



# CHC Chicago Foodways Roundtable

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Out and About, May 2007

## Upcoming meetings:

### Culinary Historians of Chicago:

**May 5<sup>th</sup>:** Patricia Wells on French Country Cuisine @ Chicago History Museum (with ChicaGourmets luncheon immediately following at the Ritz-Carlton)

**June 23** Authors Andy Schloss and David Joachim on History of Tailgating and Great Grilling

**September 15<sup>th</sup>:** Andy Smith, introduction of the new shorter *Oxford Encyclopedia of Food and Drink in America* and Greater Midwest Foodways Alliance Meeting

**Oct. 27 --** Nancy Ryan with the Berghoff family on The Berghoff's role in Chicago's Culinary History/ debut of Berghoff Family Cookbook/signing @ The Berghoff

### Chicago Foodways Roundtable:

**May 12<sup>th</sup>:** Joan Reardon on MFK Fisher @ Kendall College

**June 9<sup>th</sup>:** Cynthia Clampitt on Mongolia @ Kendall College

**August 4<sup>th</sup>:** Joe McFarland from Department of Natural Resources on Mushrooms

### Second Biennial Symposium on American Culinary History: Regional and Ethnic

**Traditions** — May 18-20 in Ann Arbor, Michigan. Cynthia Clampitt was in contact with Jan Longone, and it appears that there are still a few openings for the symposium, if you thought you'd missed your chance.

Contact information: Jan Longone **E-mail:** [JBLong@umich.edu](mailto:JBLong@umich.edu), **Phone:** (734) 764-2347

**Joan Reardon on MFK Fisher on May 12<sup>th</sup>:** LTHforum.com's book club is focusing on MFK Fisher. Participants are reading either Joan Reardon's *Poet of the Appetites: The Lives and Loves of M.F.K. Fisher* (2004) or *M.F.K. Fisher, Julia Child, and Alice Waters: Celebrating the Pleasures of the Table* (1994). This is entirely optional, if you want to join the conversation, then go to LTHforum.com for the Other Culinary Chat board, then scroll to LTH bookgroup: Joan Reardon on M.F.K. Fisher or go to: <http://www.lthforum.com/bb/viewtopic.php?t=12815>

### The Big Apple Pancake — Chicago's Ultimate Comfort Food

Cathy Lambrecht: I asked Steve Katz for the "specs" on the 8-inch nonstick pan that he used at the apple pancake talk and demonstration because it is also the pan used by the "original" Original Pancake House in Portland, Oregon.

Steve Katz: Cathy, I learned from Jon Liss of the Original Pancake House in Portland, Oregon that making the Baked Apple Pancake "requires the precision of a baker more than the innovation of a chef." That includes the type and size of pan, how much batter is used, and how many slices of sauteed apples. This may explain why my recipe is so specific.

For your members and readers, Lincoln Wearever 8inch nonstick Model #EZ4008. You can buy it online at: <http://www.suitesupply.com/Lincoln-Wearever-Ceramiguard-II-Fry-Pan-8.Z4008LN.01.htm>

Cathy Lambrecht: Steve, thank you, did you ever try making the recipe in a cast iron pan?

Steve Katz: Cathy, like a lot of people who grew up eating at Walker Bros. The Original Pancake House in Wilmette, I remember the pancake being made in cast iron pans. In fact, they were larger pans that produced an apple pancake that flopped over the edges of the 11 1/4 inch Syracuse China Plate that has always held the apple pancake when it comes to your table.

I did try several times to use a cast iron pan to make the recipe that I fashioned for the nonstick pan. I was not able to do it without having the topping -- and some of the pancake -- stick to the pan.

I will leave this part of the great apple pancake mystery to the next food detective -- but keep in mind several things:

1. Make sure that the pan is well seasoned and cured.
2. The pan itself must be preheated to warm, almost hot to the touch.
3. Buttering the hot pan before adding the apple pancake cinnamon sugar mix, apples, and batter may be necessary to form a buffer for easier removal. Using clarified butter (Ghee brand available at Whole Foods) will reduce sticking because of the absence of fat solids that brown and burn or stick when you cook the pancake.
4. Whether you are making a baked apple pancake or a Dutch baby (German Pancake), the size of the pan and the amount of batter will affect the rise.

Please note Steve Katz very graciously provided copies of his recipes at this meeting. If you choose to share his information with others, then please provide proper attribution by stating his name, contact information and note this is copyrighted material. As we well understood from his presentation, there was a tremendous amount of time and thought put into this effort. The least we can do is honor his wishes for proper attribution.

**Historic foodways websites:**

Medieval cooking: <http://www.godecookery.com/>

Medieval and Renaissance Food: °<http://www.pbm.com/~lindah/food.html>

**Donating Cookbooks**

If you want an appreciative home for your no longer desired cookbooks, then donate them to: Washburne Culinary School of the Kennedy-King College, South Shore Cultural Center, 7059 S South Shore Drive, Chicago IL 60649

Washburne Culinary School is building their culinary library with these donations. The contact for your donation is: Provost William N. Reynolds e-mail: [wreynolds@ccc.edu](mailto:wreynolds@ccc.edu) or 773-602-5487.

If you intend to write your donation off on your taxes, then you should list the books. For establishing value, you may want to consult these sources: A Guide to Collecting Cookbook by Col. Bob Allen, Price Guide to booklets and recipe leaflets by Linda Dickinson, or [www.addall.com](http://www.addall.com) which has a used book section with prices from at least 16 different web sites, including Amazon, exlibris, etc.

When donating to Washburne, give them two copies of your list. One they will keep for their records and the second for them to initial they received it for your records.

## Chicago History Preserved in Menus — David Hammond

For a lifelong Chicagoan and food enthusiast, it's a genuine tingle to hold an actual menu from Briggs House, a Chicago hotel restaurant, dated January 1, 1859. Looking at the yellowing bill of fare opens a window onto the eating habits of an era.



The Chicago History Museum has archived several hundred menus starting from the middle of the 19th century, when you could still tuck into such relatively unfamiliar menu selections as loin of bear, quail pie and snipe. To generate funds needed to digitize this slowly deteriorating record of Chicago culinary history, an event entitled *Endangered Treasures* was held in Roosevelt University's restored dining room of Louis Sullivan's Auditorium Hotel.

According to Bruce Kraig, there were no free-standing restaurants in Chicago until the late 19th century. Many of the earliest menus at the Chicago History Museum are from eating establishments located within hotels. Kraig explains that these early menus follow a 17th century French model, going back to La Varenne, starting with something like oysters or terrapin soup, then moving on to fish, meat and dessert. You can see the French influence in Briggs House dishes such as *Westphalia Hams with Champagne Jelly Parisienne Style* and *Bread of Goose Fat Liver a la Richelieu* (a dish our current foie gras ban would outlaw — a concept that would have seemed even more ludicrous to 19th century diners than it is now).



At this event, there was a reception serving selected items from classic Chicago menus — here is a partial listing of this retro bill of fare, along with the names of dining establishments where these dishes were served:

- ¥ Terrapin Soup (Palmer House Hotel)
- ¥ Oyster Patties (Foster House)
- ¥ Planked White Fish (Rector s Oyster House)
- ¥ Venison Pies (Briggs Hotel)
- ¥ Frog s Legs (Congress Hotel)
- ¥ Curry of Young Lamb with Rice Pilaf (The Pump Room)
- ¥ Boneless Turkey Wings (The Auditorium Hotel)
- ¥ Rumaki (Trader Vic s)
- ¥ Hoppel-Poppel (Red Star Inn)
- ¥ Turkey Pot Pies (Toffanetti s at Greyhound Terminal)

Menu items were selected from over 100 of the Chicago History Museum s 19th and 20th century menu collection and ranging from a Mayor s Depression Dinner in 1938 to American Airline s first in-flight meal to the 1933 world s fair will be featured. A portion of the proceeds raised will benefit the Chicago History Museum in their effort to preserve and digitize these menus for posterity.

#### **Donating Menus**

You can contribute to Chicago History Museum s collection by donating Chicago restaurant menus. Russell Lewis, Chief Historian, Chicago History Museum, 1601 N. Clark St., Chicago, IL 60614, Tel: 312.642.4600, e-mail: [lewis@chicagohistory.org](mailto:lewis@chicagohistory.org)

#### **What s Your Favorite Cookbook?**

Pioneer Press wants to know your favorite. °

What s your favorite cookbook and why?

What s your favorite recipe from the cookbook?

Email [mgraham@pinoeerlocal.com](mailto:mgraham@pinoeerlocal.com) with your response and let° them know how to reach you by phone during the day and via email.

#### **Exchange**

Back issues of Cooking Light: if you are interested then either e-mail to [Chicago.Foodways.Roundtable@g-mail.com](mailto:Chicago.Foodways.Roundtable@g-mail.com) or phone 847/432-8255.

If you have information interesting to culinary historians, then please e-mail to [Chicago.Foodways.Roundtable@g-mail.com](mailto:Chicago.Foodways.Roundtable@g-mail.com) or phone 847/432-8255

More events can be found at: [www.culinaryhistorians.org](http://www.culinaryhistorians.org)