



CHC Chicago Foodways Roundtable

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Out and About,
July, 2008

Upcoming meetings:

Culinary Historians of Chicago:

July 19, 2008: "History of beef and grass fed beef versus grain fed," Speaker: Bill Kurtis

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

Chicago Foodways Roundtable:

August 2, 2008: Mycophagy: Eating Wild Mushrooms presented by Joe McFarland. This will be a joint meeting with the Illinois Mycological Association.

Greater Midwest Foodways Alliance:

October 4, 2008: Beef: from the Great Plains to the stockyards and onto your table.

Chicago Culinary Museum and Chefs Hall of Fame:

August 27, 2008: Rick Bayless will be inducted into the Chefs Hall of Fame at an event at the Palmer House with Steve Dolinsky as master of ceremonies. Following the induction will be a spectacular wandering feast. Please inquire at 312-718-3221 barbara@culinarymuseum.org

Green City Market Summer BBQ Festival - Thursday, July 17, 2008, 6-8pm

One of the best summer events in Chicago, this grand picnic is held in the lovely Lincoln Park, with the fabulous Chicago skyline as a backdrop. This beautiful venue is ideal to showcase some of Chicago's finest chefs. All of their dishes are prepared using the bounty of the market.

This year, we have over 50 of Chicago's finest chefs eager to showcase their talents. Locally made wine, beer and other tasty beverages are all included. Indulge all of your senses with Chicago's best food, gorgeous views and great music.

Tickets can be purchased [Green City Market website](#), or at the Market on Wednesdays or Saturdays. Based through our website or in any [Spice House shops](#), through the Adults are \$50 pre-event, \$60 at the door. Children 5-12 are \$10. Children under 5 are free.

Culinary History Enthusiasts of Wisconsin (CHEW)

<http://www.wisconsincooks.org/chew>

July 2, 2008: Madisonian John Martens, of Martens Design, will present this talk: "Bitters and Sweets: A History of Food and Drink on Williamson Street."

In 1990, on a complete whim, local architect/builder John Martens put in a second offer on a derelict warehouse building that he had always loved, but was slated for development. One unexpected thing led to another, but eight years later he finished an

adaptive reuse of the building, now known as the Madison Candy Company and on the National Register of Historic Places. It currently houses Eldorado Grill, Ground Zero coffee, and a variety of office users.

In the process he became a staunch advocate of historical preservation and local community values, as well as a founding member of Friends of Historic Third Lake Ridge and much appreciative of the colorful history of food and drink on Williamson Street.

Place for all meetings: Willy Street Co-op Community Room, 1221 Williamson St, Madison WI 53704

Important: CHEW meetings attendees may not park in the Willy St. Coop lot; that is reserved for customers. There is on-street parking on all streets surrounding the co-op. The meeting is open to the public.

To get on the mailing list, or for more information, e-mail joanp@ginkgopress.com, or email Paul Lyne at pwlyne@wiscmail.wisc.edu

American Cheese Society's Festival of Cheese

Saturday, July 26, 2008

5:30 - 9:00 PM

Hilton Chicago

Join us at the Chicago Hilton for this rare opportunity to experience and taste more than 1,000 artisan and specialty cheeses from producers throughout North America. The Festival presents the cheeses entered in the American Cheese Society's Annual Competition, which coincides with the Society's Annual Conference in Chicago July 23-26. In addition to the award-winning cheeses, there will be wines, beers and specialty foods that complement the stars of this event.

Cost: \$85

To order tickets either go to [Festival of Cheese](#) or to 25th Annual Conference and Cheese Competition, Chicago, Ill. Contact American Cheese Society, 502-583-3783, website: <http://www.cheesesociety.org>.

Cheese sale following this conference on Sunday July 27 from 10 am – 1 pm at Kendall College, 900 North Branch Street, Chicago. Open to Public.

Chef Rick Bayless induction into the Chicago Culinary Museum & Chefs Hall of Fame

Wednesday, August 27, 2008

The Red Lacquer Room, The Palmer House Hotel

5:30 PM Reception 6:30 PM Awards Presentation 7:00 PM A Spectacular Wandering Feast

Chef Host: Executive Chef Stephen Henry

Honorary Chair: Illinois Secretary of State Jesse White

Ticket Prices: \$175.00 in advance, \$200 at the door and \$225.00 with charter membership. If you are unable to attend, but would like to make a financial contribution to the museum , for more information or to purchase tickets contact board member Carmella Anello.

If paying by check please make payable to: Chicago Culinary Museum & Chefs Hall of Fame and mail along with the names of your guests and a contact telephone number to:

Carmella Anello
Nestle Professional
650 E. Diehl Rd. Suite 100, Naperville, IL 60563
Telephone: 630-505-5381 Fax: 630-505-1257 carmella.anello@us.nestle.com

The Chicago Culinary Museum & Chefs Hall of Fame is a 501 (C) (3) nonprofit organization. "The mission of the Chicago Culinary Museum & Chefs Hall of Fame is to promote and celebrate Chicago as a culinary Mecca."

For information regarding Sponsorship Packages and Ad prices in the commemorative program book, or donations of auction items or culinary artifacts to the museum please contact Barbara Kuck 312-718-3221 barbara@culinarymuseum.org . The museum is asking that individuals donate menus or culinary related items to honor Chef Bayless's accomplishments and to commemorate his induction into the Chefs Hall of Fame.

Volunteers to cook for Iowan's plagued by floods

Our friends from the American Culinary Federation (ACF) Greater Iowa Chapter are in need of our help and support, they are looking for groups of chefs, cooks and anyone else that would come help prepare, cook and serve food to roughly 1000 people for the next 30 days. The commitment would be for 2 to 3 days. The ACF Minneapolis Chapter is having a board meeting tomorrow to set-up an action plan to get our members down there to help. If you would like to volunteer to go please let Steve Venne or myself know ASAP. Carlo Castagneri, Robert Dwyer and I are heading down on the 30th through the 3rd, we need to be there for them as they would be here for us. As with Katrina the ACF Minneapolis Chef's Chapter were first responders and this time we were caught off guard and now need to get them to help our friends. This won't be a glamorous trip, but we are needed and this is what the ACF is all about.

Chef Whitmore (BJ) Chapter President and Lisa Whitmore Chapter Secretary can be reached at the following as they are coordinating the cooking times and shifts.

Home: 641-814-4691 (Lisa) - Cell: 641-629-0225

Remember at anytime this could be you or someone you love !

Chris Dwyer CEC, ACE, AAC
Chairman of the Board - ACF Minneapolis Chef's Chapter
Certification Chair/Administrator - ACF/MCC
Executive Chef, Doubletree Hotel Minneapolis Park Place
1500 Park Place Boulevard, Minneapolis, MN 55416
952-582-5339 – direct / 612-910-2582 – cell / 952-542-8063 - fax

CHEFGADGET@aol.com

[HTTP://WWW.DTMINNEAPOLISPARKPLACE.COM](http://www.dtminneapolisparkplace.com)

[HTTP://WWW.DOUBLETREEMINNEAPOLIS.COM](http://www.doubletreeminneapolis.com)

Chefs,

The flooding in Iowa and specifically Cedar Rapids has caused the need for 1000 dinners per day from the Salvation Army. They have the kitchen and many volunteers to help but they need chefs to lead the kitchen/cooking. They have menus and food is on it's way but they need at least 3 chefs per day for the next 30 days. If any of you can help please email me ASAP so Lisa and I can get a calendar together with who can work. There are hotel rooms booked so there is no cost to you to stay. Thank you for considering our request and forwarding this to your chapter members.

Thank you,
Chef BJ

Benjamin Whitmore CSC, President
ACF of Iowa
2008 Central Region Chapter of the Year!
president@acfiowa.org
www.acfofiowa.org
(641) 629-0225

Recipes served at Curried Culinary History presented by Raghavan Iyer, teacher and author of *660 Curries/The Gateway to Indian Cooking*.

Potato-pea croquettes with a tomato-Jaggery sauce (*Aloo mutter ki tikki*)

Bit-size savory morsels are called tikkis. These easy-to-make croquettes are a favorite in northwestern India. The layers of sweet, hot, tart and nutty, created with simple ingredients, exemplify what a curry is all about. A few pointers on what kinds of bread NOT to use in this recipe: NONE with flavors, whole-wheat grain or bran, and definitely no overly soft white bread. Pepperidge Farm and Arnold loaves are perfect. It's alright to use the heels of the bread.

Makes about 24 croquettes (serves 12)

For the croquettes:

1 pound russet or Yukon Gold potatoes, peeled, boiled until tender, and mashed.

1/2 cup finely chopped fresh cilantro leaves and tender stems.

1 small red onion, coarsely chopped.

4 to 6 green Thai, cayenne, or Serrano chilies, to taste, stems removed.

4 lengthwise slices fresh ginger (each 2 1/2 inches long X 1 inch wide X 1/8 in thick).

2 teaspoons coarse kosher or sea salt

1/2 cup frozen green peas (no need to thaw)

4 to 6 slices firm white bread

Canola oil for pan-frying

For the sauce:

- 1 tablespoon canola oil
- 1 teaspoon cumin seeds
- 1 can (14.5 oz.) diced tomatoes (do NOT drain)
- 2 tablespoons crumbled or chopped jaggery or firmly packed dark brown sugar.
- 1 teaspoon cayenne (ground red pepper)
- 1 teaspoon coarse kosher or sea salt

1. Place the mashed potatoes in a large bowl.
2. Combine the cilantro, onion, chilies and ginger in a food processor and process until the ingredients are minced. Add the herb mixture to the potatoes, along with the salt and green peas.
3. Hold the bread slices under running water to drench them, then squeeze out as much water from the slices as possible. You should have a rolled-up wad of moist but firm bread. Work the bread into the potato mixture by squeezing handfuls of potato and bread together to combine them, and then knead the mixture to create a slightly sticky dough; the softer the bread, the more slices you will need to get the right consistency. (This technique of creating an instant dough with moist bread slices helps to hold the croquettes together while pan frying.)
4. Grease your palms with a little cooking spray or oil. Take a heaping tablespoon of the dough and shape in into a tight round ball. Press the ball between the palms of you hands to form a patty roughly 2-inches in diameter and 1/4 inch thick. Lay it on a plate or tray. Repeat with the remaining dough. You should end up with about 24 of these light-green, pea-studded croquettes.
5. Line a large plate or a cookie sheet with several layers of paper towels Heat 2 tablespoons canola oil in a large nonstick skillet over medium heat. Arrange 8 croquettes, without crowding, in a single layer in the skillet and cook until it is golden brown and crisp, about 5 minutes. Slide the croquettes onto the paper-towel-lined plate to drain. Repeat until all the croquettes are fried.
6. To make the sauce, heat the oil in a small saucepan over medium-high heat. Add the cumin seeds and let them sizzle until they turn reddish brown and fragrant, about 10 seconds. The tomatoes soften, about 5 minutes. Let the sauce cool for about 5 minutes, and then transfer it to a blender and puree, scraping the inside of the jar as necessary, to make a smooth sauce.

TIP: If you don't wish to fry them all, you can keep the remaining uncooked croquettes tightly wrapped in plastic wrap, in the refrigerator for up to 2 days. Any extra sauce will keep, too.

If you want to freeze them, pan-fry them first and then freeze them, securely wrapped in freezer paper or in resealable freezer-safe bags, for up to 1 month. To rewarm them, place the frozen croquettes on an ungreased cookie sheet in a preheated 300 F. oven to bake until they are warm in the center, about 15 minutes.

Minty Kidney Beans and potatoes (*Aloo Pudhina Rajmah*) (page 360)

Robust and assertive, this curry packs quite a punch and easily can be the only game in town, especially at your weekday dinner table. For a complete meal, serve it in large individual bowls with either bread or rice on the side. (My preference is a loaf of freshly baked crusty French bread from the bakery. Slice it into 1/2 inch thick slices, warm them briefly in the oven, and dunk them into the curry to mop up the sauce between spoonfuls of minty flavored kidney beans and potatoes.)

Makes 4 cups

- 1 large tomato, cored and coarsely chopped
- 1 small red onion, coarsely chopped
- 1/4 cup tightly packed fresh mint leaves
- 2 lengthwise slices fresh ginger (each 2 inches long, 1 inch wide and 1/8 in thick.)
- 1/4 teaspoon ground turmeric
- 3 to 5 fresh green Thai, cayenne or Serrano chilies to taste, stems removed
- 1 cinnamon stick (3 inches long), broken into smaller pieces
- 2 tablespoons Ghee (clarified butter) or canola oil
- 1 teaspoon cumin seeds
- 2 medium-size russet or Yukon Gold potatoes, peeled, cut into 1/2-in. cubes, and submerged in a bowl of cold water to prevent browning.
- 3 cups cooked red kidney beans.
- 1/2 cup plain yogurt
- 2 tablespoons heavy (whipping) cream
- 1 teaspoon Punjabi garam masala
- 1 1/2 teaspoon rock salt, pounded
- 2 tablespoons finely chopped fresh cilantro leaves and tender stems.

1. Put the tomato in a blender jar, and add the onion, mint ginger, peppercorns, turmeric, chilies and cinnamon pieces. Puree, scraping the inside of the jar as needed, to make a smooth pink sauce, dusted with specks of purple, green, brown.
2. Heat the ghee in a medium-size saucepan over medium-high heat. Sprinkle in the cumin seeds and cook until they sizzle, turn reddish brown, and smell nutty, 5 to 10 seconds. Add the pureed sauce; within seconds it will start to bubble and spatter. Lower the heat to medium, practically cover the pan, and simmer, stirring occasionally, until almost all the liquid has evaporated and the oil is starting to separate around the edges and form a very thin, glossy layer on top, 10 to 15 minutes.
3. Drain the potatoes and stir them in. Add the kidney beans and 1-cup water to curry then bring to a boil. Cover the pan and simmer, stirring occasionally, until the potatoes are fork-tender and the sauce has thickened slightly, 15 to 20 minutes.
4. While the curry is simmering, whisk the yogurt in a small bowl (the fat in the cream will stabilize the yogurt when it heats, keeping it from curdling).
5. Once the potatoes are tender, fold in the yogurt mixture, garam masala, rock salt, and cilantro. Simmer, uncovered, stirring occasionally, until the yogurt is warmed through, 2 to 4 minutes. Then serve.

**Any submissions of events or articles may be directed to
Chicago.Foodways.Roundtable@gmail.com**