



# CHC Chicago Foodways Roundtable

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## Out and About, December 2007

### Upcoming meetings:

#### Culinary Historians of Chicago:

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

**January 26, 2008:** Les Dames d'Escoffier

Tentative Saturday morning meeting dates for 2008 (\* Tentative)

January 26, 2008

May 17, 2008\*

September 13, 2008

February 16, 2008\*

June 21, 2008\*

October 18, 2008\*

March 15, 2008\*

July 19, 2008\*

April 5, 2008

August 16, 2008\*

#### Chicago Foodways Roundtable:

**December 1:** The Lore of the Latke, Leah Zeldes

**February TBA:** Hammond, Indiana's Meat Packing Industry and Refrigerated Rail Cars

#### Greater Midwest Foodways Alliance

**January 19<sup>th</sup>:** Building on the success of its inaugural event the Greater Midwest Foodways Alliance (GMFA) cracks the nutty world with its **Sweets and Nuts! A Journey through Midwestern Traditions**. Taking place on Saturday, January 19, 2008, Kendall College in Chicago is the site of the day long symposium jointly sponsored by The Almond Board, Culinary Historians of Chicago, and Kendall.

Rolled out in a one day event, packed with sweets and savories and topped with almond history, experts will spin tales about the sugary world of candy making and spread the sweet secrets of home baked treats. Also, the origins of confection giants will be revealed.

Food enthusiasts from academia and the public are invited to attend the symposium at Kendall, 900 North Branch (west of Halsted), Chicago, Illinois, on Saturday, January 19 from 9 AM to 4 PM. For more details and agenda, visit

[www.greatermidwestfooways.com](http://www.greatermidwestfooways.com) or contact Catherine Lambrecht at 847-432-8255.

**For registration by phone, call 708-788-0338** or by email, write to [greatrmidwestfooways@gmail.com](mailto:greatrmidwestfooways@gmail.com).

**Registration is \$50. Admission at the door is \$60.** Lunch is included in the program.

With nut samples available throughout the day, GMFA is sorry, but those individuals with nut allergies are discouraged from attending this event.

## **Foods of Chicago: A Delicious History**

### **Coming this fall on WTTW11**

*You are what you eat* goes the old saying. So what can we learn about Chicagoans from the food on our plates? WTTW 11's Geoffrey Baer plays both taste-tester and tour guide, exploring the little-known stories behind Chicago's favorite foods in this upcoming new special on Channel 11. Check your schedule for air times on November 27, December 3 and 9.

### **Whet your appetite with Some Food Trivia:**

#### **How did the Chicago-style hot dog come to be?**

It became popular during the Great Depression, when various ethnic groups added their favorite veggies to a German sausage with the hopes of getting a cheap, well-balanced meal.

#### **Jay's Potato Chips?**

A snack-food junkie named Al Capone developed a taste for the chips while betting on the ponies in New York, and asked his supplier to start making them for his speakeasies.

#### **You probably know...**

that Italian Beef and Deep Dish Pizza were invented in Chicago (and we'll learn the history of those foods) but did you know that flaming saganaki, the cafeteria, the brownie, and Chicken Vesuvio were also invented here? We'll meet the people who say they can prove it.

### **Other Highlights Include:**

- A tour of Chicago's New Maxwell Street Market. It's like a trip to Mexico.
- A Native American prepares the type of meal her ancestors might have eaten. Geoffrey tastes the wild onions for which Chicago is likely named.
- How corned beef is made.
- How the diet of Italian immigrants made them the target of prejudice.
- Two legendary German restaurants, the Berghoff and the Chicago Brauhaus remind us of the days when German food was king in Chicago.
- Chef Steve Chiappetti shows us how a true Chicago steakhouse makes a steak. (He should know, his family owns Chicago's last slaughterhouse!)
- The foods of Polish Noblemen and rural Polish Highlanders. We learn the peasant origins of many popular Polish foods (pierogis, for example), and how Polish-Americans have developed eating traditions all their own.
- The 16th Century Muslim empire that had a huge impact on the foods you'll find at Chicago's Indian restaurants.
- We get a "cheezborger" and chips ("no fries!") at the Billy Goat, where we learn about the birth of a classic Saturday Night Live routine and the Curse of the Billy Goat.
- We discover how people from one tiny region of China, called Toisan, gave us almost all of our favorite Chinese dishes. That's because most of

Chicago's Chinese emigrated from that region. We'll also see how the Toisanese altered their food to appeal to American tastes.

**And our feast of Chicago food history continues with:**

- Sushi night at an Italian kosher restaurant.
- The birth of the Chicago hot dog, McDonald's, Jay's Potato Chips, and the cafeteria in Chicago.
- Soul Food at a West Side church. (We'll learn how African-American cooking still incorporates ingredients from Africa, as well as slave traditions.)
- You'll learn the hallmarks of Chicago-style barbecue. And also find out why many African-Americans are now choosing a vegetarian diet.
- A visit to a pita bread factory to learn about the bread's place in Lebanese culture.
- Chef Dudley Nieto gives us a Mexican food tour of Pilsen, where he goes to get ideas for his upscale restaurant.
- A visit to an Azteca Foods tortilla factory.
- We see the birthplace of the jibarito, a Puerto Rican sandwich made with plantains.
- And don't forget dessert: learn how Chicago was once the candy capital of America, visit the Tootsie Roll factory, and see how Chicago's candy industry is changing with the times.

**G-Shaft Candy:**

For the backstory, then read here:

<http://coalcity.lib.il.us/coalmining/pages/braidwood/g-shaft.html>

Posted by Caroline in Sask on Sun, Dec 5, 99 at 20:51

**Coal Candy**

2 cups sugar

3/4 cup light corn syrup

1/2 tsp. black paste food colouring 1/2 cup water

1 tsp. anise extract

Line 8" square baking pan with foil, extending edges over sides of pan. Lightly grease foil with butter. Combine sugar, corn syrup and water into heavy 2-quart saucepan. Stir over medium-low heat until sugar is dissolved and mixture comes to a boil, being careful not to splash sugar mixture on side of pan. Carefully clip candy thermometer to side of pan ( do not let bulb touch bottom of pan). Cook about 15 minutes until thermometer registers 290 degrees F., without stirring. Immediately remove from heat. Stir in anise extract and food colouring. Pour mixture into prepared pan. Cool completely. Lift candy out of pan using foil. Place candy between 2 layers of heavy-duty foil. Pound with mallet to break candy into 1-2" pieces.

<http://www.webtree.ca/ktc/cookies/coalcandy.htm>

This can be purchased from:

Joliet Professional Pharmacy  
2100 Glenwood Avenue  
Joliet, IL 60435  
815-725-9314

### **Wurstsalat (Sausage salad)**

Trudy Knauss Paradis

Select two or three varieties of sausages - Jagdwurst, bologna, Mortadella, Thüringer, Leberkäse, cooked Frankfurters or Knackwurst. Cut 1/2 to 1 inch slices into julienne strips, 2 inches or so, about 2 cups.

Similarly, cut a few slices of your choice of cheese - Swiss, Baby Swiss, Mozzarella or another favorite.

Finely slice half an onion.

Cut 2 or 3 dill pickles into thin rounds.

Slice 2 cooled, hard-boiled eggs.

In a large bowl whisk together 1 T dark mustard (with or without horseradish)

1/4 cup dill pickle juice or vinegar (add more or dilute with water if too sour)

2 T salad oil (preferably not olive unless you really like that taste)

pepper

garlic salt

(other spices you really like)

Add all ingredients and toss gently.

Optional: add chopped chives

Serve on lettuce

Any dark bread or rolls and a hearty beverage go especially well with this dish.

Quantities are optional. You're sure to like this colorful salad so much that you'll want to make large amounts and adapt ingredients to your own personal taste.

Enjoy!

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)

# **Greater Midwest Foodways Alliance**

## **Sweets & Nuts! A Journey Through Midwestern Traditions**

**January 18-19, 2008  
Chicago, IL**

### **Call for Presentations**

The Greater Midwest Foodways Alliance -- which celebrates, teaches, preserves and promotes the diverse food cultures of the Midwest —examines nuts in sweets and savories long imported almonds and native nuts. We seek presentations informed by research, fieldwork and scholarship, but geared to an informed popular audience. Proposals should be one page in length and contain the following:

- The name of the presenter along with two professional references concerning presentation skills and qualifications;
- The title or theme of the presentation;
- A brief description of the subject matter to be discussed;
- Please anticipate a presentation length of 20 minutes with extra time allowed for questions.
- Your preferred presentation format, i.e., interactive lecture, panel discussion, group presentation.

While we invite you to propose any presentation on a nut-related topic concerning the American Midwest, we encourage proposals that explore nuts in savories and dessert rituals during the holidays, competitive food events involving nuts, historical profiles of a particular Midwestern dish, nuts and commerce and profiles of nut product artisans.

Please electronically submit your proposals to [GreaterMidwestFoodways@gmail.com](mailto:GreaterMidwestFoodways@gmail.com)

[www.GreaterMidwestFoodways.com](http://www.GreaterMidwestFoodways.com)

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