

Fort York National Historic Site | 250 Fort York Blvd, Toronto
SATURDAY, FEBRUARY 20, 2016

9th Annual | **A Taste of Persia**

Mad for Marmalade, Crazy for Citrus!



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

Presented by:

in partnership with

and:



AGA KHAN MUSEUM

HOST INFORMATION

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.

fortyork@toronto.ca  @FortYork  @FortYork



Culinary Historians of Canada (CHC)

The Culinary Historians of Canada 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.

culinaryhistorians.ca  @CulHistCan  @CulHistCanada



#M4M2016 | #MadForMarmalade | #RedpathMarmaladeCompetition

◀ **Front Cover Illuminations, clockwise from right** | Images © Aga Khan Museum
Firdausi Encounters the Court Poets of Ghazna, Folio from the preface of Shahnameh of Shah Tahmasp; Tabriz, Iran, ca. 1520-40; Opaque watercolour, ink, and gold on paper

The Three Sufis Dine with Shaykh Safi (Detail); From a manuscript of Tazkira (Hagiography) of Shaykh Safi al-Din (d. 1334); Shiraz, Iran, September 1582; Ink, watercolour, and gold on paper

The Finispiece of the Divan of Sultan Ibrahim Mirza (Detail); Signed by Abdullah al-Shirazi; Mashhad, Iran, 1582; Opaque watercolour, ink, gold and silver on paper

ACKNOWLEDGMENTS

Mad for Marmalade, Crazy for Citrus 2016

Organizing Committee

Luisa Giacometti, *Program Chair, CHC*
Bridget Wranich, *Program Officer, Fort York, and CHC Co-Founder*
Shirley Lum, *Redpath Marmalade Competition Chair, CHC*
Melanie Garrison, *Administrative Coordinator, Fort York*
Sylvia Lovegren, *CHC*
Cheryl Dilisi, *Fort York*

Program Graphic Design

Mark D'Aguiar

Flyer Design

Gianfranco Baldin-Venetus

Website

Michael Elliot, *Chair of Electronic Resources, CHC*

Prizes

Elizabeth Baird

Social Media

Melissa Beynon	Alice Flahive Shirley Lum	Samantha George
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Workshop Presenters

Elizabeth Baird, Melissa Beynon Magdaline Dontosos	Sarah Hood Neema Lakhani Jan Main	Shayma Saadat Mya Sangster Bridget Wranich
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Redpath Marmalade Competition Judges

MaryCatherine Anderson Kyla Eaglesham Alison Fryer	Robert Henderson Christine Manning Dana McCauley	Emily Richards Yvonne Tremblay
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Speakers

Naomi Duguid	Mojgan Fay	Shayma Saadat
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Dessert Course and Refreshments

Researched and prepared by

Fort York Historic Foodways Program Officers:

Bridget Wranich	Melissa Beynon	Ieva Lucs
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along with Fort York Volunteer Historic Cooks:

Elizabeth Baird Brenda Dalglish Joan Derblich	John Hammond Ellen Johnstone Rosemary Kovac Peggy Mooney	Sherry Murphy Mya Sangster Kathryn Tanaka
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MORNING PROGRAM

9:00am

Registration opens, refreshments Blue Barracks,
Redpath Marmalade Competition entries accepted until 9:55am

Persian Breakfast: preserves, flatbread, feta cheese and pastries
(by Roya Bakery), tea and coffee

10:00am

Welcome and Introductions

Luisa Giacometti, *Emcee*

Fiona Lucas, *President, Culinary Historians of Canada*

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

Dr. Ruba Kaa'nan, *Aga Khan Museum*

10:30am

Morning Featured Presentation:

Naomi Duguid,
"Oranges and Lemons in the Persian World"

11:00am

Morning Featured Presentation:

Mojgan Fay,
"From Saffron to Dried Limes: The Stories Within"

11:45am

Door Prizes and Introduction to Lunch

Photo: Mark D'Aguilar



AFTERNOON PROGRAM

12:00pm

Persian-themed Lunch: Catered by Banu

Redpath Marmalade Competition Judging Ends

1:00pm

Door Prizes

1:30pm to 2:30pm

Workshops

2:45pm

Announcement of Redpath Marmalade Competition Results

3:15pm

Room Viewing and Dessert

3:30pm

Afternoon Featured Presentation:

Shayma Saadat,
"From Persia to Pakistan—A Journey of Memory and Food"

3:45pm

Grand Door Prize Draw

Closing Remarks and Final Announcements

4:00pm

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

4:30pm

Marketplace Closes

Photo: Mark D'Aguilar



MORNING SPEAKERS

Naomi Duguid

Oranges and Lemons in the Persian World

Naomi Duguid is a food writer and photographer from Canada. Duguid is based in Toronto and has coauthored six cookbooks, as well as *Burma: Rivers of Flavor* in 2012 which was her first solo publication. Naomi, a traveller, writer, photographer, cook, is often described as a culinary anthropologist. Her next book *Taste of Persia: A Cook's Travels Through Armenia, Azerbaijan, Georgia, Iran, & Kurdistan* will be published in September 2016.

Mojgan Fay

From Saffron to Dried Limes—The Stories Within

Mojgan is interested in the stories of food. She recently completed her Masters in Communication and Culture, where she interviewed and cooked with first-generation immigrant mothers in an effort to better understand how recipes help establish our identities and sense of belonging. She is also working on a project to cook her way across Canada. So far, she has travelled through the Atlantic provinces.



Photo: Mark D'Aguilar

AFTERNOON SPEAKER

Shayma Saddat

From Persia to Pakistan—A Journey of Memory and Food: Finding my Persian Roots Through Food

My paternal grandmother was my best friend; I had always heard stories of her Persian ancestry—it was only after I moved to Toronto, when she was long gone, that I started to delve more into the history of her lineage. It was a personal culinary journey, in my kitchen, which led me to her Persian roots.

Shayma Saadat is the founder and author of the award-winning food memoir blog *The Spice Spoon*, which was ranked among the 50 best food sites globally by Great Britain's newspaper *The Independent* in 2011. Inspired by Saadat's Pakistani, Afghan and Iranian ancestry, *The Spice Spoon* focuses on heritage cooking and the rich and diverse cuisine of this region. With each recipe, Saadat relates one of her childhood memories, inviting the reader to reminisce with her about the more carefree days of youth.

Food writing may seem an unlikely calling for a Cambridge-trained economist, but Saadat has always been interested in cooking, experimenting in the kitchen since the age of nine. Several years ago she moved to Toronto after marriage and to bring home to Toronto she turned to food. *The Spice Spoon* blog was born out of a collection of recipes from her family.

BREAKFAST AND DESSERT

Persian Breakfast

Prepared by Fort York Historic Cooks

Pound Cake: Butter, sugar, eggs, flour, brandy, lemon zest
from: Charlotte Mason, *The Lady's Assistant*, 1787.

Lemon Butter Tarts:

Lemon Butter: Butter, sugar, eggs, grated lemon
from: Mrs. D. S. Munger, *Home Cook Book*, pg. 246, 1877.

Rich Short Crust: Flour, butter egg yolk, fresh lemon juice
from: *Five Roses Cook Book*, pg 72, 1915, facsimile edition



Photo: Mark D'Aguilar

Dessert

Prepared by Fort York Historic Cooks

English Macaroons: Almonds, sugar, egg whites, lemon zest
from: G.A. Jarrin, *The Italian Confectioner; or complete economy of desserts*, (London: William H. Ainsworth, Old Bond Street), 1827.

Orange-Flower Ice Cream: Cream, egg yolks, lemon rind, sugar, orange flower water
from: G.A. Jarrin, *The Italian Confectioner; or complete economy of desserts*, (London: William H. Ainsworth, Old Bond Street), 1827.



Photo: Mark D'Aguilar

PERSIAN-THEMED LUNCH

Lunch

Catered by Banu

Koukou Sabzi: (vegetarian)
Mixed fresh herb soufflé

Khoresht e Gheymeh:

Braised veal tenderloin and yellow split pea stew with black lime, cinnamon, turmeric, and tomato

Khoresht e Kangar:

Artichoke, fresh herb and braised beef stew with lemon

Kashk e Bademjan: (vegetarian)

Roasted eggplant, fried mint, caramelized onion, whey

Ghafghazi Polo: (vegetarian)

Green bean, carrot, chives, coriander, fenugreek, tomato, saffron basmati rice

Jewelled Rice with Candied Orange Peel: (vegetarian)

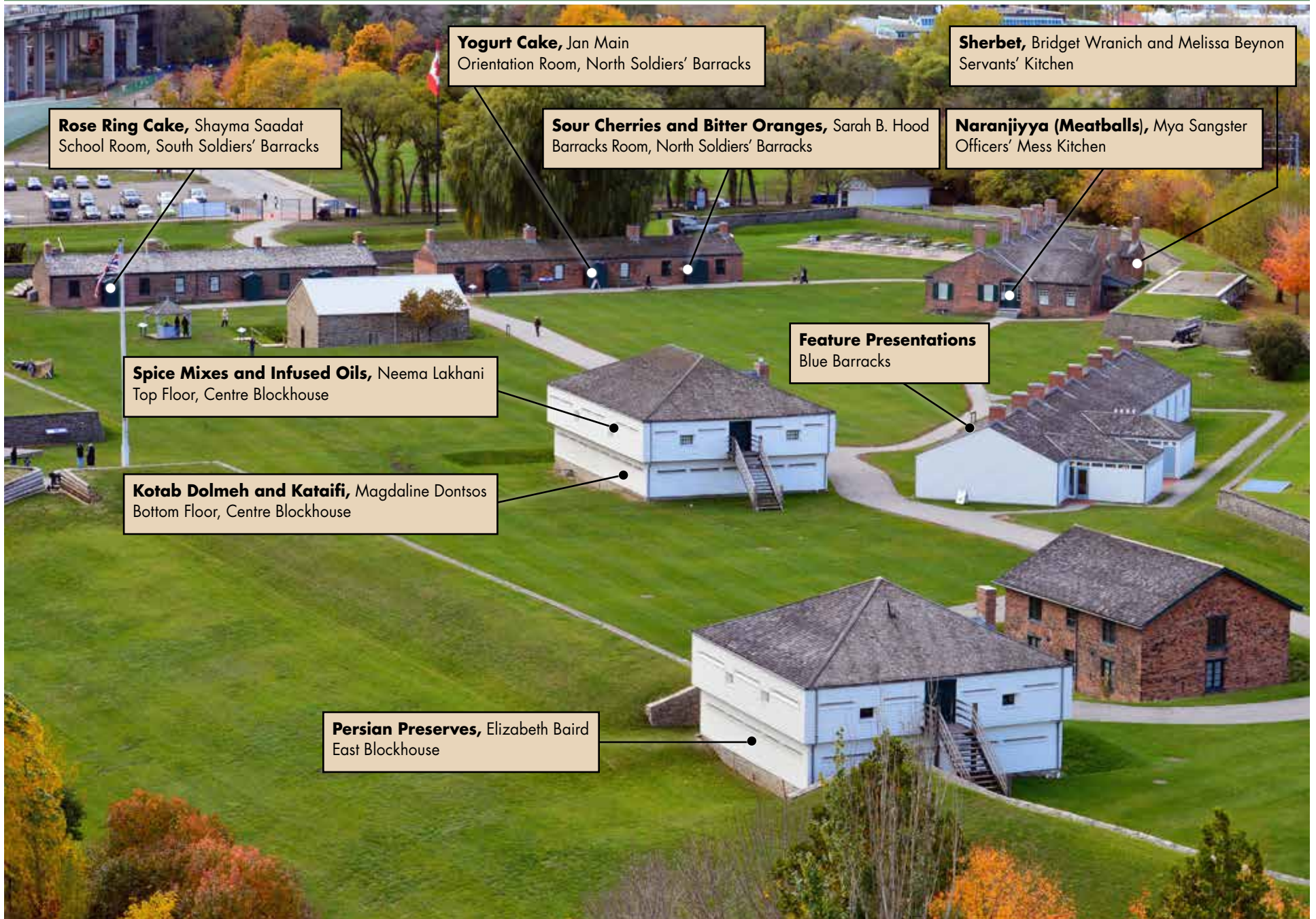
Rice, pistachios, candied orange peel, almonds

Banu has been serving its own brand of Iranian fare for over a decade, and prides itself on creating a memorable experience for diners. It has had the privilege of being reviewed in *The Guardian*, *New York Times*, and *National Geographic*. Paying homage to the roaring Tehran of the 1970s, the affable Mohyeddin family celebrates their culture and cuisine by making Iran and Iranians a part of Canada's cultural mosaic.



Photo: Mark D'Aguilar

WORKSHOP LOCATIONS



Rose Ring Cake, Shayma Saadat
School Room, South Soldiers' Barracks

Yogurt Cake, Jan Main
Orientation Room, North Soldiers' Barracks

Sherbet, Bridget Wranich and Melissa Beynon
Servants' Kitchen

Sour Cherries and Bitter Oranges, Sarah B. Hood
Barracks Room, North Soldiers' Barracks

Naranjiyya (Meatballs), Mya Sangster
Officers' Mess Kitchen

Spice Mixes and Infused Oils, Neema Lakhani
Top Floor, Centre Blockhouse

Feature Presentations
Blue Barracks

Kotab Dolmeh and Kataifi, Magdaline Dontosos
Bottom Floor, Centre Blockhouse

Persian Preserves, Elizabeth Baird
East Blockhouse

MARMALADE AND CITRUS WORKSHOPS



Kotab Dolmeh with Lentil Filling and Sweet Kataifi: A Savoury and a Sweet Pastry

Magdaline Dontsos is an experienced pastry chef, sugar artist and college teacher. She is very familiar with the pastry delights that she will be demonstrating. She has chosen a savoury and a sweet pastry that can easily be made at home and samples will be provided

Photos: Magdaline Dontsos



Sour Cherry and Bitter Orange: The Romance of Persian Fruit Preserves

Some of the best loved preserving fruits originated on the Persian plateau. They were embraced there centuries ago for the beauty of their flowers and the fragrance of their fruit in the garden. Preserved in sugar, these aromatic fruits offer an intriguing dichotomy of bitterness and sweetness: a poetical metaphor for human life itself.

While researching her preserving book *We Sure Can!*, author Sarah B. Hood was captivated by the Persian preserving tradition. She offers a presentation on some of the long historical background of jams or marmalades in Persia, with recipes for some of the most common preserves (known as moraba) and some of the ways they are traditionally served.

Photo: Mark D'Aguiar



Rose Ring Cake

Shayma Saadat, award-winning food writer of The Spice Spoon will demonstrate how to make a fragrant Rose Ring cake that workshop participants can sample. Rosewater when used with a delicate hand gives an elegant accent to cakes.

Photo: Shayma Saadat



Spice Mixes and Infused Oils

Neema Lakhani, owner of Celestial Delights, will show you how to mix spices and infuse oils to use in the special dishes that you can make at your home that will add that special flavor and gusto to your meals.

Neema Lakhani, with a passion for food, started Celestial Delights in her small kitchen at home. Family and friends were her first customers and biggest supporters. It soon moved to a larger professional kitchen as the company grew but still producing all natural, gluten free products with no artificial colours and flavours.

Photo: Mark D'Aguiar

Yogurt Cake

Jan Main, senior baking teacher, published author and caterer, leads this hands-on workshop featuring a traditional Persian version of a pound cake with a lemon-orange glaze.



Photo: Melissa Beynon

Persian Preserves

Join Elizabeth Baird for a workshop making a Persian fruit preserve with oranges. There will be a jar to take home and enjoy for your own Persian breakfast, bakery fresh flatbread, feta cheese, your preserve and a pot of tea with cardamom.



Photo: Melissa Beynon



Photo: Melissa Beynon

Naranjiyya: (from naranj meaning sour orange)

Mya Sangster and the historic cooks host this workshop in the 1826 Officers' Mess Kitchen and prepare an historic recipe from the 1300's for meatballs made to look like sour oranges. The original recipe is from the *Kitab al Tabikh (The Book of Dishes)* written by a 13th C. scribe usually called al-Baghdadi. It was translated into English, in 1939, by A. J. Arberry and it became known as *A Baghdad Cookery Book*. The manuscript has been newly translated by Charles Perry, an independent scholar and journalist. It was published by Prospect Books in 2005.



Photo: Melissa Beynon

Sherbet: A Historical Drink

"Give me a sun, I care not how hot, and sherbet, I care not how cool, and my Heaven is as easily made as your Persian's."

~Lord Byron, 1813

Prepare this fascinating and refreshing drink using a historic 1769 British recipe as well as Persian Sharbat recipe in the Officers' Mess Servants' Kitchen with Fort York Historic Foodways Program Officers Bridget Wranich and Melissa Beynon.



Photo: Mark D'Aguilar

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. Preserves with Citrus

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

We encourage authentic and Persian-influenced recipes in all of the above categories.

Redpath 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

Preserves with Citrus

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

Pure Seville Orange Marmalade

Christine Manning is a returning judge and owner of Manning Canning, an award-winning food producer. She has been chosen as one of the Top 5 Preserves To Try by *Toronto Life*, selected by the LCBO as a “Must have”. She received Bronze medals at the World’s Original Marmalade Awards for her Pure Seville Orange Marmalade (2014) and Ginger Grapefruit (2015).

 @manningcanning
  @manningcanning
  /manningcanning


Yvonne Tremblay, five-time Grand Champion Jam & Jelly Maker (The Royal Agricultural Winter Fair), is the author of *Prizewinning Preserves, 250 Home Preserving Favorites and Thyme in the Kitchen—Cooking with Fresh Herbs*. **QUISINE**—Food, Marketing & Nutrition, is a professional recipe developer, food stylist and television spokesperson. She even likes to put herbs in her preserves.

yvonnentremblay.com

 @yvonnentremblay
  /Yvonne Tremblay

Citrus Marmalade

Dana McCauley is a seasoned food marketing executive with a track record of taking food products from concept to shelf. By day she is the executive Director of Food Starter, a not-for-profit offering early stage food processors training, production space and a supportive community.

By night, she’s the lead trend tracker at **Food Trends TV** on 

danamccauley.com

 @DanaMcCauley
  @EverydayInnovator

Emily Richards is a highly experienced and well-regarded Professional Home Economist. She has an extensive know-how in the food Industry which is strengthened with her Bachelor of Science, Home Economics specializing in Food and Nutrition. Emily has authored and co-authored many cookbooks and continues to create recipes for notable magazines, newspapers and companies. Emily’s newest cookbook shares her family’s Italian culture.

emilyrichardscooks.ca



 @ERiscooking

 /Emily Richards Cooks

Preserves with Citrus

Alison Fryer was a fixture at the helm of the seminal The Cookbook Store for over 30 years. Since the store’s closure in 2014, Alison has been teaching at culinary schools, on the lookout for the next wave of culinary talent. A longtime judge of major international cookbook awards.

 @alisonfryer
  alison_fryer
  /alisonfryer


Robert Henderson is the 2015 Grand Champion Jam & Jelly Maker and First Place winner in Heritage Jams (Royal Agricultural Winter Fair). Owner of Henderson Farms, on Wolfe Island, he has been making and selling 50 different flavours for 30 years. He sells at the Kingston Farmers Market 3 days a week for over 25 years and doing juried craft shows in: Ontario, One of a Kind; Quebec, Salon des métiers d’art; and Vancouver, One of a Kind.

hendersonfarms.on.ca

 /hendersonfarmsjams

Baking with Marmalade

Pastry Chef Kyla Eaglesham is Owner of Madeleines (a Bespoke Pastry Production Kitchen in Toronto) who epitomizes living the dream in the Culinary Industry. Veteran Cafe Owner, CBC Pastry Chef Expert, Recipe Developer and Brand Ambassador, she lives and breathes sugar! Food is the medium to express her passion for Art and Science and she immerses herself in the experiences of others by sharing ideas and simply enjoying food!

 @kylachef and @madeleinescafe
  @madeleineskitchenphotos

 @madeleinescherrypieandicecream

MaryCatherine Anderson is a culinary instructor and freelance chef in Toronto. She has been teaching preserving, as well as other courses, at St. Lawrence Market, for Aphrodite Cooks, Nella Cucina, The LCBO and the TDSB.

 @mc_cooks
  @mc_cooks



SPONSORS

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



Save the date! Saturday, February 18, 2017
Mad for Marmalade, Crazy for Citrus—10th Anniversary