) and in 1800 (York/Toronto). I have begun to look into the training, status and responsibilities of cooks who were brought to Upper Canada from the former British colonies to the south, and the influence they had on the foods that were grown and consumed. Any information about manuscript or printed sources that may shed light on these questions will be gratefully received! **Mary Williamson:** maryfw@yorku.ca.

TWO QUERIES from a member

When was cake flour introduced?

Cake and pastry flours are ground from soft winter wheat. They are particularly suited for tender baked goods because of their high starch and low gluten (protein) content. Bread flour is made from hard spring wheat, which contain a lot of gluten that helps to support the yeast in the rising process. All-purpose flour is a combination of soft and hard wheats.

For much of the 19th century wheat was grown, milled and sold locally. There were no large national brand names or standardized types. The high-quality hard spring wheat that began to be grown in Manitoba in the mid 1880s and the introduction of the Marquis variety in the first decade of the 20th century transformed the Canadian flour industry. New companies created what were to become famous brands, such as Five Roses (Lake of the Woods Milling Co.) and Royal Household (Ogilvie Flour Mills). The original Five Roses Flour was a Manitoba hard spring wheat flour, yet the 1913 *Five Roses Cook Book* specified it for all kinds of baking, whether bread or pastry. The Introduction to the 1905 *Ogilvie's Book for a Cook* states that Royal Household "is especially adapted for either bread or pastry," but doesn't tell the reader how. Later, on page 82, one learns that "the old fashioned theory of having one flour for bread and another for pastry won't 'hold water' when 'Royal Household' comes in the kitchen." Nellie Pattinson's *Canadian Cook Book* of 1923 directs cooks to use bread or pastry flour for those particular uses.

In the 1920s, some Canadians were familiar with Swans Down Cake Flour made by Igleheart Brothers Inc. of Evansville, Indiana, a product they first introduced to the American market in 1896. Copies of 1920s editions of the company's *Cake Secrets* and *New Cake Secrets* have been found in Canadian homes. Outside this brand-name use, however, the term 'cake flour' didn't enter the Canadian lexicon till later. The first Canadian-made 'cake flours' probably appeared in the late 1940s: Robin Hood's Velvet Cake and Pastry Flour was launched in 1947, the same year that Maple Leaf Milling published *Cooking Made Easy* for users of Monarch Cake and Pastry Flour. An early reference to 'all-purpose flour' is in the 1945 first edition of Kate Aitken's *Canadian Cook Book*, p 187.

What are bitter almonds?

There are two types of almonds: sweet and bitter. Sweet almonds are the most familiar to Canadians because we use them in all sorts of baking, and like to snack on them. Bitter almonds, however, are impossible to eat out of hand because they make your mouth pucker. Visually, they are tinier and a little bit darker. Their bitterness is due to prussic acid, which is destroyed during cooking. The strong flavours of almond extract and almond oil are derived from bitter almonds. In Toronto they are available from the bulk stores in both Kensington and St. Lawrence Markets. Recipes that call for bitter almonds, such as Macaroons and Ratafias, only need two or three to intensify their almondy flavour.

PASTA IN ONTARIO

Susan Wade

Many cultures have utilized pasta's neutral canvas to create regional dishes. As a simple dough it has been fashioned into various forms and dishes with different ingredients to reflect each culture's preference of taste and texture. What of pasta's beginnings in Canada? Many ethnic groups from around the world have immigrated to Canadian shores. The numerous cultures and expanse of time make it prudent within this small space to summarize one particular province at one time period, that of the mid- to late-19th-century Ontario with an emphasis on English Canadians.

In mid-19th-century Upper Canada (now known as Ontario) the main groups of well-established immigrants were United Empire Loyalists, English, Scots, and Irish, as well as a large German population that settled mainly in the Niagara district and Waterloo County around present-day Kitchener. During this period, all of these groups consumed dishes containing pasta. For the German population spätzle would have been made in the home with recipes passed down or from cookbooks printed in Germany. For the British descendants in Upper Canada, pasta was more of an occasional dish for the middle and upper class, with no real cultural significance but merely a novel dish of sweet or savory macaroni or sometimes as an ingredient in soups. English Canadian cookbooks of the mid 19th century have few recipes that include pasta. Macaroni and vermicelli were the two types mentioned, but these names were merely generic and have little in common with the pastas of today that bear these names. For instance, one difference was that macaroni was not little elbows as they are today, but long strands, like thick spaghetti. They could be bought for a penny a pound, according to Catherine Parr Trail in *The Female Emigrant's Guide* (1854).

By the end of the 19th century, other ethnic groups were also settling in Ontario. For the Jewish, Central European, and especially the Italian immigrants, pasta had already established a place within their respective cultures. Kugel and filled pastas, such as perogies and kreplach, were most likely only being made in the homes of these new immigrants, because they were not available at the shops.

English Canadian cookbooks from later in the century include recipes with pasta but are still mainly of the soup and macaroni and cheese variety. In *The Home Cook Book* (1877), Macaroni and Macaroni Tomato are found in the vegetable section. There were also recipes for soups with vermicelli, and one to make noodles for soup. Some cookbooks espoused the nutritional importance of macaroni for the young and sick while others suggested pasta could be used as a substitute for rice or used with ingredients like beef and oysters. English Canadians were beginning to embrace the versatility of pasta.

Pasta took a long time to grow in popularity and usage in the average English Canadian home. It achieved ubiquity in Canada beginning in the mid 20th century. This delay in the recognition of pasta as a versatile dish was not due to its affordability; flour and water were not expensive. Instead the inevitable shift in opinion among English Canadians occurred because of changes in the population. Perhaps it was the influence of an ever diverse and growing immigrant population with traditions of pasta in their diet. Perhaps it was the change in English Canadian society with the population embracing different cultures. With this change in attitude came a growing exposure to a wider variety of culturally diverse restaurants and cookbooks aiding in the spread of pasta's consumption. It has become everyday fare in Canada. From a dish of childhood comfort like macaroni and cheese to "exotic" fare savored in restaurants or recreated in our homes, pasta is that familiar paste that we bring to the table regardless of the myriad of shapes, the variety of ingredients that goes in it or on top of it.

Susan Wade is a member of CHO who now lives in Oshkosh, Wisconsin.

COOKBOOK CAPER

16 November



Cookbook Caper had a lot of competition this year. Santa Claus was riding his sleigh down Yonge Street, the history of afternoon tea was being considered at Gibson House in Willowdale, the Royal Winter Fair was neiging at the children in the Horse Palace, the Grey Cup was being fought in Regina and TV rooms across the country, while for the

umpteenth day in a row the rain was gently drizzling in Southern Ontario.

Nevertheless many visitors walked through the heavy oak doors of John McKenzie House in Willowdale to find treasures waiting amongst the hundreds of old and new cookbooks, food magazines and collectible kitchen implements. Many faithful attendees left with their usual heavy bag-loads of books for their collections. I was delighted to purchase an 1899 edition of Anne Clarke's *Dominion Cookbook*, addressed to the Ladies of the Dominion of Canada. Someone else snapped up a small personal manuscript filled with clipped receipts. A third person bought a whole run of *Gourmet*. And I noticed someone hugging an ancient washboard, obviously pleased to find it.

The newest cookbooks available were all winners at Cuisine Canada's National Culinary Book Awards. Donna Dooher brought *Out to Lunch at Mildred Pierce Restaurant*, Gold winner. Wanda Beaver won Silver for *Wanda's Pie in the Sky*. Previous winners Kristin Olafson-Jenkyns and Yvonne Tremblay were present too, with their exemplary books *The Culinary Saga of New Iceland* and *Prizewinning Preserves*. Whitecap attended with their Canadian Classic Cookbooks.

Each of the authors and many OHS and CHO volunteers made a wonderful array of sweets for the Tearoom. Mildred's Scones were light and flaky; we discovered the secret is to grate cold butter into the flour in a technique approximating puff paste. Amazing! As were the Icelandic Calla Lilies, little pancakes pinched into a lily shape and filled with cream and orange. They excited a behind-the-scenes technical discussion between all the chefs.

CHO was pleased to be the partner for the Ontario Historical Society's annual autumn fundraiser. In exchange for co-arranging it this year, the OHS will waive CHO's fee for affiliation. In order to become an affiliate organization with the OHS, CHO had to create a Constitution and a Board of Directors, both of which we voted into place at the annual general meeting last September. We look forward to another fruitful partnership next autumn.

Fiona Lucas & Jo Marie Powers co-organized Cookbook Caper.

PRESIDENT'S MESSAGE

Liz Driver

Dear CHO members,

Your new Board held its first meeting on 30 October 2003, and there was an inspiring sense of common purpose. One of the first orders of business was to appoint CHO's first Honorary Members, and it was the Board's great pleasure to pass, unanimously, the following resolution from Elizabeth Nelson-Raffaele:

In recognition of their bravery and enthusiasm in founding the Culinary Historians of Ontario, their creativity and dedication in shepherding CHO through its first 10 years, and in anticipation of their continued contribution to CHO, I move that Fiona Lucas, Christine Ritsma, and Bridget Wranich be granted the first honorary memberships in the Culinary Historians of Ontario.

Since the Board meeting, progress has been made on some important matters. Your Membership Chair, Elizabeth Nelson-Raffaele, has designed new membership application and renewal forms. We have added the new category of "Supporting Member" for those who would like to make an extra contribution to CHO.

Some members will find enclosed in this newsletter a renewal form that serves two purposes:

- (1) It synchronizes your renewal time to CHO's fiscal year-end, a measure designed to streamline administration; and
- (2) It allows members to provide accurate information about themselves for the new Members Directory and to give permission for the use of this information in the Directory. The publication of a Members Directory is vital if the CHO is to be an effective network for foodways research in Ontario, so I encourage you to fill out the space for 'Your Interests and Expertise' and to tick the permission box. If it's not your time for membership renewal, you will find a separate sheet asking permission for inclusion of your contact information in the Directory and for a description of 'Your Interests and Expertise.'

Work continues apace for the new CHO web site. A draft version of the site will be ready by the time you receive this newsletter, with a planned completion date of autumn 2004. This project would not be possible without the support of the University of Guelph Library.

Busy times!

Liz Driver
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Toronto, ON M4E

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liz.driver@sympatico.ca

F a m i l y F a r e -- Ed Lyons, editor

KNAIDLACH (matzoh ball dumplings) are most often eaten during Passover, but may be eaten at any time if your cholesterol level can take it. My Aunt Anna was renowned for her knaidlach because they were very light and fluffy – unlike my Aunt Rose’s, which we called cannonballs behind her back. By the time Margaret and I had returned to Canada from England in 1960, Aunt Anna was very old and no longer cooked. But Margaret had taken her recipe and improved on it slightly so that Aunt Anna declared her matzoh balls were the very best. This really irritated all my other relations. Incidentally, the improvement was the addition of more schmaltz. That’s why we almost never have them any more!

Margaret’s Improved Matzoh Ball Recipe:

| | |
|--------------------------|---|
| 2 eggs | 1 tsp salt |
| 1 scant cup matzoh mehl* | dash of cinnamon |
| ¼ -½ cup water | 5-6 tbsps schmaltz (clarified chicken/duck/goose fat) |

* Matzoh mehl (meal) is just matzoh ground up coarsely and is even better than cracker crumbs for dredging things like veal chops and Scotch eggs. It can be purchased in many Loblaws and Dominion stores around Easter and in Jewish stores anytime.

Combine eggs, fat and matzoh mehl and beat well. Add water and salt, stirring to make a thick batter. Add cinnamon, cover and chill in fridge for two or three hours. About half an hour before serving, wet hands with cold water to prevent sticking and form into balls about three-quarters to one inch in diameter. Drop into slightly salted boiling water, cover and cook for 30 minutes. Drain and serve with clear chicken soup. Makes 4 to 8 small servings.

Please send your family recipes and their stories to Ed at lyons@idirect.com or 9 Buller Ave, Toronto, ON M4Y 2L8. Ed is a Volunteer Historic Cook at Spadina Museum and a long-time member of CHO.

St. Lawrence Market *continued from page 1*

The market was not just a place to buy and sell food of course. It was also a meeting place. In his collected essays, *Landmarks of Toronto* (1898), John Ross Robertson describes the public administration of “justice” in various forms such as a public whipping, and the use of the stocks and pillory. He reports that in 1804 Elizabeth Ellis was condemned to six months in jail and to stand in the pillory for two hours a day, two market days in a row for being a “public nuisance.” This sort of public punishment was a feature of the Saturday market until 1834.

The packaging of food has changed since those early days. An intriguing entry in the 1833/34 City directory, quoted in Robertson, states that the “market weighing machine” is outside the market on the bay shore. Not only was the lake much closer to Front Street in the 1830s, it seems the volume of things being weighed was much larger.

No longer do cattle walk about the market, and even the hanging of entire carcasses is rare. As I stood in line at Whitehouse Meats, two customers commented on the plastic-encased roasts, and

reminded about the custom butchering done while you waited not so many years ago.

The buildings and the packaging have changed since the old days but the St. Lawrence Farmer’s Market is still going strong. Great finds for the historic cook at the St. Lawrence Market in November 2003 – Jerusalem Artichokes, and unwaxed rutabagas! These were described as turnips – but that’s another story.



St. Lawrence Market, York, 1831

(Toronto Reference Library, John Ross Robertson Collection)

Maggie Newell is a long-time member of CHO and currently holds the position of Secretary on the first Board.

Please send CHO info about ANY food-history or related events. Events hosted by CHO are represented by ***.

Culinary Calendar

January 2004

19th-Century Immigrant Kitchen

Mackenzie House, Toronto
82 Bond St, (416) 392-6915

Sat Jan 17: Japanese immigrants

Sun Jan 18: Jewish immigrants

Noon to 5 pm

Toronto's past and present culturally fuse in Victorian kitchen. CHO Members Ed & Margaret Lyons cook foods of their national cuisines. Included in house tour: Adults \$3.50, Seniors \$2.75, Kids \$2.50.

Scotch Tasting

Mackenzie House, Toronto

82 Bond St, (416) 392-6915

Fri Jan 23, 7 to 9 pm

LCBO scotch tasting. Scottish music & buffet. \$46.

Queen Charlotte's Birthday Ball:

Social Life and Entertaining in

Georgian Era

Historic Fort York, Toronto

100 Garrison Rd, (416) 392-6907 or

mgarris@toronto.ca

Sat Jan 17, 1 pm to 10:30 pm

Speakers: Jessica Warner, author of *Craze: Gin and Debauchery in an Age of Reason*; David Spittal, Archaeologist at Fort York. English country dance workshops. LCBO gin tasting. Buffet supper in Georgian style. Authentic evening ball. \$85. Gin tasting: add \$20.

February 2004

Family Baking Classes

Colborne Lodge, Toronto

South end of High Park, (416) 392-6916 or clodge@toronto.ca, **1 to 4 pm**

Sat Feb 14: 9 to 12 yrs

Sun Feb 15: Teens

Sat Feb 28: 6 to 8 yrs

Feb 29: 9 to 12 yrs

Parents and kids bake in 19th-century hearth & oven with historic recipes. \$15.

19th-Century Immigrant Kitchen

Mackenzie House, Toronto

82 Bond St, (416) 392-6915

Sat 14 & Sun Feb 15: Italian immigrants, Noon to 5 pm

Toronto's past and present culturally fuse in Victorian kitchen. Chef Gino Marchetti of Ristorante Boccaccio. Included in house tour: Adults \$3.50, Seniors \$2.75, Kids \$2.50.

***** The Archaeology of Culinary History**

Montgomery's Inn, Toronto

4709 Dundas St W, (416) 394-8113 or

rwagner@toronto.ca

Sat Feb 21, 10 am to 4:30 pm

Archaeologists and food historians discuss how material culture can inform culinary history. \$20 CHO members / \$30 non-members. Includes lunch. Info: Eva MacDonald (416) 534-9384

March 2004

Tavern Night: Ceilidh

Montgomery's Inn, Toronto

4709 Dundas St W, (416) 394-8113 or

rwagner@toronto.ca

Fri Mar 12, 7 pm

Renowned Irish dancer Maureen O'Leary leads traditional Irish Ceilidh in 1830s ballroom. Favourite Irish drinks and buffet. \$25 and cash bar.

David Gibson's Favourites

Gibson House Museum, Toronto

5172 Yonge St, (416) 395-7432 or

gibsonhouse@toronto.ca

Sat Mar 6, 10 am to 2 pm

Level II Adult Hearth Cooking Workshops for experienced participants. Intensive, hands-on hearth cooking based on foods Gibson mentioned on his arrival in Canada: Roast Beef & Apple Pie. Create delicious meal using 19th-century receipts. \$40.

March Break Camp - ages 8 to 11

Montgomery's Inn, Toronto

4709 Dundas St W, (416) 394-8113 or

rwagner@toronto.ca

Mon 15 to Fri 19, 9 am to 4 pm

Historic cooking classes & drama workshops in evocative setting. \$150.

Science in the Kitchen:

March Break Camp - ages 6 to 8

Spadina Museum, Toronto

285 Spadina Rd, (416) 392-6910

Tues 16 to Fri 19, 9 am to noon

In 1898 kitchen discover how science & technology has impacted food prep for over 100 yrs! \$12.50 per morning.

April 2004

***** Beyond Gingerbread and Hot Cider: Food and Drink Interpretation at Montgomery's Inn**

Montgomery's Inn, Toronto

4709 Dundas St W, (416) 394-8113 or

rwagner@toronto.ca

Sat 24 Apr, 4:30 to 8:00 pm

25 years ago "doing food history" was a novel idea: Phil Dunning and Tina Bates pioneered research of Ontario's food history 1975 to 1981. Dinner prepared by Inn's Volunteer Historic Cooks features dishes from Bates' *Out of Old Ontario Kitchens*. CHO members \$35 / \$45 non-members. Info: Eva MacDonald (416) 534-9384

June 2004

***** Orange Juice: Invention - Production - Imitation**

location TBA

Wed June 2, 7 pm

Pierre Laszlo, Prof of Chemistry, Ecole polytechnique de Paris & University of Liège, Belgium. First in series on beverages. Orange juice as drink, commodity, chemical formulation & cultural artifact. CHO members \$8 / non-members \$10. Info: Eva MacDonald (416) 534-9384.

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 food and beverages, from those of the First Nations to recent immigrants. We research, interpret, preserve and celebrate Ontario's culinary heritage.

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Membership: \$20 (Cdn) includes discounted price for most CHO events and a quarterly newsletter.

Submissions: To liz_driver@hotmail.com. Deadline for SPRING 2004 issue is 1 March.

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