

CHoW Line

Culinary Historians of Washington, D.C.

February 2007

Volume XI, Number 6

Happy 10th Anniversary

to Culinary Historians of Washington, D.C.

The Charter Meeting was held in October of 1996.

Articles for CHoW Line

The newsletter editor will be pleased to receive contributions to the newsletter from members and subscribers, although we regret we cannot pay for articles.

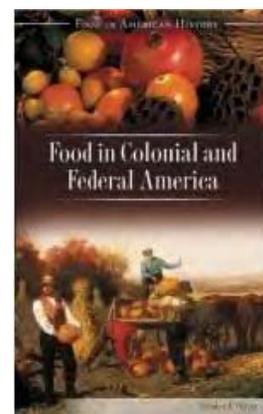
February 11 Meeting in Bethesda 2:30 - 4:30

Sandy Oliver to Speak

“Lessons My New Book Taught Me:
Insights Gained from *Food in Colonial and Federal America*.”

Sandy has said that “Every book project makes a gift to its author, and *Food in Colonial and Federal America*’s gift has proved to be unsettling. In my attempt to describe the food of our earliest years, I found assumptions that I, and many of us, have had, sometimes comfortably cherished ones, simply did not hold up, and since then I have been rethinking many of my ideas about American foodways. In this talk I will discuss the sometimes un-nerving experience of writing the book, and particularly the challenge of redefining regionalism’s effect on our perceptions of American food.”

Sandy Oliver, a freelance food writer and food historian, lives in Maine and is the Founder, Publisher and Editor of *Food History News*. She last spoke to CHoW in October of 2000 about “Discovering Saltwater Foodways: 19th-Century New Englanders and Their Food at Sea and Ashore.” Her book, *Saltwater Foodways*, a study of New England’s food-acquiring, food-preserving, and food-preparing traditions, is the result of more than 20 years of far-ranging research into journals and log books, political and social histories, advertisements and local-newspaper gossip, and New England recipes, both published and in manuscript. She has won numerous awards for her work.



Calendar of CHoW Meetings

September 10	Psyche Williams-Forson, “African American Women, Food Service and the Railroad”
October 8	Deborah Warner, “How Sweet It Is: Sugar, Science and the State”
November 12	Paul Lukacs, author, <i>American Vintage: The Rise of American Wine</i> .
December 10	“A Festival of Frugality” panel (reported on pages 2 to 3).
January 14	Cooperative Supper in Alexandria
February 11	Sandy Oliver , “Lessons My New Book Taught Me: Insights Gained from <i>Food in Colonial and Federal America</i> .”
March 11	Warren Belasco , “The Future of Food”
April 1	Robert Wolke , “Food 101” columnist in <i>The Washington Post</i> Food section. “How Chemistry Facilitated Colonial Food Preservation”
May 6	Field Trip to Mount Vernon , VA. George Washington’s reconstructed Distillery & Grist Mill with a talk by the archeologist of the distillery.

Culinary Historians of Washington, D.C. (CHoW/DC)

founded in 1996, is an informal, nonprofit, educational organization dedicated to the study of the history of foodstuffs, cuisines, and culinary customs, both historical and contemporary, from all parts of the world.

www.chowdc.org

Dues to: Katherine Livingston
1835 Phelps Pl. N.W., #42
Washington, D.C. 20008

Virginia Foods Star at January Cooperative Dinner

Sunday, January 14, 2007
Foods of Virginia Through Time



Felice Caspar: Garlic Gouda Cheese Spread and Bodacious Beets: Virginia Wine & Garlic Festival.



Bryna Freyer: Smoked Trout Pâté (above); Front Royal Farms and Meadow Creek Appalachian Pepper Tomme, an unpasteurized cow's milk cheese (below).



Jane Mengershauser: Waldorf Salad with Peanut Dressing : CHoW member CiCi Williamson's *The Best of Virginia Farms Cookbook & Tour Book* (below).



Over forty people gathered in Alexandria to share great food and the history surrounding each offering. The list of foods and their sources is below. The timeline of Virginia's history began with Native American fare, to selections from Thomas Jefferson's era, to recipes found in books by Hannah Glasse and Mary Randolph to Robert E. Lee's family's kitchen book, and to post-Civil War and early 20th century authors Marion Harland and Fanny Farmer, among the many, many sources. We also celebrated with several modern Virginia foods, beer and wines.

Books by CHoW members and authors **Nancy Carter Crump** (*Hearthside Cooking*) and **CiCi Williamson** (*The Best of Virginia Farms Cookbook & Tour Book*) and food stylist **Lisa Cherkasky** (*Dining at Monticello*) were helpful resources for a number of recipes.

Sometimes the food and methods were traditional (foraging for persimmons made into a pudding), sometimes a traditional food was given an imaginative treatment (pawpaw cream pie made with a Bavarian Cream technique), sometimes history and modernity balanced methods (no calf's foot in Thomas Jefferson's Wine Jelly), and sometimes history was the rule as in much beating of the Naples Biscuit. The foods and the stories shared by CHoW participants made for a great dinner party and a great history lesson. Our thanks again to **Shirley Cherkasky** for hosting us all.



Sue Latini: Naples Biscuit, Mary Randolph's *The Virginia Housewife*

Patricia Reber: Cornbread made with Colvin Run, Va. milled corn : Marion Harland recipe (1878)



Shirley Cherkasky: Hopkins Family Cocoanut Pound Cake: *Hearthside Cooking : An Introduction to Virginia Plantation Cuisine* by CHoW member Nancy Carter Crump



Maurice and Angela Silverman: Chestnut Pudding. Hannah Glasse's *The Art of Cookery Made Plain & Easy* (1805 edition printed in Alexandria) and Filbert Pudding Variation of the Chestnut Pudding.



Nancy Eagles: donated funds to purchase Edwards Country ham. **CiCi Williamson:** Sweet Potato Ham Biscuits : *The Best of Virginia Farms Cookbook & Tour Book*.



Ray LaSala: Pawpaw Cream Pie in a Pecan-Maple Crust : Self



Elisabetta Castleman: Thomas Jefferson's Wine Jelly (top) from *The First Ladies Cookbook*. **Andrew Burman:** Apple Caramel Eclairs (bottom of photo.)





Alexandria House's Rooftop Activity Room

More Contributors, Contributions, and Sources

Kari Barrett: Spice Cake
 Norvell, *Robert E. Lee Family Cooking and Housekeeping Book*
Francine Berkowitz: Pumpkin Cheesecake and bottles of Prince Michel Virginia Wine
Hanne Caraher: Spoonbread, Monticello Hotel
Claire Cassidy and John Rosine: Succotash, *Art of American Indian Cooking* and Virginia Merlot Wine
Renee and Catherine Catacalos: Virginia Peanut Butter Cookies, Internet.
Randy Clarke: Mincemeat Pie, Family recipe for mincemeat and *Joy of Cooking* for crust
Sophie Frederickson: Gooseberries Baked in Custard, Edna Lewis and Scott Peacock's *Gift of Southern Cooking*.
Bruce Gaber: Apple-Rutabaga Soup, Patrick O'Connell's Inn at Little Washington
Laura Gilliam: Gingerbread made with sorghum, Edna Lewis's *Taste of Country Cooking*
Katy Hayes and Tom Moore: Persimmon Pudding and Tawny Port Sauce, from a friend from North Carolina
Betty Hill and Sarah Hill: Chicken Corn Pye, Henrico County, Va. : *The Williamsburg Art of Cookery* (1938)
Virginia Jenkins: Sweet Potato Pie, crust recipe from an 85 year old neighbor
Dianne Hennessy King: White and Sweet Potatoes Baked in Cream : improvisation

Claudia Kousoulas: Cornbread and Collard Greens, Edna Lewis and Scott Peacock's *Gift of Southern Cooking*
Phyllis and Fred Krochmal: Broccoli and Celery Casserole: *Virginia Hospitality* (1975)
Katherine Livingston: Scalloped Oysters, Memory, aided by 1902 edition of Fanny Farmer via *Bentley Farm Cookbook*.
Kay Shaw Nelson: Corn Relish, *The Williamsburg Cookbook*
Catherine Pressler: Barley and Mushroom Pilaf and The Bailiwick Inn's Wild Mushroom and Brie Soup, both from CiCi Williamson's *The Best of Virginia Farms Cookbook & Tour Book*
Bettye Robertson: Succotash, a favorite family dish from childhood
Maurice and Angela Silverman: A Broccoli dish and a Chestnut Pudding (see page 2).
Amy Snyder: Old Dominion Lager
Debby and Jack Warner and guests and co-chefs Myha Hyunh and Carol Gardner, Lettuce Roll with Shrimp, Meat, and Noodle (Cuon Diep) : *The Classic Cuisine of Vietnam/ Bach Ngo* 1986 and now Virginia.
Lelia Washburn: Vassilopita: Aphrodite Bakery
CiCi Williamson and guest, her mother Carolyn Cheney: Virginia Gumbo (Okra Soup), *Dining at Monticello* (food styled by CHOw member Lisa Cherkasky)



Photos by CiCi Williamson.

Upcoming Events

CHoW FIELD TRIP TO MOUNT VERNON MAY 6, 2007

Fee: Separate fee for lecture, optional mansion tour, and optional lunch.

Admission to the Grist Mill and Distillery where the CHoW lecture will take place is \$5. We will have a talk by the archeologist of the new distillery.



If you would also like to tour the Mansion, museums, farm, etc. (not including the Grist Mill and Distillery), CHoW can arrange a Group Admission of \$11 per person.



In addition, CHoW will arrange a lunch at a Group Price for those who would like to gather for a meal at the Mount Vernon Inn. More information about the lunch menu selections will be discussed at the February meeting and will appear also in the March *CHoW Line*.



Virginia Wine Legacy: From Jefferson to the Present University of Virginia

Charlottesville, Virginia

June 13-17, 2007

www.virginia.edu/travelandlearn/2007wine.html

Fee: \$1725-\$1895 depending on choice of lodging



With over 100 wineries in the state and with Virginia wines winning national and international awards, the Virginia wine industry is, today, coming into its own. To reach this 21st century vantage point Virginians have traversed four centuries, overcoming

everything from disappointing vintages in 1608, the death of the European vines during Thomas Jefferson's valiant efforts to support this "healthier" spirit, and even prohibition.

To spur this burgeoning wine industry over the last quarter century, Italian vintner Gianni Zonin sent winemaker Gabrielle Rause to the Barboursville Vineyards in central Virginia to grow European grapes successfully. Gabrielle, who is helping to lead this wine program, stayed on in central Virginia to help many vintners establish their grapes, a task he is today pursuing at Jefferson's home, Monticello.

Join us as we explore the Virginia wine vision, from its start as an alternative to unsafe drinking water to its role today as a highly rated American wine. Learn about Thomas Jefferson's efforts in Virginia, and during his travels in France, to foster the fledging industry. Meet the leaders of today's wine industry to hear about their efforts - agricultural, legislative, in marketing and more - to bring Jefferson's vision to life. Visit some of the region's finest wineries and taste the products of the long legacy of Virginia wine that Jefferson and his forbearers created. Information taken from the above web site



Food for Thought : A Video Art Sampler

Closes February 27, 2007

The Jewish Museum

1109 Fifth Avenue at 92nd St.

New York City

212-423-3200, www.thejewishmuseum.org

Martha Rosler
(Semiotics of the
Kitchen, 1975, 6 min.)
Jessica Shokrian (Ameh
Jhan, 2001, 11 min.)
Boaz Arad (Gefilte
Fish, 2005, 11 min.)
Laura Kronenberg
(Cavestani) (Abbie
Making Gefilte
Fish, 1973, 4 min.
excerpt)



Total Running Time: 32 min.

In these four videos from two generations of artists, food is a resource for memory, a way of connecting or disconnecting with family, and above all, a means of digesting one's own identity.

NEWS FROM OTHER ORGANIZATIONS

Served in Style: Silver Collection on permanent display at the Maryland Historical Society

201 West Monument Street

Baltimore, MD

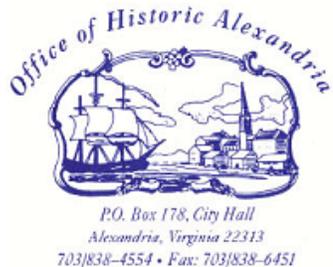
410-685-3750

www.mdhs.org

This 250 piece exhibit showcases important Maryland Historical Society



silver from the 18th, 19th and 20th centuries and provides an overview of the MdHS' extraordinary collection of more than 2,000 objects. Recent gifts and purchases along with old favorites are used to tell the story of silver ownership and manufacture over three centuries in Maryland. The exhibit reflects the wide variety of silversmiths, locales, and styles found in Maryland's history. (pictured, silver pap bowl)



Alexandria NAACP's Annual Lecture and Soul Food Tasting

WHAT: In conjunction with the Alexandria Black History Museum, the

featured guest speaker will discuss the 2007 national Black History Month theme, "From Slavery to Freedom: Africans in the Americas." Following the lecture, guests will sample a variety of African American traditional foods.

WHO: This event is open to the general public.

WHEN: Sunday, February 25, 2007

2:00 to 4:00 p.m.

WHERE: Charles Houston Recreation Center
905 Wythe Street, Alexandria

COST: FREE to the public.

INFO: Due to limited seating, please reserve a space by calling 703.838.4356.

News of Our Members

At the Cooperative Supper, **Renee Brooks Catacalos** announced news of her latest publishing venture, *Edible Chesapeake*, the first issue of which will be out in April 2007. It is a quarterly publication and it's available by subscription, or free, at various distribution points such as some farmers' markets, retailers and other advertisers. She also co-publishes a web site called www.realpeopleeatlocal.com that focuses on showing real people like your friends and neighbors how to access fresh, local foods and how to make it convenient and affordable. She also publishes a bi-weekly email newsletter called Local Mix that is archived on the web site. You can subscribe to this free newsletter via the website as well.

Vera Oye' Yaa-Anna of Palaver Hut Incorporated, A West African Culinary Theatre, invites you to listen to her new "Stories Under the Table" CD at: www.oyepalaverhut.org. Vera was one of the panelists for the CHoW presentation, "Passing on Culinary Traditions," in April 2006.

Welcome, New Members!

Adrienne Maltz

JoAnn Ptack

Special Interests: Hearth cooking, bake oven, food history



ELECTION OF CHoW OFFICERS

The bylaws of the Culinary Historians of Washington require an annual election of officers. The following Articles list the Board of Directors positions and give a short description of term limits and roles of each position. The Bylaw language, however, cannot convey how fascinating and enjoyable it is to be a member of the CHoW Board.

President **Kari Barrett** has appointed a nominating committee of **Elisabetta Castleman**, **Shirley Cherkasky**, and **Dianne Hennessy King**. Please feel free to call any member of the committee for more information or to volunteer your name as a candidate. Also, all current Board members are happy to elaborate on the duties and enjoyments of their particular position and would welcome calls or e-mails from anyone for more information. Remember, it is a commitment of one year only.

Article IV. Officers, Including Directors

Section 1. The officers of the Organization shall be a President, a Vice President, a Recording Secretary, a Membership Secretary, a Treasurer, and two Directors. These officers shall constitute the Board of Directors, shall have general supervision of the affairs of the Organization between its meetings, and perform the duties prescribed by these bylaws and by the policy guidelines of the Organization.

Section 2. The President, or in his/her absence, the Vice President shall preside over all meetings of the Organization and of the Board of Directors. If both of these officers shall be absent from any meeting of the Organization or Board of Directors, a temporary chairman may be chosen at such a meeting by those attending. The President shall give notice of all meetings of the Board of Directors. The President and Vice President also shall perform such other duties as they may severally be authorized or requested to do by the Board of Directors.

Section 3. The Treasurer of the Organization shall keep the accounts and have charge of all the funds of the Organization; shall collect all annual dues and inform the Membership Secretary. The Treasurer shall also collect any entrance fees and other payments due to the Organization; and shall make all payments for the Organization. The Treasurer shall prepare and present financial reports for each annual meeting of the Organization, each meeting of the Board of Directors and, whenever requested, for the meetings of the general membership. He/She shall sign, in the name of the Organization, all written contracts and obligations of the Organization as authorized. In the absence of the Treasurer, or during a vacancy in the office of the Treasurer, the duties of the Treasurer may be

performed by a temporary Treasurer to be appointed by the Board of Directors.

Section 4. The Recording Secretary of the Organization shall keep a timely record and a permanent hard copy of all meetings of the Organization and Board of Directors and make it available. He/she shall conduct the correspondence of the Organization. In the absence of the Recording Secretary, or during a vacancy in the office, the duties of the Secretary may be performed by a temporary secretary to be appointed by the Board of Directors. If neither the Recording Secretary nor the temporary secretary, appointed as above provided, shall be present at a meeting of the Organization or Board of Directors, a clerk pro tempore shall be chosen at such meeting to make a record of the meeting.

Section 5. The Membership Secretary shall keep a correct list of the name and address of every member of the Organization as provided from time to time by each member. The Membership Secretary shall give notice of all meetings of the Organization and distribute the newsletter and membership renewal notices. In the absence of the Membership Secretary, or during a vacancy in the office, the duties of the Membership Secretary may be performed by a temporary secretary to be appointed by the Board of Directors.

Section 6. The Board of Directors of the Organization shall oversee such activities as directed by its officers.

Article V. Board Of Directors

Section 1. The Board of Directors shall have the management and control of the Organization, including all its property and affairs; the Board shall authorize the execution, on behalf of the Organization, of such contracts and other instruments and the making of such payments by the Organization as shall be deemed necessary or proper; the Board shall control the expenses and charges of the Organization and authorize the employment of such professional assistance as may be deemed proper; and generally the Board shall act for the Organization in all matters; provided, however, that all the powers conferred by this section of the bylaws shall be exercised subject to all other provisions of the bylaws.

Section 2. The Board of Directors shall enforce the observance of these bylaws and of all amendments thereof, and from time to time may make, amend, and repeal such Rules of Procedure for the government and welfare of the Organization as may seem expedient and as shall be consistent with these bylaws, or any amendments thereof, and shall enforce the Rules so made. The Board of Directors also may prescribe, from time to time, rules for the admission to the privileges of the Organization of persons who are not members of the Organization; and the Board shall have the power to extend the privileges of the Organization to any

CHoW 2006-2007 Board of Directors

President

Kari Barrett
(301) 460-4598
kari.barrett@fda.gov

Vice President

Laura Gilliam
(202) 244-3676
LGilliam@ncesa.org

Recording Secretary

Claire Cassidy
(301) 339-7718
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Membership Secretary

Felice Caspar
(703) 560-7191
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Treasurer

Katherine Livingston
(202) 332-0923
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Director

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Director/CHoW Line Editor

Dianne Hennessy King
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CHoW Line Designer

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(703) 533-0066
ciciwmson@aol.com

Webmaster

Pat Reber
(410) 740-2453
Bixler0077@msn.com

How Do You Wish to Receive CHoW Line?

Would you prefer:

1. Full color e-mail (PDF)?
2. Black and white copy sent by U.S. mail?
3. Both ways?

Please notify Membership Secretary **Felice Caspar** at (703) 560-7191 or chowdcmembers@verizon.net

person for such period as they may prescribe, subject to the power of the Board to withdraw such privileges at any time.

Section 3. The Board of Directors shall appoint a Newsletter Editor and Web Master, who shall hold appointive seats on the Board. The Board of Directors may appoint such other committees and assign them responsibilities such as providing refreshments at meetings. The Board may delegate to them such powers for such terms as the Board may deem useful, subject to the powers of the Board to revoke any such appointment at any time.

Section 4. No member of the Organization is authorized to incur any unbudgeted financial obligation without the prior approval of a majority of the Board of Directors.

Section 5. In case of a vacancy in the office of President, the Board of Directors shall select a person to serve out the remainder of the term. Upon the resignation of a member of the Board of Directors, or a vacancy for any other reason, the President shall appoint a replacement, with the consent of the Board. Any officer of the Organization, including any member of the Board, may be removed from office at any time by a majority vote of the membership.

Article VI. Elections and Terms Of Office

Section 1. The officers and directors shall be elected by ballot, received by mail or cast in person, at each annual meeting of the Organization. A voice vote or show of hands is acceptable for elections of uncontested offices. The officers and directors shall, except in case of death, resignation, or removal, serve for one year or until their successors shall be elected. The term of office of the officers shall begin on the first day following their election. No member shall be eligible to serve more than two consecutive terms in the same office, except for that of Treasurer, Recording Secretary, or Membership Secretary, for which no more than four consecutive terms may be served.

Inclement Weather Plans

If we have sufficient warning about stormy weather or heavy snow, we will attempt to send an e-mail to warn of a cancellation of a meeting. If CHoW members have any question about whether or not a meeting will be held, you are advised to check by phone or e-mail with any Board member listed in each newsletter.

Web Sites of Interest

Food History News: www.foodhistorynews.com
Historic Foodways Guild of Maryland: www.marylandfoodways.org
Culinary Historians of Chicago: www.culinaryhistorians.org
Julia Child's Kitchen: www.americanhistory.si.edu/juliachild
Marty Martindale's web site of specially indexed links: www.FoodSiteoftheDay.com
Foodways Group of Austin: www.austinfoodways.org/
Culinary History Enthusiasts of Wisconsin (CHEW): www.chew.wisconsincooks.org
Culinary Historians of Ontario: www.culinaryhistorians.ca
Culinary Historians of New York: www.culinaryhistoriansny.org
Longone Center for American Culinary Research: www.clements.umich.edu/culinary/index.html
Culinary Historians of Boston : www.culinaryhistoriansboston.com
Peacock-Harper Culinary Collection : www.culinarycollection.org