



CHC Chicago Foodways Roundtable

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Out and About, August 2007

Upcoming meetings:

Culinary Historians of Chicago:

August 25th — Chicago Greeks: Their history, Their Recipes

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

October. 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

November 17: Cookbook author and teacher Nancie McDermott will discuss History of Southern Cakes.

December 8: Wilbert Jones, author, will discuss Smothered Southern Foods.

Chicago Foodways Roundtable:

August 4th: Joe McFarland from Department of Natural Resources on Mushrooms @ Kendall.

October 14th: Memories of Philippine Kitchens authors Amy Besa and Romy Dorotan

October 20th: Nielsen-Massey Vanilla Factory Tour in Waukegan, IL — limited to 20 people.

November 10: Learning to Cook in 1898, A Chicago Memoir

December 1: TBA

From the Nielsen Massey Vanilla Tour, recommended readings:

The Vanilla Chef

by [Patricia Rain](#)

Publisher Vanilla Queen Press (December 2002)

ISBN-10: 097246400X

ISBN-13: 978-0972464000

Vanilla Cookbook

by [Patricia Rain](#)

Publisher Celestial Arts (August 1986)

ISBN-10: 0890874530

ISBN-13: 978-0890874530

Vanilla: The Cultural History of the World's Favorite Flavor and Fragrance (Hardcover)

by [Patricia Rain](#)

Publisher: Tarcher (November 4, 2004)

ISBN-10: 1585423637

ISBN-13: 978-1585423637

Vanilla: Travels in Search of the Ice Cream Orchid (Paperback)

by [Tim Ecott](#)

Publisher: Grove Press (March 10, 2005)

ISBN-10: 080214201X

ISBN-13: 978-0802142016

A Meal According to Jains: Vegetarians Amongst Vegetarians

"Eating Jain," our segment on Jain culinary traditions, was aired Friday, July 27th, on WBEZ's 848. Available to listen anytime at <http://www.chicagopublicradio.org/Programs.aspx>

Mongolian Huushuur

by Cynthia Clampitt

Our introduction to the fried pastry called *huushuur* was during a picnic in the Gobi. We also had huushuur in restaurants and during the Naadam Festival, where it was prepared by vendors in open-air stalls. Huushuur can be eaten out of hand, as a hearty snack, or it can be turned into a meal by adding a salad (in Mongolia, we frequently encountered carrot and garlic salad: grate a carrot or two, grate in garlic to taste, add a little mayonnaise to bind it and a dash of salt; as well as salads of shredded cabbage tossed with oil, vinegar, salt, and pepper) and a pot of tea or Mongolian beer (would you believe Khan Brau?). Huushuur is good hot, but is also excellent at room temperature.

Huushuur

Mongolian Fried Meat-Filled Pastries

Dough:

2-1/4 cups flour

1/4 tsp salt

water to mix

Filling:

1 lb. chopped or ground beef or mutton (see Notes below)

1-1/2 tsp. salt

1/4 tsp. ground black pepper

1/2 tsp. marjoram

1/2 onion, finely chopped

1—2 cloves garlic, finely chopped

oil for cooking

Combine flour and salt. Add water (I found I needed a little more than 1 cup, but this can vary depending on the flour and the humidity; add half a cup and then continue to add water a little at a time), mixing it in thoroughly, until you have a rough, dry dough, about the texture of that for pie crust. If you add too much water, you can always add a little more flour. Knead until dough is smooth and elastic. Cover and let rest for 5 to 10 minutes.

Combine all filling ingredients, mixing thoroughly. If dry, add a few drops of water to moisten.

Divide the dough into quarters. Roll each quarter into a cylinder and cut it in half. Roll each half cylinder into a circle about 5-6 inches across. Place about 2 to 2-1/2 Tbs. of meat mixture on one side of the circle, leaving space around the edge. Fold the other side over, creating a half-moon, and pinch the edges closed, squeezing out air and flattening filling as you work. (As for the pinched edges, I saw huushuur with edges that ranged from elaborately braided closures to closures that were simply mashed shut and rolled under, so no seam was visible. Every cook has a different way of finishing this dish.) Repeat the process with the rest of the filling and dough pieces.

Pour oil to depth of about 1/2 inch into a frying pan. Heat oil until hot (test it after a minute or two with a tiny bit of dough unless you have a thermometer, there is no visible way of telling if oil is hot unless something is in it, sizzling). Fry two or three pastries at a time for two minutes per side, until they are golden to brown and the meat is cooked. Can be eaten hot or cold. Makes 8 pastries (for Mongolians, a little more than one serving, but for most of us, 4 servings.)

Notes: Do not trim the fat from your meat before preparing the filling, and don't buy low-fat ground meat. The fat is needed both to keep the filling moist and to help cook the inside of the pastry while it's frying.

Make sure you seal the pockets well. If meat juice leaks out while it's frying, the spattering of grease borders on the explosive.

Huushuur is also commonly prepared with a filling of mashed potatoes, often with a little grated carrot added for flavor.

Nourishing Culture: Greek Immigrants & Food in Chicago Runs through September 28th

Hellenic Museum & Cultural Center
801 W Adams Ave, 4th Floor
Chicago, Illinois 60607
(312) 655-1234

Food nourishes culture.° The familiar foods of our past can evoke memories of warmth, comfort and nostalgia.° Mothers express affection through home-cooked meals, and food shared with strangers extends the family embrace.° Food marks important moments in our personal lives and defines us as a community.° We include food in celebrations reverence, of joy, and of sorrow.° What we eat has a history, and our choices are shaped by who we are, where we reside, and how we live our lives.° Deeply embedded in the rituals of daily life, food is intimately linked with culture and identity.

Food played an important role in the story of Greek immigration to Chicago and the evolution of Greek American culture. In the late 19th century, crusty loaves of bread, tangy olives, and pungent garlic reminded lonely male immigrants of sun-baked villages and loved ones left behind. At the same time, cheeseburgers, milkshakes and apple pie provided ambitious entrepreneurs with an avenue to economic independence and the ability to reunite with their families and put down roots in the city. Through the years, American foods dominated economic life, but at home the tastes and aromas of Greek foods reinforced traditional values and provided a thread of connection with distant shores. As they negotiated between these two culinary worlds, immigrants and their children developed new Greek American traditions and nourished an emerging Greek American identity.

Desired

We would like to preserve and archive Culinary Historian and CHC Chicago Foodways Roundtable meetings by digital video recordings. If you have the equipment and willing to record our events, then please contact Bruce Kraig or Catherine Lambrecht.

Donating Menus

You can contribute to Chicago History Museum's collection by donating Chicago restaurant as well as take-out menus. Please direct these to: Russell Lewis, Chief Historian, Chicago History Museum, 1601 N. Clark St., Chicago, IL 60614, Tel: 312.642.4600, e-mail: lewis@chicagohistory.org

Farmer's Market

There is an updated list on www.culinaryhistorians.com

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 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 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.

What's Your Favorite Cookbook?

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Email mgraham@pioneerlocal.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 or phone 847/432-8255.

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

More events can be found at: www.culinaryhistorians.org