



# CHC Chicago Foodways Roundtable

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## Out and About, May, 2009

### Upcoming meetings:

#### Culinary Historians of Chicago:

**May 9**, Author Kathleen Flinn--about her training at Cordon Blue and her food memoir, soon to be a movie: "The sharper the knife, the less you cry"

**June 13**, Philippine cooking and culture, chef Kristine Subido of Wave Restaurant, and Janet Rausa Fuller, Food Editor, Chicago Sun-Times.

**October 10**, Andrew Smith, editor, Oxford Encyclopedia of Food and Drink in America

**November 14**, Author/Cooking Teacher Nancie McDermott, Thai Cuisine

**December 19**, Food Editor/Author Suzanne Martinson, The Falling Water Cookbook (related to Frank Lloyd Wright's history)

#### Chicago Foodways Roundtable:

**May 6**: Hot Dog, A Global History, presented by Bruce Kraig, PhD and Doug Sohn of Hot Doug's at Kendall College

**May 16**: The Haute Cuisine of Ancient Mesopotamia at the Oriental Institute.

**June 27, 2009**: Low and Slow BBQ presented by Gary Wiviott at Kendall College

#### Find Culinary Historians on Facebook at

<http://www.facebook.com/home.php#/group.php?gid=84660115589&ref=ts>

**Culinary Historians in the media:** Smithsonian.com features Chicago's culinary scene with "Searching for a Mother-in-Law Sandwich" (<http://www.smithsonianmag.com/travel/Searching-for-a-Mother-in-Law-Sandwich.html#>) featuring Mike Sula of The Reader and Peter Engler. "Chicago Eats" (<http://www.smithsonianmag.com/travel/Destination-America-2009-Chicago-Eats.html?c=y&page=1>) including interviews with Colleen Sen and Evelyn Thompson.

**WBEZ's Chicago Amplified** partners with Culinary Historians by recording our programs and making them available for broadcast on demand at their website or downloadable to an iPod. Our most recent programs:

**"Talking Turkey (The country, that is), Introduction to the Dining Culture Of the Ottoman Empire,"** Presented by Channon Mondou, recorded April 11, 2009:

<http://www.chicagopublicradio.org/Conte...ioID=33605>

**Passage to India** with Suvir Saran, recorded March 21, 2009:

<http://www.chicagopublicradio.org/Content.aspx?audioID=33353>

**Civilized Dining Philosophies: We All Have Our Truths -- Is Mine The Same As Yours?**

with Colleen Sen and Bruce Kraig, recorded March 14, 2009

<http://www.chicagopublicradio.org/Content.aspx?audioID=33175>

**Sky Full of Bacon**, Michael Gebert's high definition video podcast about food from the most fascinating and lively culinary city on the planet right now, Chicago.

Like in an audio podcast, Sky Full of Bacon takes you to meet and talk to interesting people in the world of food (especially but not exclusively in Chicago). But because food is interesting to look at as well as to eat, it shows you the food, the techniques, and the people for yourself in yummy, high-quality HD. However, unlike so much food TV, Sky Full of Bacon doesn't cut what they say down to brief sound bites and move at a frantic, please-don't-switch-the-channel pace. It's a format which allows for thoughtful conversation while offering the sensory satisfactions of great-looking food.

Here's how to see it:

1) Watch each episode at [the SkyFull of Bacon blog](http://skyfullofbacon.com/blog/) (fastest, pretty good HD quality)  
<http://skyfullofbacon.com/blog/>

2) Watch it at [its Vimeo page](http://www.vimeo.com/album/19289) (pretty fast, better HD quality)  
<http://www.vimeo.com/album/19289>

3) [View or subscribe \(FREE!\) at iTunes](#), **which is recommended for the highest, full HD quality**

### **Sky Full of Bacon #9 Raccoon Stories**

<http://skyfullofbacon.com/blog/?p=188>

Since the 1920s, the American Legion Post in Delafield, Wisconsin has hosted a raccoon dinner to support its youth sports programs. Even as the World War II vets who run it get older and the town itself becomes a suburb of Milwaukee, the spirit of the old Delafield— a place where you hunted for your supper, the town barber was the center of all the activity, and Al Capone was an occasional visitor— lives on in the stories of the folks preparing the 82nd Annual Coon Feed... and in the hearty welcome they give old friends and strangers alike. It's 18 and a half minutes of a midwest that's fast disappearing, but still knows how to have a good time on a Saturday night.

Featuring LTHForum's own Cathy Lambrecht, who of course has [posted](#) about the Coon Feed [numerous times](#). And watch for a special celebrity guest chef.

### **Michael Pollan at the Harold Washington Library, Monday May 18 at 6 PM**

Acclaimed food writer Michael Pollan, author of *The Omnivore's Dilemma*, will discuss and sign his companion book, *In Defense of Food: An Eater's Manifesto*. Pollan has launched a national conversation about the American way of eating. He proposes a new answer to the question of what we should eat that comes down to seven simple but liberating words: Eat food. Not too much. Mostly plants. His revelatory look at the industrialized western diet shows us why and how we can start making thoughtful food choices that will enrich our lives and health and bring pleasure back to eating.

This program is cosponsored by Chicago Matters. Chicago Matters is an annual public information series made possible by The Chicago Community Trust, our region's community foundation, with programming by WTTW11, WBEZ Chicago Public Radio, the Chicago Public Library, and The Chicago Reporter, a publication of the Community Renewal Society. Visit [chicagomatters.org](http://chicagomatters.org) for more information

### **Culinary Historians of Ann Arbor**

#### **"Five Hundred Years of Grapes and Wine in America: A Remarkable Story"**

**Speakers:** Jan Longone, Curator of the American Culinary Archives at the Clements Library  
Professor Emeritus, Dan Longone, The University of Michigan

**Sunday, May 10, 2009 from 3:00-5:00 pm**

William L. Clements Library, The University of Michigan  
909 S. University Ave, Ann Arbor

This special lecture is being held in conjunction with the current exhibit at the Clements Library curated by the Longones. The lecture is co-sponsored by the Clements Library and the Culinary Historians of Ann Arbor.

### **Culinary History Enthusiasts of Wisconsin (CHEW),**

#### **“Hungry for Wisconsin”**

May 6th, 2009: 7:15pm.

Madison journalist Mary Bergin will be the speaker at the May 6th meeting of the Culinary History Enthusiasts of Wisconsin (CHEW). She will talk about some of the state’s lesser known culinary gems, which make up a large part of her newest book, *Hungry for Wisconsin: A Tasty Guide for Travelers*. What everybody in the book has in common is integrity of product. The book subjects are a reminder that when we have our way with food, we are making statements about authenticity: our values, quirks, obsessions, ethnic pride.

“Hungry for Wisconsin” also is an acknowledgement that interest in culinary tourism is gaining momentum. When you are away, you need to eat - and more businesses have figured out that a meal can be an experience as much as it is sustenance.

Mary grew up on a dairy farm and rarely left Wisconsin before entering college. She paid her way through school by waitressing at a Wisconsin summer resort and couldn't wait to leave her home state. Now she wouldn't think of living anyplace else, but that doesn't mean she stays home much. Mary began writing a weekly and syndicated travel column in 2002. “Sidetracked in Wisconsin: A Guide for Thoughtful Travelers,” her first book, went into a second printing shortly after its 2006 introduction.

Her biggest influences as a writer are average people who work hard, live humbly, are satisfied with what they own but strive quietly to become better people. She believes that writers need to make sure these voices and stories are heard.

Meeting Venue: Goodman Atwood Community Center, 149 Waubesa Street, Madison  
To get on the mailing list, or for more information, e-mail [joan@eatSMARTguides.com](mailto:joan@eatSMARTguides.com), or call Joan Peterson at 608-233-5488. Alternatively, email Paul Lyne at [pwlyne@gmail.com](mailto:pwlyne@gmail.com) or call Paul Lyne at 608-231-3674.

**Recipes from Culinary Historian’s program “Talking Turkey (The country, that is), Introduction to the Dining Culture Of the Ottoman Empire,” Presented by Channon Mondou, on April 11, 2009”**

Rummâniyye

Serving Size : 6

- 12 chicken thigh, skin on -- trimmed or 3lb of lamb shoulder diced
- 3 teaspoons salt -- divided use
- 1 large eggplant -- peeled and quartered
- 5 small zucchini
- 3 medium yellow onion -- peeled and quartered
- 2 teaspoons black caraway seed -- nigella

- 1 teaspoon coriander seed -- freshly ground
- 1/4 teaspoon cinnamon -- freshly ground
- 1 teaspoon black pepper -- freshly ground
- 1/8 teaspoon mastic -- crushed
- 1 tablespoon fresh mint -- minced
- 1/2 cup pomegranate molasses -- or reduced juice
- 1 teaspoon dried mint flakes
- 4 large cloves garlic -- minced
- 1 tablespoon coriander leaf -- chopped

RUMMANIYYE. 19

Pages 92 - 93. - The Fall's menu at Topkapi this is the dish called nar ekchili kalye, a stew of sour pomegranate. Chrivânî translated the recipe from the Baghdâdî.

How to Prepare the Rummâniyye.

The art to prepare the Rummâniyye is the following. Take an appropriate quantity of fresh mutton fat meat, cut as usual (diced). Put the meat in a heavy pot, add some salt, and cover with the necessary quantity of hot water: enough to cover it and bring it to boil. While it is boiling skim it, until there is no more skim. Take the eggplants, peel them, and cut them in lengthwise in four pieces. Boil them in salty water in a separate pot until their bitterness disappears, then remove them from the water and dice them, set aside. Peel five pumpkins, clean the inside and takeout the seeds, cut them in lengthwise, then in separate pot boil them until parboil. Take them out of the water, drain and chop them, set aside. Clean and peel few onions, cut them in four, in separate pan boil them in a small quantity of salty water, when done remove them form the water, chop them and set aside. Put these three ingredients, eggplants, pumpkins, and onions, in the heavy marmite(ceramic pot) on top of the meat, and season all with grinded caraway, coriander, cinnamon, pepper, mastic, and mint. Bring to boil until every thing is cooked. Meanwhile take the sour pomegranates, crush, and grind them until their juice is poured out, press the mixture in a stiffer to get a pure juice. Pour the juice over the cooked food and add some dry mint. Crush some garlic and put them in the pot. Shut off the heat, clean the pot inside and outside. Put the pot over low heat and let it stand, then take it off the heat, and eat it.

CHIRVANI,

Directions;

1. Place lamb/chicken in large sautee pan, cover with water and bring to a boil, simmer and skim any foam from the top. Cook approximately 10 minutes, without a lid allowing the steam to escape.
2. Prepare a pot to parboil the vegetables. Add 1 1/2 teaspoons salt. Place the eggplant in first, parboil 2 minutes, remove and chop into cubes. Take zuchinni quarters, set them on their side and cut away seeds. Briefly blanch and remove from boiling water. Chop into cubes. Finally place onion quarters into water and parboil for 5-7 minutes. Strain and chop.
3. Take chicken thighs and remove bone, chopping into bitesized pieces. Place in a large oven proof dish with any water remaining.
4. Mix the vegetables with ground spices, mint and 1 teaspoon salt. Place on top of the chicken.
5. Mix pomegranate molasses with garlic, 1/2 teaspoon dried mint and drizzle over vegetables.
6. Cover and place casserole in a low oven, 275 degrees for approximately 1.5-2 hours. This will slowly cook the ingredients and allow the flavors to develop.

Remove from oven garnish with chopped coriander and serve hot with a rice pilaf or other simple grain.

Pilav- Rice Pilaf

Recipe By : Channon Mondoux

Serving Size : 6

- 1 cup basmati rice -- or long grained
- 1 tablespoon ghee or butter
- 2 cups water or chicken stock
- 1 teaspoon sea salt
- 1/4 teaspoon saffron -- crushed
- pinch mastic -- optional

#### Original Recipe

Printzsch or rice: simply boiled in water, one then roasts it in fat. One calls it "pilaf", one gives out a piled bowl, without sugar on it. H.D.

Here I have taken the recipe for rice where the I've reversed the steps of boiling then frying in fat.

Heat ghee in skillet. Saute rice until just beginning to brown. Pour in water or chicken stock. If you are using saffron and mastic, add it now. About 3/4 way through cooking, take saffron and salt and grind in a mortar. Add to rice and stir. Finish cooking. Season with salt and pepper if desired.

**Kunghokm**, Chicago showing the Smorgasbord in the main dining room from the **Chicago History in Postcards** website, [www.chicagopc.info](http://www.chicagopc.info).

<http://www.chicagopc.info/Chicago%20postcards/restaurants/kungsholm%20main%20dining%20room%20ahpb.JPG>



Any submissions of events or articles may be directed to [Chicago.Foodways.Roundtable@gmail.com](mailto:Chicago.Foodways.Roundtable@gmail.com)