



CHC Chicago Foodways Roundtable

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Out and About,
February, 2008

Upcoming meetings:

Culinary Historians of Chicago:

February 23, 2008: Michigan's role in culinary history, Speaker: Justin Rashid, co-founder, American Spoon

March 15, 2008: "Sicilian Pastries" with Natalie Zarzour, Pastry chef/proprietor, Pasticceria Natalina

April 5, 2008: "Jewish Cooking" Speaker: Judy Kancigor

May 24, 2008: "Indian Curries" Speaker: Raghavan Iyer

September 13, 2008: "Southern Cooking" Speaker: Virginia Willis

Tentative Saturday morning meeting dates for 2008 (* Tentative)

June 21, 2008*

August 16, 2008*

July 19, 2008*

October 18, 2008*

Chicago Foodways Roundtable:

February 20: Vermeer's Hat at Lao Sze Chuan restaurant.

March 1: Louisa Chu, Chicago correspondent for Gourmet magazine, a judge on Iron Chef, correspondent on [Gourmet's Diary of a Foodie](#) @ Kendall College.

April 26: Walter Fredenhagen, Jr, son of the founder of Prince Castle and Cock Robin Ice Cream Co. @ Kendall College.

Greater Midwest Foodways Alliance

NEW DATE – April 5th: Building on the success of its inaugural event the Greater Midwest Foodways Alliance (GMFA) with its **Sweets and Desserts! A Journey through Midwestern Traditions**. Taking place on Saturday, April 5th, 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 College.

Rolled out in a one day event, packed with sweet 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, April 5th from 9 AM to 4 PM. For more details and agenda, visit www.greatermidwestfooways.com (soon to be updated) or contact Catherine Lambrecht at 847-432-8255.

For registration by phone, call 847/432-8255 or by email, write to greatermidwestfooways@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.

Full Tea with Violet Jessop: On Sunday March 2nd at 1 PM, the Highland Park Historical Society is presenting *Full Tea with Violet Jessop*. This four course tea, catered by High Tea by Gerri, will feature open face sandwiches, homemade raisin scones with jam and clotted cream, homemade apple-rhubarb pie and assorted petit fours with tea poured freely all afternoon. Honored guest will be Violet Jessop, actress Leslie Goddard in character, who will entertain the assembled guests with her life adventure of surviving the Titanic and the sinking of sister ship Britannic.

Few survivors of the HMHS Britannic sinking emerged with a toothbrush, but Violet Jessop had hers, remembering what she had missed after surviving the sinking of the Titanic (the Britannic's virtually identical sister ship) several years earlier. The only person to survive both sinkings, Jessop gives eyewitness accounts of the terrifying disasters and shares stories about life as an ocean liner stewardess. Clever and articulate, Jessop not only tells unforgettable stories of the tragedies from the striking viewpoint of a crew member but also gives a fascinating glimpse at life behind the scenes on the most glamorous luxury liners of their day.

Full Tea with Violet Jessop will be at the Highland Park Community House, 1911 Sheridan Road, Highland Park, Illinois. For further information, please contact the Highland Park Historical Society: 847.432.7090 Admission is \$45. Vintage and courtier hats will be on display and rental.

Joan Peterson Culinary Tours of Turkey: Joan will lead two culinary tours to Turkey this year. Each tour will have a minimum of 8 participants and a maximum of 12--so it'll be a nice intimate group.

The tour itinerary is now ready for viewing. We're going to eat well, as you can see, but we're also going to see a lot of amazing "stuff," so non-foodie sorts will be well occupied and happy too. The balloon ride over the Fairy Chimneys in Cappadocia is totally awesome!!

We also will have cooking classes, so you can get a head start on your Turkish cooking phase that will surely follow your return home!

Please note that there are actually two time slots available for the same tour program: August 8-17 and September 19-28th. I'm particularly fond of Turkey so have set up two tours this year.

You can also view it on our website at: <http://www.ginkgopress.com> and click on Culinary Tours in the green sidebar on the left. On this page you'll find the same link to the above webpages.

August 8-17, 2008 Tour - Full Itinerary and Booking Information (pdf file)

September 19-28, 2008 Tour - Full Itinerary and Booking Information (pdf file)
<http://www.us-civilwar.com/hardtack.htm>

HARDTACK

Probably the one, first, and most requested recipe, is for hardtack (also known as 'tack, ironplate biscuits, army bread, and other colorful names). From the 1862 US Army book of recipes, is one that is guaranteed to keep your dentist happy with bridge and upper plate work, and not to satisfy your culinary hunger. But these actually work and stay fresh for eons.

- 5 Cups Flour (unbleached)
- 1 Tablespoon Baking Powder
- 1 Tablespoon Salt
- 1-1 1/4 cups Water
- Preheated Oven to 450

In a bowl, combine the ingredients to form a stiff, but not dry dough. The dough should be pliable, but not stick a lot to your hands.

Take this mound of dough, and flatten it out onto a greased cookee sheet (the ones with a small lip around the edge...like a real shallow pan...), and roll the dough into a flat sheet aprx. 1/2 inch thick.

Using a breadknife, divide the dough into 3x3 squares. taking a 10-penny nail, put a 3x3 matrix of holes into the surface of the dough, all the way thru, at even intervals (Village tinsmithing works sells a cutter that does all of this...works great!).

Bake in the oven for approx 20 Min., till lightly browned. Take out and let cool.

Do this the day before your go on the field, and your will have enough tack to fill your haversack. It will be somewhat soft on Saturday morning, but, by Sunday, you should soak it in your coffee before eating, else you will have a hard time chewing.

Johnnie Cake

Does your taste lean more to the southern side? Then try a "johnnie cake" that the Confederate soldiers enjoyed with their meals. The recipe is also very simple:

two cups of cornmeal
2/3 cup of milk
2 tablespoons vegetable oil
2 teaspoon baking soda
1/2 teaspoon of salt

Mix ingredients into a stiff batter and form eight biscuit-sized "dodgers". Bake on a lightly greased sheet at 350 degrees for twenty to twenty five minutes or until brown. **Or** spoon the batter into hot cooking oil in a frying pan over a low flame. Remove the corn dodgers and let cool on a paper towel, spread with a little butter or molasses, and you have a real southern treat!

http://americancivilwar.com/tcwn/civil_war/civil_war_cooking.html

Greater Midwest Foodways Alliance

"Sweets: A Journey Through Midwestern Dessert Traditions"

Registration Form

In celebration of the best of home baked goodies to regional pies and local dairies who gave birth to world famous candies, it's all going to be uncovered.

Saturday, April 5, 2008

9 AM – 4 PM

Kendall College
900 North Branch Street, Chicago
(West of Halsted Street, North of Chicago Avenue)
FREE PARKING

NAME: _____

COMPANY/SCHOOL _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ Email: _____

Additional information at www.GreaterMidwestFoodways.com

Payment: \$50 – in advance (lunch included)

\$60 – at the door

Current registered full time student: \$30 (Present ID or Send a photocopy)

Make check Payable to: Greater Midwest Foodways

Mail to: 280 Laurel Avenue, Highland Park, IL 60035-2620

Please reserve to Barbara Olson by phone: 847/432-8255 or e-mail:

Info@GreaterMidwestFoodways.com Please include your name, address, telephone number and the number of people in your party. Your prompt payment will confirm your reservation.

Note: Phone or email registration constitutes paid registration.

Sign up today! Registration is limited!