



# CHC Chicago Foodways Roundtable

Chicago.Foodways.Roundtable@gmail.com ♦ 847/432-8255 ♦ www.CulinaryHistorians.org

Out and About,  
November, 2009

## Upcoming meetings:

### Culinary Historians of Chicago:

**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)

Find Culinary Historians of Chicago on Twitter as Culinary History and on Facebook at <http://www.facebook.com/home.php#/group.php?gid=84660115589&ref=ts>

### Chicago Foodways Roundtable:

**November 7**: “Tomato Lady” Aggie Nehmzav on American Squash

**November 10**: Weslie Janeway, author of *Mrs. Charles Darwin’s Recipe Book: Revived and Illustrated*.

**December 3**: TBA

### Greater Midwest Foodways Alliance:

[www.GreaterMidwestFoodways.com](http://www.GreaterMidwestFoodways.com), Twitter: MidwestFoodways, Facebook

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:

**All the World Loves a Curry** with Colleen Taylor Sen recorded on October 3, 2009

<http://www.chicagopublicradio.org/Content.aspx?audioID=37554>

Notes from Colleen Sen’s Curry talk: Colleen’s most used cookbooks:

Mrs. Balbir Singh’s *Indian Cookery*, Bell & Hyman Ltd, ISBN 07135-20507

*Indian Cookery*, P. Veeraswamy, Jaico Publishing, ISBN – None

**Pizza According to the Gospel of Pollack and Goldsmith** with Penny Pollack and Jonathan Goldsmith, recorded on September 26, 2009

<http://www.chicagopublicradio.org/Content.aspx?audioID=37551>

### WBEZ, Chicago Public Radio

David Hammond, a writer living in Oak Park, IL, is a founder and moderator of [LTHForum.com](http://LTHForum.com), the Chicago culinary chat site, and a regular contributor of food-related articles for the Chicago Tribune, Chicago Sun-Times, and Chicago Reader. David was featured on “Good Morning, America,” “Chicago, Tonight,” and Nippon TV when he developed recipes for preparing cicadas, and he is a returning guest on WLS and WGN radio. He produces regular segments for WBEZ, Chicago Public Radio.

Cooking a la Alinea: <http://www.chicagopublicradio.org/Content.aspx?audioID=31033>

Drink Like a Sumerian: <http://www.chicagopublicradio.org/Content.aspx?audioID=30135>

**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 12: In the Land of Whitefish](http://vimeo.com/6279072)  
<http://vimeo.com/6279072>

True Great Lakes whitefish are one of the classics of Midwestern dining— and a local and sustainable choice to boot. In the second of my two-part exploration of fish and sustainability, I go on a Lake Michigan whitefish boat to see how they're fished, talk with the family that runs a fifth-generation, 130-year-old Wisconsin fishery, and talk to chefs and fish sellers (including a 92-year-old “retired” fish seller who still comes in to work every day) about what makes these fish special—if, sometimes, a hard sell to diners looking for the latest thing. It runs 19:54; be sure to also watch the first in this series, [A Better Fish](#). <http://skyfullofbacon.com/blog/?p=274>

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

**Sunday, Nov. 8, 2009, 3:00 - 5:00pm, Ann Arbor District Library [Pittsfield Branch, 2359 Oak Valley Dr.](#)**

Weslie Janeway, author of the newly published book *"Mrs. Charles Darwin's Recipe Book: Revived and Illustrated"* will speak about the book. **NOTE:** This is the second Sunday of the month and the program begins an hour earlier than the usual meeting time. Light refreshments served, prepared using recipes from the cookbook.

**Culinary History Enthusiasts of Wisconsin (CHEW),**  
<http://www.wisconsincooks.org/chew>

"Healthful Indian Flavors"

November 4, 2009 Meeting, 7:15 PM

Alamelu Vairavan, a native of India who now lives in Milwaukee, will be the speaker at the November 4th meeting of CHEW, the Culinary History Enthusiasts of Wisconsin. Alamelu earned a B.S. degree in Health Information Management from UW-Milwaukee. She is a culinary teacher and co-author (with Dr. Patricia Marquardt) of two books, *The Art of South Indian Cooking* and *Healthy South Indian Cooking*.

Alamelu has a passion for teaching how to properly and healthfully prepare spices, herbs and legumes and to impart her knowledge about the health benefits spices and herbs offer in

preventing many diseases. In April 2009, she taught a workshop about titled “Enticing Indian Flavors” at the prestigious James Beard Foundation in NYC. She has been featured on numerous national and regional TV and radio shows, including appearances on PBS, Discovery Channel, Fox and CBS. Her books and recipes have been featured in magazines and newspapers including USA Today, the Baltimore Sun, Philadelphia Enquirer, Chicago Tribune, Los Angeles Times, Milwaukee Journal-Sentinel, Wisconsin Woman and India Today.

In her aunt’s home in New York, Alamelu learned South Indian cooking techniques from a well-known Chettinad chef, Nedungudi Natesan. Alamelu found immediate joy in cooking and her frequent visits to India help her expand her culinary knowledge.

Although she did not know anything about cooking itself, as she was growing up in her parents’ home, she had the privilege of enjoying a wide variety of exquisite foods prepared by professional chefs.

Meeting Venue:

Goodman Atwood Community Center, Bolz Room A; 149 Waubesa Street, Madison 53704; 608-241-1574.

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.

### **Polish Golabki (Stuffed Cabbage) Demonstration Workshop**

Demonstration by Red Apple Restaurant, assisted by Chef Mark Kroplewski

Saturday, November 14

Session I: 11 a.m. - 12:30 p.m.

Session II: 1:30 p.m. - 3:00 p.m.

Fee: \$18 for ages 16 and older, free parking.

Polish Roman Catholic Union of America

984 N. Milwaukee Ave

Chicago, IL 60642

773-782-2600 ext 2639

Relax and enjoy learning how to make delicious golabki (stuffed cabbage) that everyone enjoys so much. You will learn how to make both meatless golabki, which are often served at Wigilia, Polish Christmas Eve meal, and meat golabki.

Demonstration will show you how to:

- Cook the cabbage
- Put the filling in the cabbage
- Prepare a mushroom sauce
- Prepare meat and meatless filling
- Cook the golabki
- Prepare tomato sauce to pour over golabki

Participants will:

- Sample the meat and meatless golabki
- Receive recipes
- Beverage and dessert

Participants limited to 30 per session. Reservation deadline: November 7, 2009.